

JANUARY 2025

Weight Management Newsletter



NEW YEAR - Becoming a better YOU!

What plans do you have for making the new year your best year ever? How can you become the healthiest, happiest you this year? Start with goal setting, try using the SMART goal template. Goals should be specific, measurable, achievable, relevant and timed. Having this type of a specific goal helps to ensure your success. Give it a try using the template below. An example would be, "I will lose 30lbs by June 30th 2025. I will lose this weight to help improve my health, lowering blood pressure and cholesterol. I will eat 1200 calories daily with 100 Grams of protein daily. I will keep Carbohydrates at 50 grams or less. I will work out 3 times a week combining both cardiovascular and strength training.

SMART GOALS INFOGRAPHIC



Weight Management Program

Combines weight loss medication (GLP-1) and Lifestyle Management

THE DEFINITION of GLP-1

GLP-1 is a hormone that your small intestine secretes. It has several roles, including: Triggering insulin release from your pancreas: Insulin is an essential hormone that allows your body to use the food you eat for energy. It lowers the amount of glucose (sugar) in your blood
Medications such as Semaglutide and Tirzepatide, work by mimicking the action of the natural GLP-1 hormone, which is released after eating.

Naturally increase your own GLP-1

Increasing your bodies own naturally produced GLP1 will help in maintaining your weight loss during maintenance

Certain foods can support similar outcomes by promoting satiety, stabilizing blood sugar and aiding in weight management.

Increase your own GLP1

Eat a wide variety of plants weekly this supports a healthy microbiome and is linked to better metabolic health. Try to get 30 or more different types of plants weekly. This includes spices like dill, basil.

Focus on fiber

Soluble fiber slows digestion which stabilizes blood sugar and keeps you feeling full longer

Exercise especially weight training and resistance exercise increase GLP1 naturally



5 STEPS TO RESET THE SCALE



Discover Why
Weight Gain Is
Not Your Fault
and How to
Take the Weight
Off for Good

Targeting belly fat - visceral fat weight loss

Lowering belly fat, also called visceral fat, can have some serious health benefits. Excess belly fat is associated with a greater risk for heart disease, type 2 diabetes and cancer in middle-aged and older adults. The good news is that losing weight to reduce overall body fat can help reduce visceral fat, too.

The plan to reduce belly fat includes eating fiber and fermented foods, like kefir and yogurt. These foods nourish your gut and help the good bacteria thrive. Getting plenty of exercise, adequate sleep and reducing stress also play a role in losing belly .

5 Key Points

- 1- Visceral fat secretes hormones that promote further fat storage and more food addictions.
- 2- Limit carbohydrates. Fat stores around the middle indicate some level of carbohydrate intolerance.
- 3- Behavior modification is the key to success.
- 4- Break food addictions.
- 5- Maintenance is for life. Accountability through follow up consults

Recipe of Month- Pecan Pie Bars



<https://thecleaneatingcouple.com/healthy-pecan-pie-bars>

Follow link for remaining recipe and instructions and ENJOY

Ingredients

Crust:

- 1/4 cup maple syrup
- 1/3 cup melted ghee *cooled* or butter
- 1 large egg
- 2 teaspoon vanilla extract
- 2/3 cup coconut flour
- 1/4 cup tapioca flour
- 1/4 teaspoon salt

Filling:

- 1/2 cup melted ghee or butter
- 1/3 cup maple syrup
- 2/3 cup coconut sugar or brown sugar
- 3 teaspoons vanilla extract
- 2 tablespoons unsweetened almond milk

Your Weight Loss Practitioner



Kim Sunshein DNP **(Doctorate of Nursing Practice)**

My Goal is to help others transform into the best , healthiest version of themselves. The weight loss process can be a catalyst towards improving all areas of your life. Once you achieve success with your weight this translates into the momentum to improve all areas of your life.

Dr. Kim's 3 step weight loss protocol

1

LIMIT INSULIN SPIKES

Decrease frequency of flour and sugar in diet.

2

INTERMITTENT FASTING

Eat in a window
11:00am to 7:00pm

3

GLP1

Semaglutide/
Tirzepatide

Weight Loss Medications

My story

My personal weight loss journey began after having 3 children and having slow steady weight gain. In 2010 my youngest child, who always tells it like it is , said “Mom you kinda look like your pregnant “. If you want to know the truth ask your kids, Haha! I also began having some high blood pressure readings and was inspired to make some changes.

Starting weight - 146

Final Goal Weight 118

Loss 28 Lbs



Diet

In 2010 the HCG diet was popular. I used this program to lose weight. I completely changed how I was eating and have continued to follow a low carbohydrate-high protein diet. I was previously all about the carbs....so this was a huge change for me. Most people respond to lower carbohydrate diet of 50GM or less. The trick is to get used to eating this way and creating a new normal.

Physical Activity

Ive always been very active , I enjoy running, HIIT work outs, weight training ,walking our 2 Labrador Retrievers , Winston & Willow and riding horses with my daughter (recently married). I previously believed I was so active, I could eat whatever I wanted . You can't out exercise a bad diet. It doesn't work. I continue to “walk the walk”, to be an example to others and look forward to helping clients succeed in their weight loss journeys.

