

Weight Management Newsletter



The Weight Loss Dream

What is your personal weight loss dream? Weight loss dreams vary among individuals but usually fall into a few common categories. Can you identify what category or categories your weight loss dreams fall within?

Success and Achievement

Struggle and Challenge

Confidence and Self-Esteem

Transformation and Change

Weight Loss Dream Categories

Success and Achievement

- Dreaming of reaching a specific target weight or size
- Celebrating milestones or personal records
- Wearing clothes that previously didn't fit

Transformation and Change

- Witnessing a complete physical transformation
- Seeing oneself in a new, healthier body
- Overcoming barriers to fitness or weight loss

Struggle and Challenge

- Facing temptations or setbacks in the dream
- Battling cravings or emotional eating
- Physical exhaustion or difficulty exercising

Confidence and Self-Esteem

- Feeling proud and confident about appearance
- Receiving compliments from others



Identify what type of weight loss dream you are working towards. This may help in increasing and maintaining motivation throughout the journey.

New Referral Reward Program



Refer a Friend- Get \$50 They Skip the Sign-Up Fee

Spread the word- and get rewarded!

When someone you refer joins our 3-month GLP-1 weight loss subscription program, they'll have their \$25 sign-up fee waived- and you'll get \$50 off your next subscription.

Diet Plan Comparisons



1. Ketogenic diet

The ketogenic diet is an extremely low-carbohydrate (25 Grams or less), high-fat diet. The goal of the diet is to maintain a state of ketosis, which means that by eating fewer carbs, the body's fat-burning system relies mainly on fat instead of sugar for energy.

This concept is actually nothing new. "There's a lot of research, going back to the early 1900s, that ketogenic diets help with certain neurologic conditions like [epilepsy](#) in children. "But it's relatively a new strategy for weight loss."

Benefits

If your weight loss goals are more immediate, a ketogenic diet may be able to help you achieve those results. "It's been shown to be very effective for short-term weight loss.

Additional benefits may include preventing certain types of chronic disease. **Drawbacks**

Some health experts believe eating a large amount of fat and protein from animal sources can increase your risk of [heart disease](#) and certain cancers.

"On the ketogenic diet, you can, for instance, eat all the bacon you want; that obviously goes against what we've always thought would be healthy," The diet is also really strict.

"It's an extreme diet, cutting out almost all carbohydrates. That means giving up or limiting conventionally healthy foods like fruit, whole grains and some vegetables

2. The Mediterranean diet



Mediterranean diet emphasizes eating fruits, vegetables, whole grains, beans, nuts, olive oil and very little red meat.

Benefits

This diet was voted best overall diet in 2018 by U.S. News & World Report in large part due to its many health benefits. "Studies have shown reductions in fatal [heart attacks](#), [strokes](#), cancers, Parkinson's and Alzheimer's for people who follow a Mediterranean diet.

Drawbacks

There are not any known health drawbacks. Some of the studies are short-term, and the exact reason for the health benefits is not clear.

3. Whole30 diet



The Whole30 diet is a commercial diet marketed as a "30-day nutritional reset." During those 30 days, you are to avoid sugar, alcohol, grains, legumes and dairy. The diet does permit meat, seafood, eggs, veggies, fruit, and natural fats like vegetable oils, coconut oil and tree nuts.

Benefits

What's nice is that the Whole30 has a built-in support system on social media. That can be helpful for people who need to keep themselves accountable. Also, there's no counting or restricting calories.

Drawbacks

The company behind the Whole30 diet claims that it can improve or "cure" many medical problems, such as [asthma](#), [depression](#) and Lyme disease, but the claims are unfounded; there's no independent research to verify

4. Intermittent fasting diet (time-restrictive eating)

Intermittent fasting is a term for an eating pattern that cycles between periods of eating very little or nothing, and eating regular meals.

Some people intermittently fast for 16 hours a day and then eat all their food in an eight-hour time span; others fast for 24 hours at a time, maybe twice a week. "This plan isn't specific about which foods to eat, but rather when you should eat them,

Benefits

The intermittent fasting diet works well for people with busy schedules because it doesn't really require planning.

This plan involves less cooking and cleanup because you're not eating as many meals, and it helps you consume fewer calories without really thinking about what you're eating because you're simply eating less in general.

Drawbacks

In a 2018 U.S. News & World Report article where 40 diets were ranked, intermittent fasting was one of the lowest on the list.

The criticism is mostly based on the fact that there's no guide on what to eat during the nonfasting days. People could end up eating really unhealthily on those days, since there is no specific plan.



Building Muscle While Losing Weight

Gaining muscle while losing weight is absolutely possible—but it requires a smart balance of nutrition, training, and recovery. This is often called **body recomposition**.

✓ Key Principles for Muscle Gain + Fat Loss

1. Protein Intake Is Non-Negotiable

- Aim for **1.6–2.2g protein/kg body weight per day**
- Protein supports muscle repair and prevents muscle breakdown in a calorie deficit.
- Choose **high-quality sources**: eggs, poultry, fish, lean beef, whey, or plant-based blends (pea + rice).

2. Lift Heavy, Lift Smart

- Focus on **progressive overload**: increasing weight, reps, or intensity over time.
- Prioritize **compound lifts**: squats, deadlifts, presses, pull-ups—stimulate the most muscle.
- **3–5 days per week** of resistance training is ideal.

3. Eat at a Small Caloric Deficit (~200–500 kcal/day)

- Losing fat *while* building muscle works best with a **slight deficit**.
- Go too low, and your body breaks down muscle for energy

4. Time Nutrients Around Workouts

- Eat **protein + carbs** before and after workouts.
 - Pre-workout: fuel performance
 - Post-workout: stimulate muscle protein synthesis

5. Sleep + Stress Management

- You *grow* muscle in recovery. Aim for **7–9 hours of sleep**.
- High cortisol from stress or poor sleep blunts fat loss and reduces muscle protein synthesis.

Supplement of Month



ULTIMATE MUSCLE PROTEIN – CHOCOLATE

\$39.00

UMP is a protein supplement. It is a unique, naturally balanced blend of ultra-premium milk proteins that stays with your muscles, and satisfies your appetite, for hours.

This makes it appealing for a variety of applications and times of use -breakfast, post-workout, meal replacement, nighttime snack, etc.

Size: 2lb 0.8oz (About 30 servings)

Benefits:

- Recovery
- Muscle Building & Preservation
- Fat Loss: Fat loss is a secondary benefit of supplementing your diet with high-quality protein. Here's how it works:
 1. Protein promotes meal satiety, reducing your tendency to overeat.
 2. Protein promotes thermogenesis, a natural process by which your body burns off calories in the form of heat. Increased thermogenesis is protective against fat gain.

Why people like it

- Rich, satisfying flavors, and creamy mouthfeel make it a treat to eat.
- Stomach-Friendly: Easy to digest. No gas or bloating.
- Hours of muscle building support: Clients report that UMP stays with their muscles, and satisfies their appetite, for longer than other protein powders. We attribute this to its naturally balanced blend of proteins discussed below.
- Unique formula. 90% of the protein in UMP comes from milk protein isolate obtained from fresh skim milk. It contains the same 80:20 ratio of sustained release casein and fast-acting whey found naturally in milk.
- Low in carbs and sugar.

Available at happyhormonecottage.com & IHC Pharmacy in Centerville