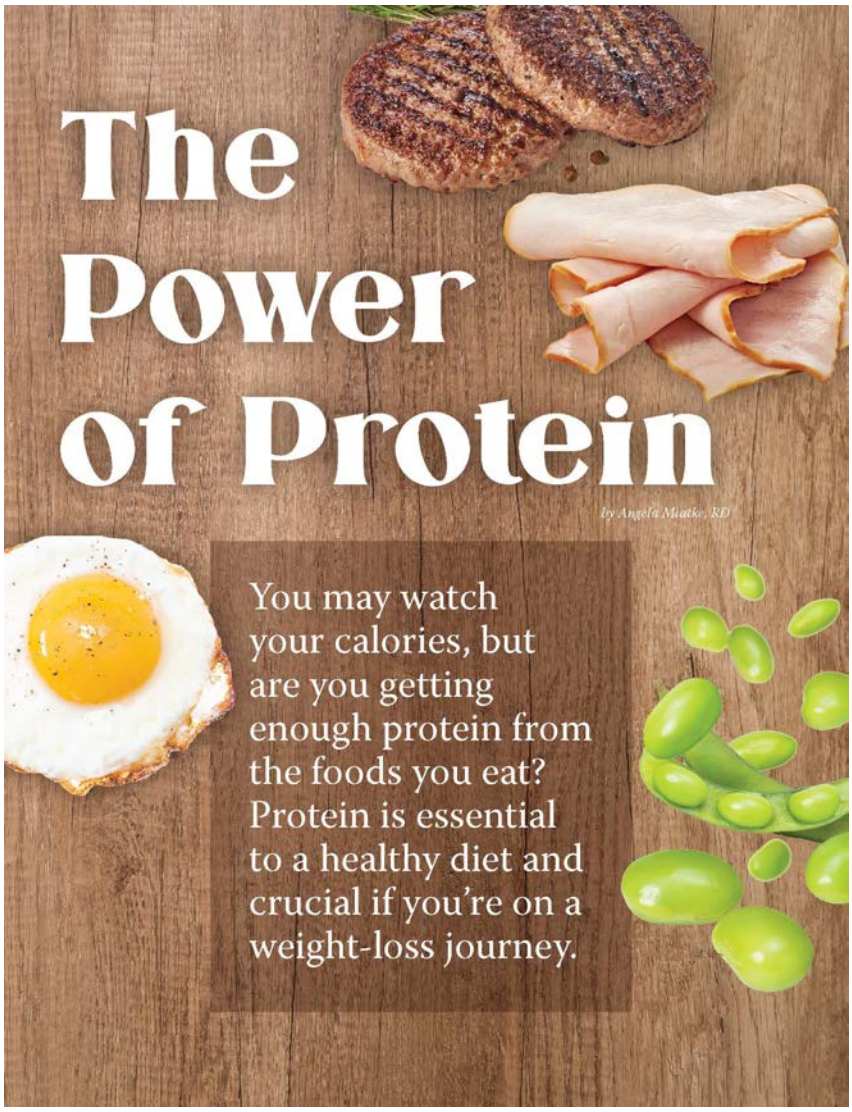
Weight Management Newsletter September 2025



1

SATIETY

Protein helps you feel full and decreases cravings.

2

METABOLISM

Protein boosts metabolism.

3

MUSCLE MASS

Protein helps you maintain muscle mass as you lose weight.

Weight Loss And PROTEIN

Protein is a key player in weight loss for several reasons. Here's how it helps:

🧠 1. Increases Satiety (Feeling Full)

- Protein is more filling than carbs or fats.
- Helps reduce overall calorie intake by curbing hunger and reducing cravings.
- Leads to **automatic calorie reduction** without trying too hard.

Example: A high-protein breakfast (like eggs or Greek yogurt) often reduces snacking later in the day.

🔥 2. Boosts Metabolism (Thermic Effect of Food)

- Your body burns more calories digesting protein than carbs or fat.
- This is known as the **thermic effect of food (TEF)**:
  - Protein: ~20–30% of calories burned during digestion.
  - Carbs: ~5–10%
  - Fat: ~0–3%

Eating 100 calories of protein may only "net" 70–80 calories.

💪 3. Preserves Muscle Mass

- When losing weight, you lose both fat and muscle.
- High-protein diets help **preserve lean muscle mass**, especially during calorie deficits and exercise.
- More muscle = **higher resting metabolic rate**.

🔁 4. Improves Body Composition

- Weight loss isn't just about the number on the scale.
- Protein helps shift body composition to **more muscle, less fat**, which looks and feels healthier.

📈 5. Supports Long-Term Weight Maintenance

- High-protein diets are associated with **greater long-term success** in keeping weight off.
- They make dieting more sustainable by reducing hunger and improving satisfaction.

👉 How Much Protein?

- **General weight loss target:**
  `1.2–2.2 grams of protein per kg body weight/day`
  (or ~0.54–1 g per lb of body weight)
- Higher amounts may be needed if you're very active or doing resistance training.

💡 Best Protein Sources:

- Lean meats (chicken, turkey, lean beef)
- Fish and seafood
- Eggs
- Greek yogurt
- Cottage cheese
- Tofu, tempeh
- Lentils, beans
- Protein powders (whey, casein, plant-based)

Recipe of Month

Peanut Butter Chocolate Chip Protein Balls

Ingredients | Equipment | Method | Nutrition | Notes

Ingredients

- ½ cup almond flour *(see notes)*
- ½ cup unsweetened shredded coconut
- ¼ cup vanilla protein powder make sure it's plant-based for vegan/dairy-free; I used *Vega Protein Made Simple*
- ¼ teaspoon sea salt
- ¼ teaspoon ground cinnamon
- ½ cup salted creamy no-stir peanut butter
- ¼ cup coconut oil no need to melt
- ¼ cup maple syrup
- ⅓ cup mini chocolate chips

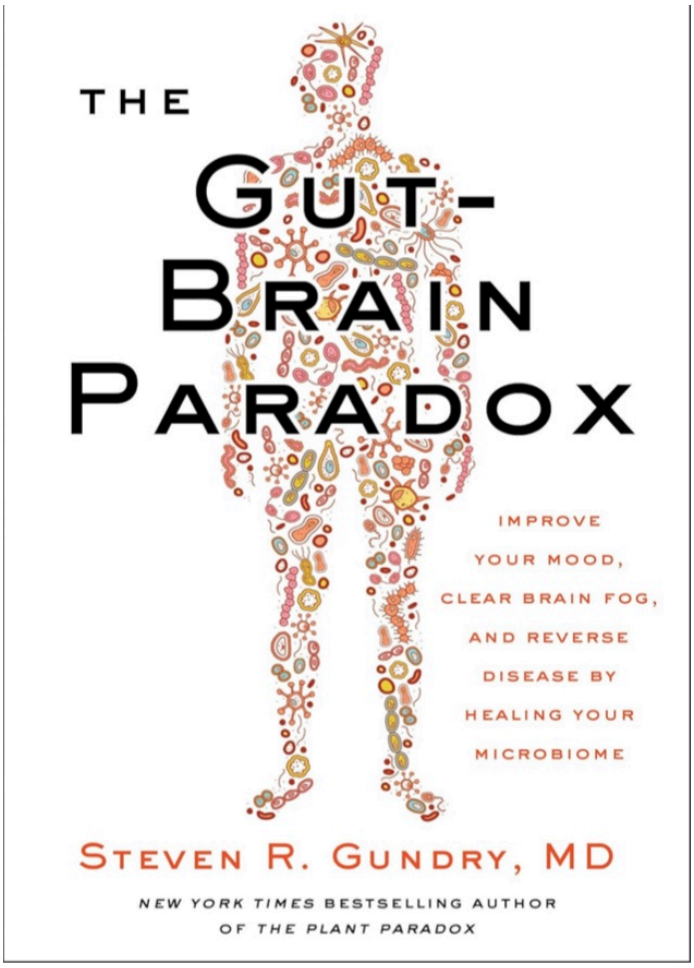
Equipment

- large mixing bowl
- silicone spatula

Method

1. **Combine:** Place all of the ingredients in a large mixing bowl and use a silicone spatula to mix very well until incorporated.
   ½ cup almond flour,
   ½ cup unsweetened shredded coconut,
   ¼ cup vanilla protein powder, ¼ teaspoon sea salt,
   ¼ teaspoon ground cinnamon,
   ½ cup salted creamy no-stir peanut butter,
   ¼ cup coconut oil, ¼ cup maple syrup,
   ⅓ cup mini chocolate chips
2. **Cool:** Place the dough in the fridge for 15 minutes to firm slightly. (Don't skip this step!)
3. **Form:** Use your hands to form 1-inch balls and place on parchment paper or a non-stick baking sheet.
4. **Chill:** Carefully place the balls in a parchment paper-lined container and chill in the fridge for at least one hour. Balls should stay stored in the fridge and will stay good for at least a week. Enjoy!

Weight Loss and Gut Health



Dr. Steven R. Gundry, the *New York Times* bestselling author of the groundbreaking Plant Paradox series, shares compelling evidence that our gut microbiome is driving our thoughts, feelings, behaviors, and our mental, emotional, and neuronal health—and shows us how to heal our microbiomes to take back control of our minds.

In his previous bestselling books, Steven R. Gundry taught readers how to reverse disease and improve health and well-being by preventing and repairing leaky gut. In *The Gut-Brain Paradox*, he delves even more deeply into the mysterious and long misunderstood world of the human microbiome. Here Dr. Gundry uncovers the complex and multifaceted ways in which our microbes are controlling the health and functioning of our brains, and how the gut-brain connection is made long before we are even born.

The Gut-Brain Paradox shines a fascinating light on how the one-two punch of leaky gut and gut dysbiosis, together driven by western diets, overuse of antibiotics and other medications, and environmental toxins allow pathogenic bacteria to take over. These "bad bugs" cause inflammation and hijack the intricate messaging systems that run from the gut to the brain, setting the stage for neurological changes, brain fog, neurodegeneration, mental health issues, personality alterations, and even addiction.

However, these changes are reversible. Featuring the latest science, easy-to-follow recipes, and supplement guides, *The Gut-Brain Paradox* shows us how to eat to restore not only our inner balance, but our mental energy and well-being, too.

Focus on Fiber and Hydration with GLP1 Medications

GLP-1s are known to slow digestion, which can help you feel full longer. But that can also lead to constipation. Foods rich in fiber (like oats, chia seeds, lentils, fruits and vegetables) can help regulate your digestion and support healthy blood sugar levels.

Just go slow and be sure you're drinking enough water. Too much fiber too fast and not enough fluids can lead to digestive discomfort. You might have to deal with gas, bloating, and other gastrointestinal side effects.

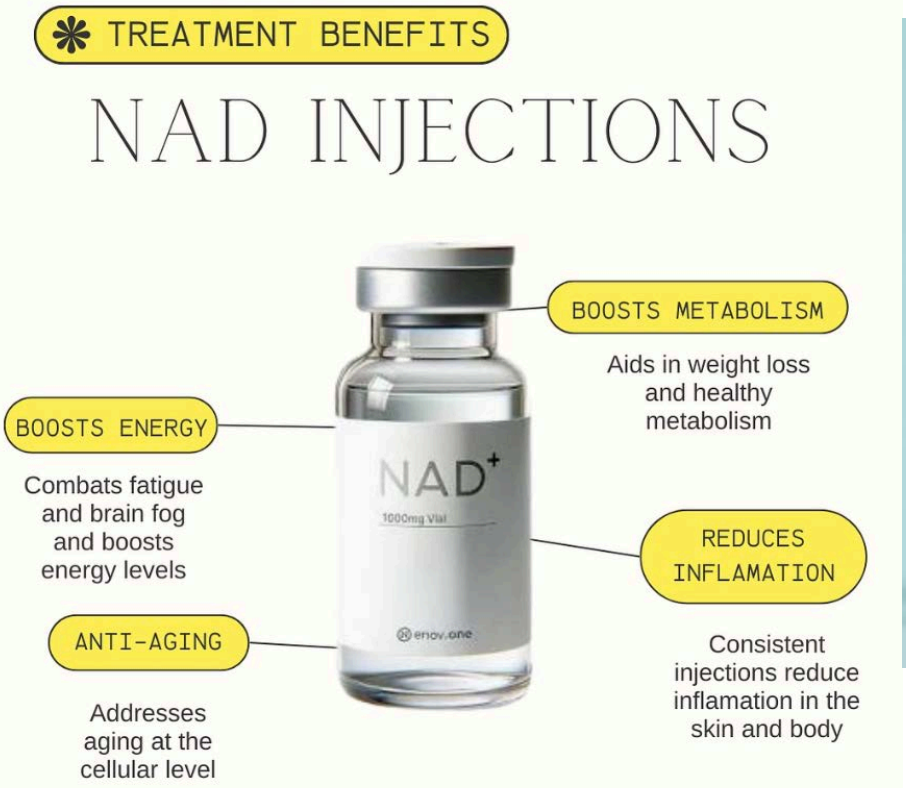
When digestion slows, fiber becomes your friend, but you should ease into it gradually. A gradual increase in fiber, along with fluids, may help support regularity and reduce the chance of uncomfortable side effects. Make adjustments to meet your goals. 25-30 Grams of fiber is recommended daily.

Hydration is often overlooked, but it plays a huge role in how you feel on GLP-1s. Think beyond just water. Foods with high water content—especially fruits and vegetables—also help you meet your hydration goals. 8 glasses of water, or 64 ounces is recommended daily.

Fiber is important while using GLP1 medications, helping to avoid side effects.

HYDRATION IS IMPORTANT WHILE USING GLP1 MEDICATION

Supplement Of Month



NAD oral tablets

Oral NAD+ Precursors (NR/NMN)
These are used more commonly due to better stability and bioavailability for daily maintenance.
Typical Dosage:

- **NMN (Nicotinamide Mononucleotide)**:
  - 250–1000 mg/day
- **NR (Nicotinamide Riboside)**:
  - 300–600 mg/day

NAD+ Injection (IM/Subcutaneous)
Less common than IV, but more accessible.

- **Typical dose**: 100–500 mg, 1–3x/week
- **Onset**: Slower than IV, but avoids the long infusion time