

Weight Management Newsletter



Losing weight significantly improves heart health by lowering blood pressure, improving cholesterol (reducing "bad" LDL, increasing "good" HDL), improving blood sugar control, and reducing inflammation, thus decreasing risks of heart attack, stroke, and metabolic syndrome. Even modest weight loss (5-10%) yields major benefits, as less weight means less work for the heart, and a healthier lifestyle with diet and exercise helps keep arteries clear and the heart strong.

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IMPROVED LIPIDS

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DECREASED INFLAMMATION

3

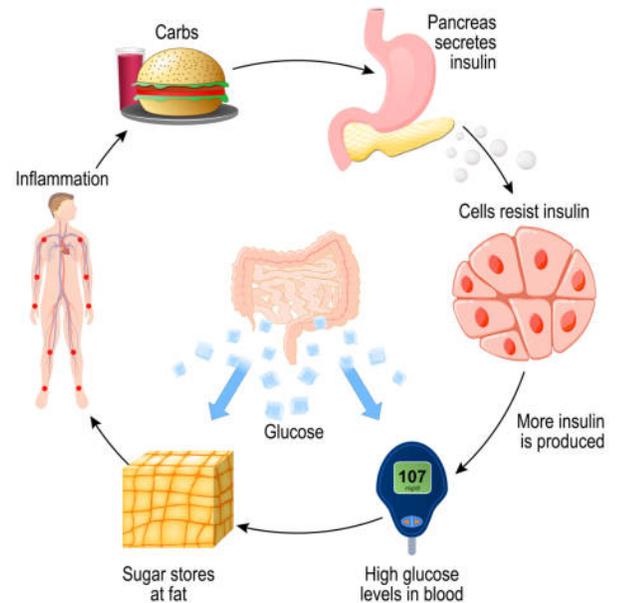
IMPROVED GLUCOSE

Weight Loss And Heart Health

WEIGHT AND INSULIN

Excess weight can make the body more resistant to insulin, a hormone that helps regulate blood sugar. Insulin resistance is what happens when your body doesn't use insulin as it should, causing the pancreas to make more insulin. Over time, the pancreas can't keep up and blood sugar levels increase, putting you at a higher risk for type 2 diabetes, particularly if you have

Insulin resistance



WEIGHT AND LIPIDS

Carrying extra weight tends to raise LDL, or “bad” cholesterol, and lower HDL, or “good” cholesterol. Being overweight or obese also can raise triglycerides, a type of fat found in the blood that’s measured along with cholesterol. High levels of LDL cholesterol and triglycerides can contribute to fatty deposits in the blood vessels. If the cholesterol buildup gets too thick, it can trap blood clots in your arteries and lead to a heart attack or stroke.

WEIGHT AND INFLAMMATION

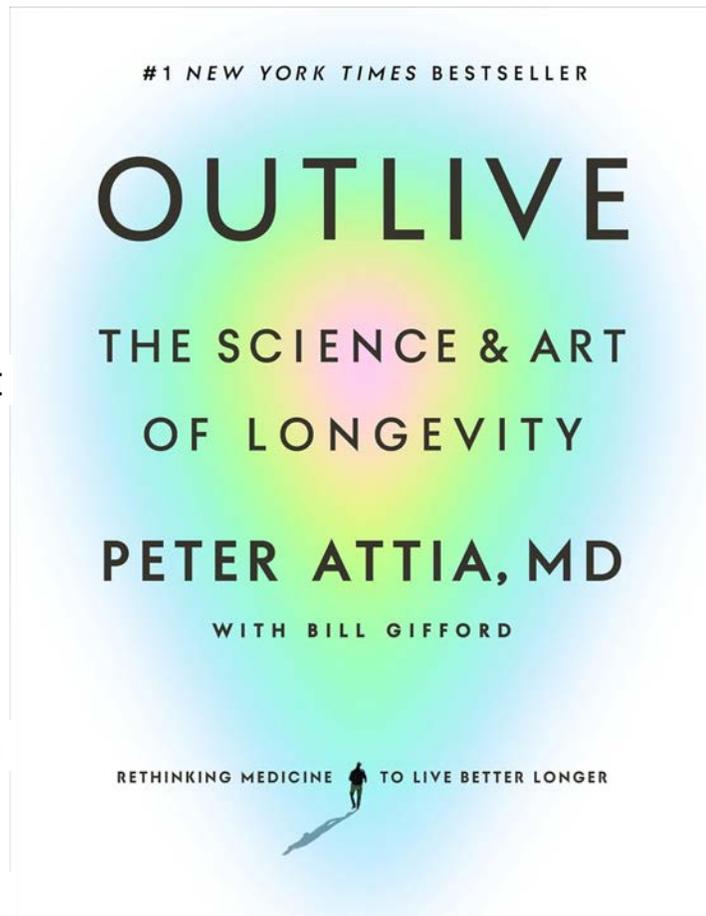
Weight and inflammation have a strong, cyclical connection: excess body fat causes chronic, low-grade inflammation, which in turn disrupts metabolism, promotes fat storage (especially around the midsection), and makes weight loss harder by causing insulin resistance and leptin resistance, creating a vicious cycle that links weight gain to increased inflammation and vice versa, impacting overall health. Reducing inflammation through diet (fruits, veggies, omega-3s, less sugar/processed foods), exercise, and hydration helps break this cycle, leading to weight loss and better metabolic health.

Longevity And Health

Peter Attia summarizes a proactive, personalized approach to extending healthspan (years lived well) alongside lifespan, focusing on preventing the "Four Horsemen": heart disease, cancer, neurodegenerative disease, and metabolic dysfunction (like Type 2 Diabetes). Attia's "Medicine 3.0" framework emphasizes early intervention through foundational pillars: optimized exercise (especially Zone 2 cardio & strength), personalized nutrition, quality sleep, and emotional health, shifting from reactive treatment to long-term prevention. Key takeaways include viewing exercise as the most potent drug, understanding metabolic health's role, and creating a "Centenarian Decathlon" of functional fitness.

Core Concepts & Pillars

- **Healthspan vs. Lifespan:** The goal isn't just living longer, but living better, free from chronic disease and disability
- **Medicine 3.0:** A preventive model focusing on individual data, early action, and tackling chronic illness before it starts, unlike current reactive medicine (Medicine 2.0).
- **The Four Horsemen:** Heart disease, cancer, neurodegenerative diseases (like Alzheimer's), and metabolic dysfunction (like diabetes) are the primary killers; Attia provides strategies to prevent them.



Exercise And Heart Health

Regular exercise significantly boosts heart health by strengthening the heart muscle, improving circulation, managing weight, lowering blood pressure and bad cholesterol (LDL), raising good cholesterol (HDL), reducing stress, and controlling blood sugar, with the American Heart Association recommends at least 150 minutes of moderate aerobic activity weekly plus strength training two days a week, noting that any movement is better than none.

Functional fitness workouts train movements used in daily life, focusing on compound exercises like squats, deadlifts, lunges, push-ups, and carries (Farmer's Walk), using bodyweight or equipment like kettlebells/dumbbells, to improve core strength, balance, and overall real-world ability through full-body movements like overhead presses, rows, and planks, enhancing performance and reducing injury risk.



Core Functional Fitness Exercises

- **Squats:** Goblet squats, bodyweight squats, Bulgarian split squats.
- **Deadlifts (Hip Hinge):** Romanian Deadlifts (RDLs), single-leg deadlifts, trap bar deadlifts.
- **Lunges:** Walking lunges, reverse lunges, overhead walking lunges.
- **Pushing:** Push-ups (modified or standard), overhead presses (dumbbell, barbell).

Functional fitness resources include apps (TrainHeroic), fitness sites (GORUCK, Rogue Fitness, Gold's Gym, NASM, PureGym), and specialized databases (Strength to Overcome) offering programs, exercise examples (squats, lunges, swings, carries), and equipment guidance (bands, kettlebells, suspension trainers) to build real-world strength for daily tasks, with many bodyweight and minimal equipment options available.



Weight Loss 2026 - What's Trending?

Weight loss trends for 2026 center on the expanded use of GLP-1 medications (like Ozempic), the rise of personalized digital health tools (PDTs), increased focus on fiber and plant-based whole foods (Mediterranean diet), and the integration of wearables with metabolic coaching for balanced, data-driven approaches, moving away from restrictive dieting toward sustainable habits.

Medical & Pharmaceutical

- **GLP-1s & New Obesity Drugs:** Increased use of GLP-1 medications (Ozempic, Wegovy) and upcoming drugs like retatrutide (Triple-G) will dominate, with oral options and expanded use for broader health benefits.
- **Prescription Digital Therapeutics (PDTs):** Software apps delivering CBT, coaching, and nutrition guidance, often linked to glucose monitors, will become reimbursed medical treatments.

Nutritional Approaches

- **Fiber Focus:** A major push for higher fiber intake (vegetables, whole grains, legumes) for digestive health and satiety, complementing protein.
- **Whole Foods & Balance:** Emphasis on whole, unprocessed foods, with the Mediterranean diet favored for its effectiveness and sustainability.
- **Personalized Nutrition:** Moving beyond one-size-fits-all, with data from wearables informing tailored eating plans.

Technology & Lifestyle

- **Wearables & AI:** Integration of wearables (like CGMs) with AI for real-time metabolic feedback and personalized coaching.
- **Mindful Eating:** Supporting appetite changes from GLP-1s by focusing on nutrient-dense, smaller portions that "make every bite count".

Caprese Chicken

Ingredients

MARINATED TOMATOES

- 2 cups cherry tomatoes, halved
- 2 Tbsp. olive oil
- 2 Tbsp. prepared pesto
- 1 Tbsp. balsamic reduction, plus more for serving
- Kosher salt and black pepper

CHICKEN

- 2 Tbsp. olive oil
- 2 Tbsp. salted butter
- 6 chicken cutlets (1 1/4 to 1 1/2 lbs.)
- Kosher salt and black pepper
- 6 large basil leaves, plus more for serving
- 6 slices fresh mozzarella

- 1 | Preheat the oven to broil.
- 2 | For the marinated tomatoes: In a small bowl, toss the tomatoes with the oil, pesto, and balsamic reduction. Season with a pinch of salt and pepper, and set aside.
- 3 | For the chicken: In a large skillet, heat the oil and butter over medium-high heat. Season the chicken with salt and pepper, and add to the skillet. Cook until golden and just cooked through, about 3 minutes per side. Top each piece of chicken with a large basil leaf and a slice of fresh mozzarella. Transfer to the broiler, and cook until the mozzarella is melted, 2 to 3 minutes.
- 4 | Remove the skillet from the oven. Top with the marinated tomatoes, making sure to not to completely cover the chicken. Drizzle over some balsamic reduction, and top with more basil. Serve with toasted ciabatta.



Supplement of the Month



MAGNESIUM GLYCINATE 600MG 180 Ct

\$42.00

Critical for energy production.

Benefits of Magnesium Glycinate include:

- * Helps maintain normal muscle and nerve function
- * Keeps heart rhythm steady
- * Supports a healthy immune system
- * Keeps bones strong
- * Helps regulate blood sugar levels
- * Promotes normal blood pressure
- * Important for energy metabolism and protein

Magnesium glycinate is easier on the bowel. Other forms of magnesium tend to be more disruptive to the bowel.

Magnesium oxide tends to firm stools (leading to constipation), whereas the citrate, sulphate and chloride forms tend to loosen the stools (diarrhea).

Magnesium glycinate is gentler, with less chance of bowel disruptions.

Magnesium glycinate is highly absorbable. It is absorbed better than other forms of magnesium, up to 5 times more than magnesium oxide.

Helps counteract a common side effect of GLP 1 constipation, a natural solution.

Available at happyhormonecottage.com and IHC Pharmacy