

Weight Management Newsletter



Weight Management Three Part Protocol

Our three part protocol has proven to be very effective over the past several years. Our comprehensive weight management protocol focuses on sustainable, gradual weight loss (1-2 lbs/week) through a combination of reduced calorie intake (intermittent fasting), increased physical activity, and behavioral changes. Key strategies include eating nutrient-dense, high-protein, and fiber-rich foods, exercising for at least 150 minutes per week, and managing stress and sleep.

1

GLP 1 MEDICATION

Semaglutide & Tirzepatide

2

INTERMITTENT FASTING

12-14 hour fasting window

3

LOW CARBOHYDRATE/ PROTEIN FOCUS

100GM protein and
50-75Gm carbohydrates



EXERCISE ROUTINE : Building and Maintaining



How to become a person that works out regularly.

Becoming a person who exercises requires shifting your identity, starting with small, manageable habits like 10-minute daily walks, and finding activities you genuinely enjoy to ensure consistency. Frame goals around weekly routines rather than long-term outcomes to build momentum, and consistency.

- **Start Small and Consistent:** Instead of intense, infrequent workouts, start with just 10–15 minutes a day, increasing intensity as you get fitter.
- **Find Your Passion:** Choose activities you actually enjoy, such as walking, hiking, sports, or dancing, rather than forcing yourself into a gym, as this makes it feel like a hobby rather than a chore.
- **Reframe Goals:** Focus on weekly goals (e.g., "I will exercise 3 times this week") rather than distant, intimidating goals to maintain motivation.
- **Adopt the Identity:** Actively identify as someone who works out by wearing fitness clothing, talking about your exercise, and integrating movement into your daily life.
- **Build a Routine:** Establish a rhythm that makes it "just what you do".
- **Leverage Social Support:** Join a class, team, or find a workout partner to increase accountability and make it a social, enjoyable experience.
- **Be Patient:** It may take about six weeks to start seeing and feeling significant changes, which will help make it a long-term habit.
- **Manage Setbacks:** When life gets in the way, focus on returning to the habit, perhaps by starting with just 10 minutes of exercise to rebuild momentum.

Diet Versus Exercise For Weight Loss

The 70/30 rule in fitness means that approximately 70% of your physical results (like weight loss, physique changes) come from nutrition and lifestyle (sleep, stress), while 30% comes from gym workouts/exercise, emphasizing that diet and recovery are more crucial for body composition than just training alone. It highlights that you can't out-train a bad diet; proper fuel, hydration, and rest are essential for muscle repair, growth, and fat loss, making the kitchen and kitchen habits more impactful than the gym for significant transformations.

Breakdown of the Rule

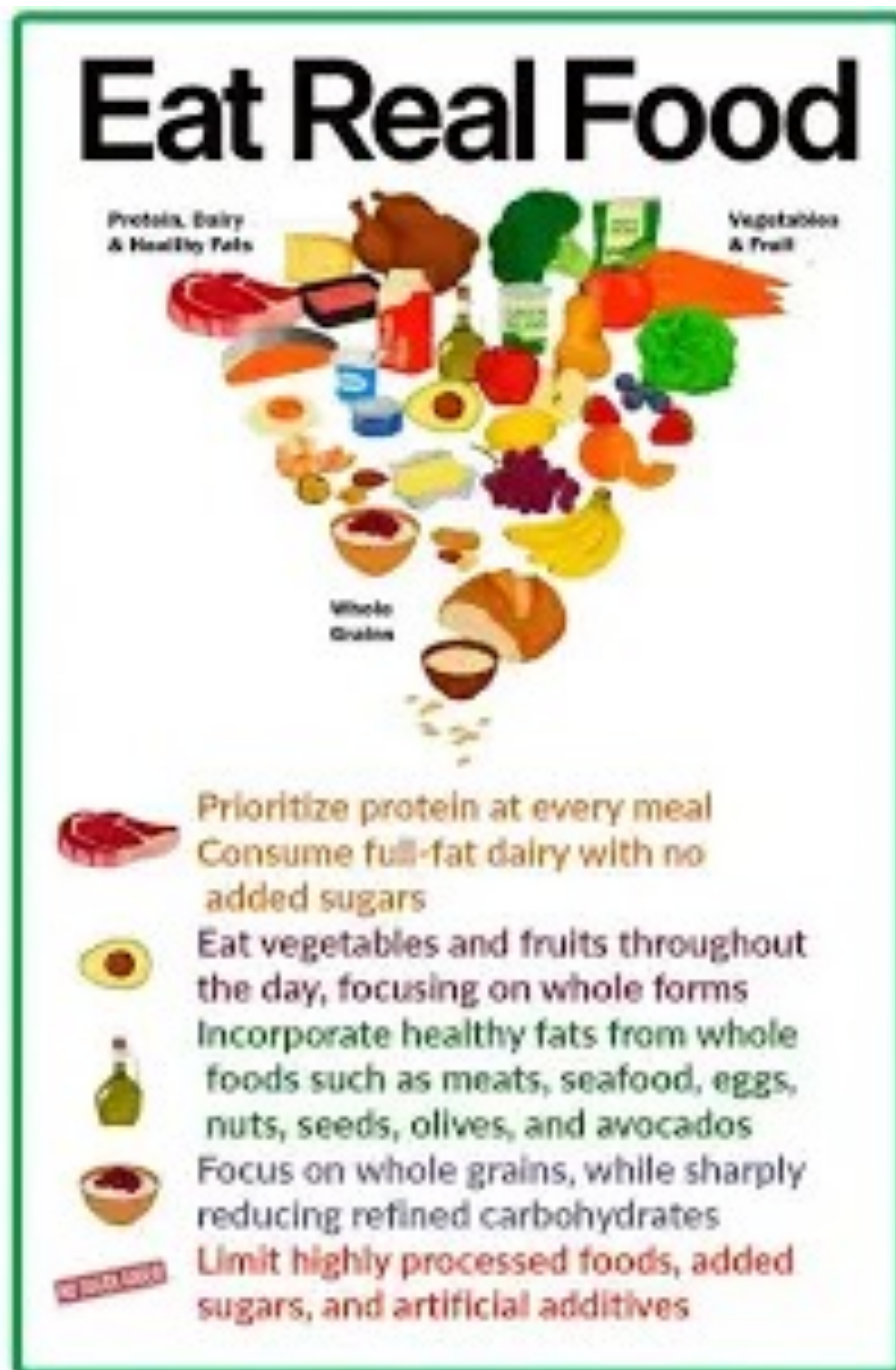
- 70% Nutrition & Lifestyle:
 - Diet: Focus on whole foods, adequate protein (0.8-1g/lb body weight), healthy fats, and complex carbs.
 - Hydration: Drinking enough water is key.
 - Sleep & Stress: Essential for recovery and hormone balance, allowing muscles to rebuild and fat to be lost.
- 30% Gym/Exercise:
 - This is the stimulus for change (lifting weights, cardio) that breaks down muscle.
 - It's vital for building strength, burning calories, and shaping the body, but only works effectively when supported by the 70%.



Dietary Guidelines for Americans

The Food pyramid turned upside down for positive change.

2025-2030 Dietary Guidelines for Americans, released in January 2026, emphasize eating "real," whole foods while drastically reducing processed products, added sugars, and refined carbohydrates. Key updates include prioritizing higher protein intake (1.2–1.6g per kg of body weight), promoting full-fat dairy, and advising reduced alcohol consumption rather than strict limits.



Supplement of The Month : NAD

Nicotinamide adenine dinucleotide (NAD⁺) is a vital coenzyme found in all living cells that plays a critical role in energy production, DNA repair, and cell survival. As NAD⁺ levels naturally decline with age, obesity, and disease, supplementation is used to boost these levels and potentially offer various health benefits, including enhanced cognitive function, increased metabolism, and reduced inflammation.

Key Health Benefits of NAD⁺

- **Boosts Energy and Metabolism:** NAD⁺ is crucial for mitochondrial function and ATP production, which helps combat fatigue and improves overall energy levels. It also aids in managing weight by supporting fat metabolism.
- **Enhances Brain Health:** It supports neuroprotection, cognitive function, and memory, and may help mitigate symptoms of age-related cognitive decline.
- **Anti-Aging and Cellular Repair:** NAD⁺ activates sirtuins, enzymes that repair damaged DNA and promote cellular longevity.
- **Reduces Inflammation and Pain:** It acts as a powerful anti-inflammatory agent, which can aid in recovery from injury and manage chronic pain.
- **Improves Cardiovascular Health:** Studies suggest NAD⁺ can reduce blood pressure and improve conditions related to heart failure and vascular health.
- **Supports Immune Function:** NAD⁺ helps strengthen the immune system and regulates immune responses.
- **Mental Health and Addiction Recovery:** It has been used to help reduce anxiety and depression, and to manage withdrawal symptoms from addictive substances.

Coming soon to IHC Pharmacy



Healthy Green Smoothie Recipe

1. **1 medium ripe banana**
2. **1 cup of fresh, canned, or frozen pineapple**
3. **3 large handfuls of fresh spinach (washed)**
4. **1 cup of plain Greek yogurt**
5. **6 oz. water**