

Weight Management Newsletter



Fall - It's Time for a Reset

Losing weight in the fall is easier when you use seasonal routines and harvest foods. Eat fiber-rich apples, pears, and squash, enjoy cooler outdoor weather for exercise. Use the return of school and work schedules to build a steady meal-prep habit.

Best Fall foods are apples and pears : High in fiber and low in calories to keep you full. Pumpkin and Squash are also great for low-calorie soups and roasted dishes. Sweet Potatoes: Fill you up with slow-release energy. Brussels Sprouts and Kale: Packed with vitamins and very filling.

Simple Fall Habits

Outdoor Activity: Walk or hike in the cool air without the heavy heat of summer. **Yard Work:** Rake leaves or garden to burn extra calories. **Drink Water:** Do not forget to drink water just because the weather gets cold. **Early Sleep:** Use the earlier sunset to get seven to nine hours of rest.



Key Nutrition For Weight Loss

Calorie Counting versus Macronutrient Counting

Calories measure the energy you get from food. To change your weight, you must manipulate this total number. The general rule: Calories in versus calories out. This method is easy to learn, allows for flexible food choices, and is highly effective for basic weight control. The cons of this approach, ignores nutrition quality and can lead to muscle loss during dieting.

An alternative approach is macronutrient counting. Macronutrients are the building blocks of calories. One gram of protein or carb equals 4 calories, while one gram of fat equals 9 calories. Protein : Builds and preserves lean muscle mass. Carbohydrates : Provides primary energy for high-intensity workouts. Fats : Regulates hormones and supports brain health. Pros : Optimizes fat loss, fuels workouts, prevents muscle wasting . Cons : Highly tedious, requires food scales, can cause mental fatigue.

Which one should you choose ? Choose Calorie Counting if :You are a beginner to tracking . Your only goal is dropping or gaining scale weight. You want a lifestyle with less food anxiety. Choose Macro Counting If:You want to lose fat without losing muscle.You are training for a specific sport or event.You hit a weight loss plateau using calories. Example -**DAILY ENERGY INTAKE: e.g., 2,000 Calories]**

CALORIE COUNTING APPROACH

└─ Focuses only on the grand total ─> [2,000 kcal Target]

└─ Food source / quality is optional (e.g., could be all fast food or all whole foods)

MACRO TRACKING APPROACH (The "Budget" Breakdown)

└─ Protein (4 kcal/g) ─────────> [150g = 600 kcal] ─> Preserves lean muscle

└─ Carbohydrates (4 kcal/g) -> [200g = 800 kcal] ─> Fuels gym performance

└─ Fats (9 kcal/g) ───────────> [66g = 600 kcal] ─> Supports hormone health



Recipe of Month

Deviled Eggs with Greek Yogurt

Ingredients

6 large hard-boiled eggs, peeled and cut in half lengthwise

1/4 cup plain Greek yogurt (nonfat or low-fat work well)

1 tablespoon Dijon mustard

1/3 teaspoon salt

1/8 teaspoon black pepper

Optional pinches of garlic powder or a dash of hot sauce Paprika and fresh chopped chives or dill for topping .

instructions slice the cooled hard-boiled eggs in half. Gently scoop out the yellow yolks and place them into a small bowl. Mash the yolks well with a fork or pulse them in a small food processor. Add the Greek yogurt, Dijon mustard, salt, and pepper to the yolks. Stir or blend until the mixture becomes a smooth, creamy paste. Spoon or pipe the mixture back into the centers of the egg white halves. Sprinkle with paprika and fresh herbs before serving.



Semaglutide versus Tirzepatide : What's the difference?

Many clients inquire about the pros and cons of both of these drugs for weight loss.

Semaglutide and tirzepatide are prescription medications used for weight management. Semaglutide is a single GLP-1 receptor agonist, while tirzepatide is a dual GIP/GLP-1 receptor agonist. Clinical data show tirzepatide generally yields greater weight loss and blood sugar reduction. Semaglutide works by mimicking the GLP-1 hormone to boost insulin, slow stomach emptying, and lower appetite. Average weight loss is notable, and it has extensive long-term data for reducing major cardiovascular events . Tirzepatide: Mimics both GLP-1 and GIP hormones. Clinical trials suggest it provides greater reductions in blood sugar (A1C) and body weight compared to standard doses of semaglutide.

Tirzepatide is known for fewer side effects in most people. Clients that experience side



with Semaglutide may choose to switch to Tirzepatide.

Having both options available also gives some diversity for those that hit a plateau with one drug and need something to jumpstart their weight loss. It is also a option for those experiencing side effects.

We are able to customize dosing of both of these medications based upon results and tolerance of the drugs. We are committed to your success and will work closely with you to ensure success.

Pharmacy Update

Oral Semaglutide- Now Available

Oral Semaglutide

Now available at IHC Pharmacy

Oral Semaglutide helps reduce body weight by mimicking the GLP-1 hormone to signal fullness and decrease food cravings. We are using an alternative delivery by sublingual dosing : Designed to absorb through the mucous membranes under the tongue. This allows for Custom Dosing: Because sublingual formulations are prepared by compounding pharmacies, there is no single official commercial dose. Treatment often involves a gradual increase in the amount taken over several weeks, typically starting at a lower level to manage tolerance. The liquid or tablet is typically held under the tongue for a set period, avoiding food or drink immediately after.

Available in 30, 60, or 90 day supplies

Skip the shot and call today if you would like to try this new formula.

