

Weight Loss

In America we have a chaotic eating syndrome. We eat chaotically and not structured. We need planned portions of plants and protein. We have never been taught how to eat healthy or how to suppress our hunger. It is not about will power, it is about skill power. We are here to teach you the skills you need to conquer unhealthy eating.

KEEP A FOOD DIARY

Whatever nutritional plan you decide to follow, make sure you keep a food diary. This increases your awareness of what you are eating. Every single food that you eat you must write it down and the amount you ate. This can be in a physical journal or on an app such as MyFitnessPal (use the free version). I want to review it with you each visit. One tip is to make sure you are logging/writing down all of your snacks. This can be a common pitfall. Most people do not realize how many snacks (even if it is just a few bites) they eat a day.

DIETS

I do not prefer one diet over another. I use the plate method, keto diet, low car diet, low calorie diets, meal replacements, mediterranean diet, Intermittent fasting and the DASH diet. No one diet is the best for anyone. We need to individualize it. The key is portion control and appetite suppression. If we can control those 2 things, we can lose weight. Choose what will work best for you, stick with it, and log it in a food diary. Meal preparation ahead of time can really help with this. Pick a day of the week to meal prep, put them in containers, then freeze them. Protein shakes can work well for this as well but watch the sugar content in these.

MEAL REPLACEMENTS

Meal replacements have been shown to have the most weight gain of any diet. It may be because you are not having to make decisions about what to eat after you are already hungry. If you are on the go frequently, then meal replacements may be a great option. There are many options at the grocery store or health food store for meal replacement but they can be loaded with sugar. We recommend a physician monitored meal replacement program for anyone wanting to do this. Ask us more about options from this category if you are interested.

DO NOT EAT UNLESS YOU ARE HUNGRY.

It is ok to miss meals if you are not hungry. Not everyone wants breakfast and it is ok to not eat it. If you are on insulin or other diabetes medications, please check with me first before missing meals.

DO NOT BUY IT IF YOU DO NOT WANT TO EAT IT

Quit buying things at the grocery store that you should not eat.

WATER INTAKE

Drink 1 ounce of water per kilogram of weight (0.6 ounces for every pound) per day. Keep a large jug with you or set a timer on your phone to drink

Nutrition Tips

Stop Eating CRAP

C - Carbonated drinks

R - Refined sugars

A - Artificial Food

P - Processed Food

Stay away from processed foods. Anything that is not a natural food. Chips, snack bars, cereals, etc. Processed foods have already been partially broken down by the manufacturer so they do not have to be broken down much by the body. This can cause insulin spikes which leads to more hunger.

Proteins take more energy for your body to process than carbohydrates. Proteins can boost your metabolism. Proteins can make you less hungry. Choose lean sources of protein including fish, chicken, beans, nuts, eggs and soy.

When choosing carbohydrates, opt for healthier carbs that contain high amounts of fiber and nutrients. Fiber makes you more full. Eat high fiber containing foods (vegetables, fruits).

When choosing fats, choose unsaturated fats which are healthier than saturated fats. Better fats are found in: avocados, fish, olives and olive oil, and nuts

Eat proteins or fats before eating simple carbs. This will help keep insulin spikes lower and decrease hunger.

Decrease your portion size. Do not add as much on your plate each time. Also, leave food on your plate every time you eat.

Be careful on cheat days. Who are you cheating on? They are reward days, but do not overdue it and plan ahead so that you eat less the day or two beforehand.

Physical Activity

The most important thing is to increase your activity level.

Use the stairs more often

Park the car far away in the parking lot

Take the longer way to the bathroom

Set alarms on your watch or phone to stand or be active

Use a step counter and shoot for 10,000 steps per day

I recommend 2 forms of exercise: strength training and cardiovascular exercise. Do this for at least 30 minutes per day at least 5-6 times per week.

Start with walking but slowly increasing your speed. You can also perform cycling or swimming.

Strength training. Work all different muscles. This will increase your lean body mass. Mix it up from time to time as well. There are many exercises you can perform at home with youtube. Search for chair exercises. You can also do band exercises by ordering a band online or buying them at the store. If joining a gym, please talk with a trainer. It is important that you do not work through pain.

Behavioral

Sleep

It is important to get 7-8 hours of sleep a night. Sleep helps to regulate your hormones including the hormones associated with hunger and anxiety. Without good sleep, it can be very difficult to lose weight. Sleep hygiene is extremely important to help with sleep. I have a video on my website about insomnia and important interventions to help out with sleep. Please watch it. There are also some options for cognitive behavioral therapy for insomnia. Sleepio is a paid program that has very good evidence. CBTi Coach is a free app that can be used as well to assist with sleep problems.

Untreated obstructive sleep apnea can make your hunger hormones increase as well causing you to gain more weight. If you snore frequently or have daytime fatigue, we may need to screen you for sleep apnea. Please ask us about this.

Stress and Depression

Increased levels of stress and depression can lead to weight gain or difficulty in losing weight by increasing hormones that lead to more hunger. Sometimes this requires a referral to a counselor or psychiatrist for assistance. Sometimes there are apps or online sites that can help with these problems. Some are free. I like the WYSA app which uses cognitive behavioral therapy to retrain your brain how to respond to situations in a healthy manner.

Medications

There are 6 FDA approved medications on the market that I offer to patients depending on their other health conditions. I also offer differing combinations of the components of these medications. They all suppress hunger. It is important to know that most people require these medications life long in order to keep appetite suppressed but if we are able to come off multiple other medications for other medical problems because we lost weight, then the benefit can definitely be seen. Here is a list of the medications:

Saxenda
Belviq
Contrave
Phentermine
Orlistat
Qsymia

Some of these medications are combinations of medications that are generic and include:

Bupropion
Naltrexone
Topiramate

I will review your medications with you as some may cause weight gain. Sometimes we can change these medications to others or other times we may need to decrease the dose. These medications include:

Beta Blockers
Gabapentin
Certain Antidepressants
Certain Sleep medications (including ambien and trazodone)
Antihistamines (including benadryl)
Antipsychotics

Below is a list of diseases that are known to be worsened or caused from obesity.

* Arthritis	* Liver Disease	* Leukemia
* Gout	* Acid Reflux	* Breast
* Sleep Apnea	* Skin Infections	* Ovarian
* High Blood Pressure	* Facial Hair Women	* Cervical
* High Cholesterol	* Irregular Menstrual Cycles	* Endometrial
* Type 2 Diabetes	* Kidney Disease	* Thyroid
* Venous Stasis Disease	* Kidney Stones	* Colon
* Heart Disease	* Urinary Incontinence	* Liver
* Stroke	* Depression	* Kidney
* Blood Clots	* Cancers	* Gallbladder

If you lose weight, there is a good chance we will be able to come off or decrease the dose of some of your other medications for diabetes, blood pressure, or cholesterol.