

THE WEIGHT LOSS HANDOUT

- Determine with our functional approach whether you are impacted by estrogen dominance, testosterone dominance, cortisol dominance or if there are other blocks such as trauma or stress.
- Weight loss IV therapy (weekly is ideal)
- Work with us for your custom plan of weight loss supportive supplements (Inositol, Interfase, Carnitine, Glycine, Bioma and Fulvic Minerals)
- Track your food to be more mindfully aware of your choices (ask for ideas, use an app, use workbook section to The Linked Diet)
- Changing your mindset and your relationship with food is fundamental to your success
- Avoid sugar, starchy foods, processed/refined foods and trans fats
- Eat the appropriate amount of lean protein for your body (0.7g per pound of ideal body weight) (some may find pork and red meat are not optimal for weight loss if histamines are an issue)
- Eat protein first at every meal, followed by non-starchy vegetables, then small amounts of high-fiber fruit or slow carb and healthy fat. Remember weight loss is 80% what you eat, 20% what you do.
- Sleep 7-8 hours of restful restorative sleep. Getting too much or too little sleep can undermine your recovery.
- Stress Management: meditation, deep breathing exercises, yoga. Consider using our Daily Journal.
- Walk briskly at least 4-5 times a week at least 30 minutes at a time. Walking is the ultimate fat oxidizer.
- Add resistance training at least 2x/week. Include weights appropriate to your metabolism.
- Functional exercises with weights: squats, deadlifts, bent over rows, overhead presses with the goal of avoiding frailty which decreases life expectancy.
- Avoid snacking
- Avoid extended intermittent fasting
- Consider avoiding high and very high histamine foods (see our list)

Handout courtesy of www.optim8healthandwellness.com