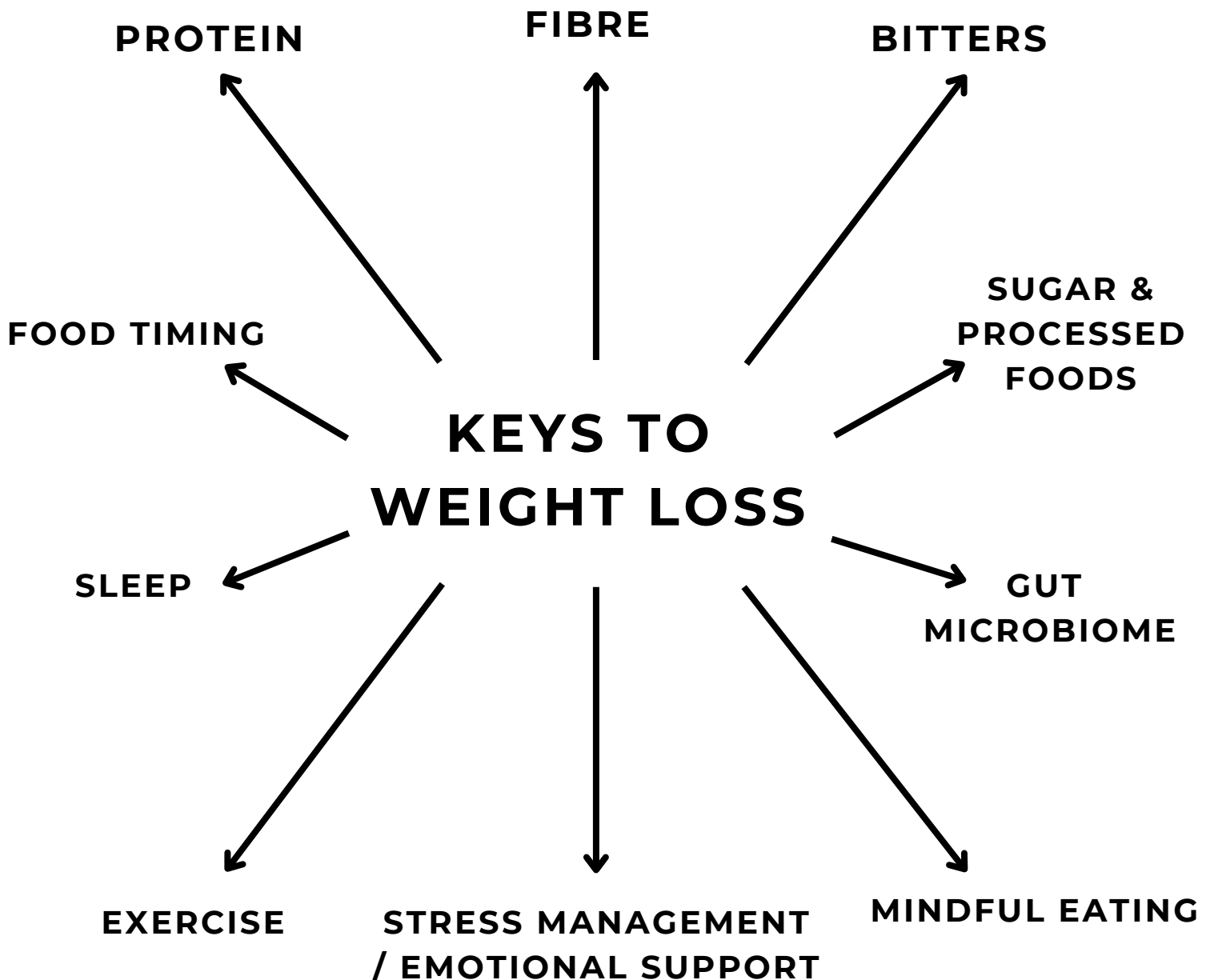


Sustainable weight loss is *not always* as simple as calories in, & calories out. Or even, diet & exercise alone.

Here are some simple strategies to adopt, alongside your individual tailored nutrition and lifestyle prescription. To help you lose weight and keep it off, whilst improving overall physical, mental & emotional wellbeing.



SUSTAINABLE WEIGHT LOSS GUIDE



DIET

SUGAR & PROCESSED FOODS

These foods typically found on fast food menus, or inside eye catching packets with fancy labelling on supermarket shelves, actually INCREASE your appetite, often leading to over-eating.

What's worse, is that they're usually very high in calories, but lack protein and fibre, which means you can eat more than needed without feeling full.

Further to that, such foods cause a rapid spike in blood glucose, inevitably leading to a rapid drop. The rapid drop in blood glucose initiates the feeling of fatigue and the desire to seek more food.

Foods to avoid: cakes, lollies, biscuits, slices, fried foods, chips, white bread/pasta, processed meats, fake meats, commercial sauces/chutneys, marinades, stir-throughs.

PROTEIN

High quality protein sources are generally low in calories, but initiate the feeling of fullness and satiation. It does this by; releasing the neuropeptide 'Cholecystokinin (CCK)' signalling to the brain "I'm full, let's start digesting".

Further, it suppresses the hormone 'Ghrelin' which is responsible for hunger.

Start your day with a high protein breakfast, and add a palm sized portion of protein to lunch and dinner. This is a great way to promote stable energy and focus, while keeping you fuller for longer & reducing over-eating.

Breakfast idea: 2-3x eggs + 1/3 avocado + sautéed broccoli in grass-fed butter + 6 walnuts

High protein foods: Lean meat, poultry, organ meats, fish, whole-fat dairy products, eggs, nuts, beans, legumes, tofu/tempeh.

FIBRE

Foods high in fibre increase fullness and satiety by filling your stomach, so you feel full faster compared to eating junk food or ultra-processed foods.

Example: 1x slice pumpernickel bread VS 1x slice plain white bread

Fibre also helps slow the release of energy, so you have more stable and consistent energy throughout the day. Aim for 30g of dietary fibre every day for a healthy digestive system, regular bowel movements and stable energy.

High fibre foods: vegetables, fruits, nuts, seeds, whole grains.

Tip for over-eaters: Stir 1x tsp of psyllium husk in 1 cup of water 10-20min before each main meal. This can promote satiety faster.

BITTERS

Bitter foods help with digestion by promoting bile secretion from the pancreas to help breakdown food and stimulate the release of digestive enzymes, necessary for 'normal' digestive function, nutrient absorption and utilisation.

Think: less gas and bloating, and more energy & feeling fabulous.

Bitter foods: Rocket, fennel, broccoli, kale, radish, bitter melon, dandelion, citrus, green tea, cacao

How-to tip: Add this small side salad with your main meals.

- 1 cup rocket
- 1/4 cup finely sliced fennel
- Juice of one lemon or red wine vinegar
- 1 tsp olive oil
- Freshly cracked pepper

SUSTAINABLE WEIGHT LOSS GUIDE



GUT MICROBIOME

Did you know 'the gut' or the gastrointestinal tract starts from the mouth and ends at the anus. And is home to around 100 trillion bacteria 'good & bad' This wild colony of bacteria is our gut microbiome.

Out gut bacteria's are really powerful little organisms. So much so, they can influence nearly all biochemical pathways in our body and brain! They influence hormone production, neurotransmitter synthesis (chemical messengers, such as serotonin), inflammatory responses, digestion, mood & stress.

Good vs Bad

The 'good' beneficial bacteria act as a friendly army, fighting off invading pathogens that may cause illness / infection / and poor digestive function. They also promote serotonin production from cells in the gut that influence a positive mood and a regular circadian rhythm > which we know is vital for weight management and healthy metabolic function.

To help feed and proliferate the good guys; eat a wide variety of fruits and vegetables, plus fermented foods such as sourdough bread, sauerkraut, kimchi, yoghurt, miso, nato and kombucha.

The 'bad' pathogenic bacteria proliferate and thrive on sugar and processed foods, alcohol and stress. When the pathogenic bacteria outweigh the good guys, they disrupt harmony in the gastrointestinal tract, leading to; poor digestive function, inflammation, and risk of illness and infections. As well as influencing (or sustaining) depression, anxiety, insomnia, and ADHD.

FOOD TIMING

Food timing and how often you eat can drastically influence how much you eat in one day. As well as *how* your body uses fuel for energy (fat vs muscle).

Intermittent fasting (IF)

Fasting is a period where you do not eat or drink anything except water. Fasting can be really effective for weight loss as it promotes energy production by breaking down fat cells from adipose tissue.

The key to success is to ensure you drink plenty of water through the fasting window, and that you don't over-eat during the feeding window. Stick to normal sized meals.

Please note* fasting is not for everyone and especially for people with a history of distorted eating, pregnancy or breastfeeding women. Please consult with your practitioner before starting intermittent fasting.

How to start

There are numerous IF methods, however we are going to look at one version here.

Week 1-2: fast for 12 hours per 24 hours (eg. 7pm - 7am)

Week 3-4: fast for 14 hours per 24 hours (eg. 7pm - 9am)

Week 5-6: fast for 16 hours per 24 hours (eg. 7pm - 11am)

Week 7+: continue with 16 hours until you have reached your desired weight then consult with your practitioner about continuing, or taking a break.

*Male patients may find fasting up to 18 hours valuable, however it is not recommended for females unless morbidly obese.

Breaking the fast - first meal

Your first meal should consist of at least 30g of protein, with a small to moderate amount of fat, and some vegetables for fibre.

Example meal:

- 1x poached chicken breast or 3x eggs
- 2 cups leafy greens dressed with 1 tbsp olive oil & squeeze of lemon
- 6x walnuts

SUSTAINABLE WEIGHT LOSS GUIDE



LIFESTYLE

SLEEP

Sleep is the mother of all healing, repair and energy for our body & brain.

Without adequate sleep duration, quality and consistency, the body cannot effectively burn fat, build muscle, repair the immune system, form memories, and retain & process information learned.

Sleep is where all the magic happens. But don't freak out about it.

Making small gradual changes to build an optimal evening/sleep routine and environment will work wonders in improving your sleep quality and duration. Patience and consistency is key.

Tips:

1. Avoid all stimulants from midday (coffee, sugar, alcohol)
2. Dim lights in house 3-4 hours before bedtime
3. Avoid screens and blue light 1 hour before bedtime
4. Go to bed and get up at the exact same time each day.

EXERCISE

Exercise is recommended for all individuals, throughout all life stages for physical, mental, and emotional wellbeing and longevity.

Start small with 20-30min p/d, and build up your intensity and endurance overtime. If you are new to exercise, it's advised to seek out a physical therapist / personal trainer / coach to help you get started for optimal result and reduced injury risk.

Try alternating days with: long walks, HIIT, weight training.

This will help promote mobility, stamina, and fat burning.

STRESS MANAGEMENT / EMOTIONAL SUPPORT

Ever heard the saying "it's all in your head"? Well, there is some truth to that.

When we are in a state of on-going stress: eg. Occupational / family / trauma / illness / sleep deprivation... Even the constant worry of being overweight. Our brain perceives this as a threat to our wellbeing and lives in a perpetual state of fight, flight, freeze (sympathetic dominance). Leaving our stress response exhausted.

This causes systemic inflammation and insulin resistance which inhibit weight loss potential.

1. The body is more likely to store fat and waste muscle (the complete opposite to what we want/need).
2. The brain takes longer to register the feeling of fullness because it's preoccupied. Leading to overeating.
3. The hunger hormone 'Ghrelin' increases. Actually making you feel hungry.
4. Digestion is impaired, and may cause constipation, gas, bloating, and reduced nutrient absorption.
5. Stress or emotional distress is often associated with emotional eating behaviours, often followed by guilt, shame or regret. Influencing further stress, and so the cycle continues.

Addressing stress and emotional distress isn't always easy to confront or prioritise. However, it is vital in your weight loss journey. And will be a major pillar for success. Or Re-bounce weight-gain is likely to occur.

Additional support such as counselling or psychology can be a valuable tool along side your nutrition and lifestyle plan to help manage any underlying stress / emotional manifestations that may be limiting your weight loss potential.



LIFESTYLE

MINDFUL EATING

Mindful eating goes hand in hand with stress management, as 'mindless eating' (fast, distracted, stressed, standing) is typically done in a sympathetic state, even though you don't necessarily feel or perceive stress in that moment.

Have you ever... Eaten while driving? Eaten in front of the TV? Eaten while working? Eaten while standing up encouraging kids to hurry up and eat theirs?

This is mindless eating. In states like this, your body doesn't recognise it's time to digest food, therefore your nutrient absorption and utilisation is decreased and you're more likely to experience, gas, bloating and overeating.

Try this: sit down for EVERY meal. Take 10 deep belly breaths at the table before eating anything. Chew each mouthful until the food is fully pureed before swallowing. Observe and savour the flavours, textures & smells.

No joke. This simple habit can be life changing!

Key takeaways

- Certain food groups are going to 'aid' or 'inhibit' your success. Choose your own adventure.
- Sustainable weight loss is more than just diet & exercise. Although diet & exercise are still important.
- Sleep is King! Or forget about weight loss.
- You need to address stress and any emotional baggage if you want long term success.
- 'How' you eat is just as important as 'what' you eat.