

Releasing Weight and Having More Energy this Summer!!

- Determine what your goal(s) is? (examples: releasing what number of pounds, getting into what activity, having more energy, sleeping better....)
- Do a one-week food / movement / sleep log.
- What is your baseline (share this with Dr. Eric, Dr. Kevin and Beth)
- Calculate your BMI, your metabolic age... set up an appointment to have this calculation done

Paleo Triangle - handout

Reducing Sugar Cravings:

1. Lemons, limes and apple cider vinegar
2. Low Carb (except veggies), higher good fat food plan - more avocados, nuts, coconut and olive oil, sardines, anchovies, wild caught salmon...and protein at each meal
3. Air Squats - 10 reps 3 times per day (You Tube: Dr. Jockers "Air Squats"- 4 minutes)
4. Water Increase- $\frac{1}{2}$ your body weight in ounces and Good Salt (Himalayan Pink Salt)
5. Natural Sweeteners - stevia, monk fruit
6. Reduce Stress, check adrenal gland function, some way to do meditation / mindfulness practice, deep breathing (2x breathing- inspiration for 3 counts, out for 6 counts, in for 2 counts, out for 4 counts)
7. Support Dopamine and Serotonin production

Intermittent Fasting: Do a 12-hour period between dinner and first meal of the day. This will produce ketones to burn fat! (No late night snacks)

Recheck your goals and redo BMI test in 4 weeks - only go on the scale 3 times per week. (Have a partner in this process - your partner can be US 😊 at our health and wellness center)

The Link Of Inflammation

Impacting Our Health

BRAIN:

Sugar can rewire the brain's pathways. Diets full of processed and sugar-heavy foods can increase the risk of depression by 58%.

HEART:

Sugar inflames the linings of the arteries to the heart, increasing the risk of stroke and heart attack.

SKIN:

When sugar bombards your body, proteins incorporate it as part of their structure, aging skin and causing wrinkles.

KIDNEYS:

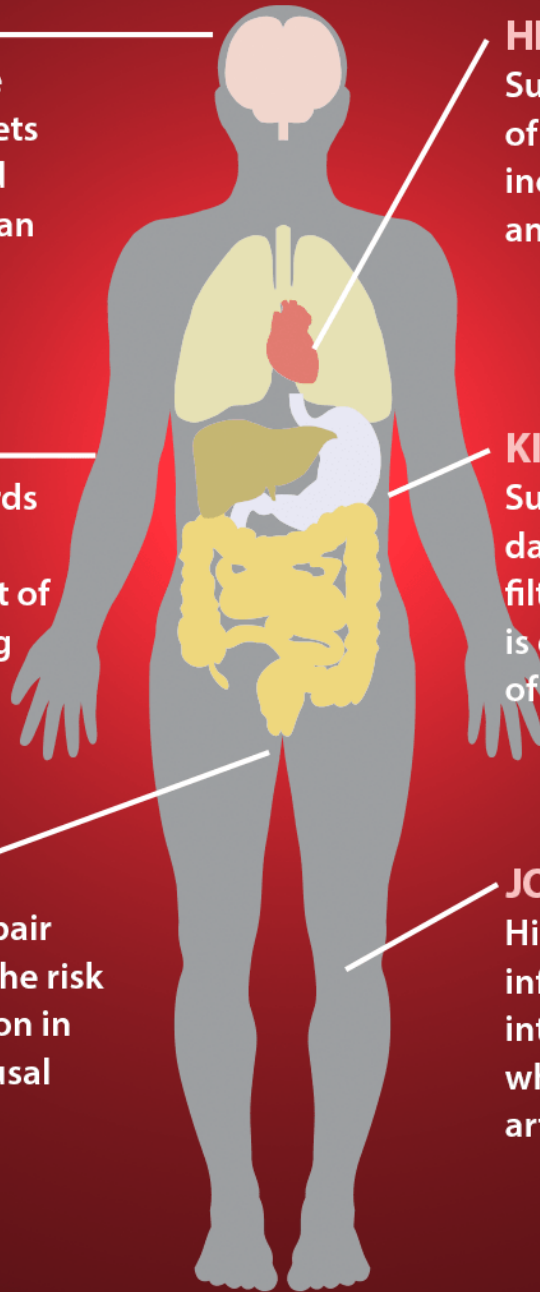
Sugar overload can damage their delicate filtration system. Diabetes is one of the main causes of kidney failure.

GENITALS:

Excess sugar can impair blood flow, upping the risk of erectile dysfunction in men and sexual arousal disorder in women.

JOINTS:

High-sugar diets pump inflammatory cytokines into your bloodstream, which can exacerbate arthritis.





SALT

COMMON TABLE

- “Purified,” a process that involves a re-crystallization at over 1,200°F
- 97.5% sodium chloride, 2.5% additives
- Depleted of its natural minerals
- Includes anti-caking compounds
- Likely contains iodine and/or is fluoridated (particularly in non-US countries)

HIMALAYAN PINK

- Contains 84 essential minerals required by the human body
- 85% sodium chloride, 15% trace minerals
- A good source of magnesium, in which 80% of all individuals are deficient
- Promotes a healthy pH balance of the cells
- Helps regulate blood sugar levels
- Helps regulate the body’s natural sleep cycle

SUGAR ADDICTION THE PERPETUAL CYCLE





FRUIT IN SEASON

**ANIMAL FAT | OLIVE OIL
GRAPESEED OIL | COCONUT OIL**

NUTS | SEEDS

AVOCADO | COCONUT | OLIVES

MEAT | FOWL | SEAFOOD | EGGS

VEGETABLES

LOCAL

ORGANIC

GRASS-FED

FREE RANGE