

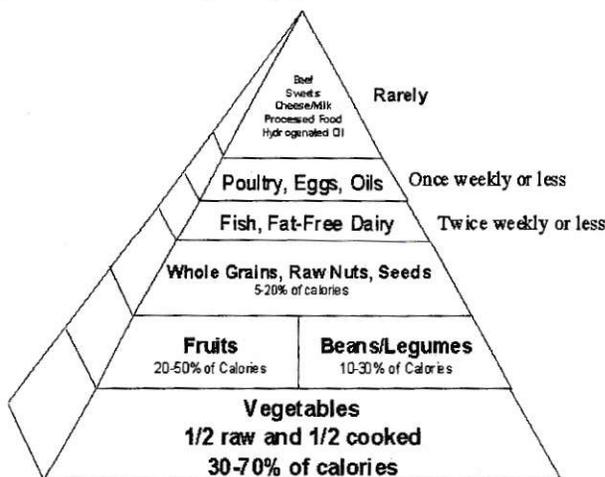
Weight Loss

~Dr. Justin Pollack, ND

Restrict Calories & have nutrient-rich foods

- It is possible to restrict food to around 1,200 Calories/day for long periods of time, and dieters using homeopathic-hormone drops (*available under doctor supervision*) have had success with a program of Calorie “loading” for 2 days, followed by a “maintenance diet” of 21 days (3 weeks) minimum, with as little as 500 Calories/day. I recommend a more moderate approach with between 600-900 Calories/day when using homeopathic-hormone drops, no longer than 35 days (5 weeks) at a time.
- Eat smaller bits of food, more frequently through the day. Graze. This keeps blood sugar & insulin levels on an even keel.
- Nutrient-rich foods are the best way to fill up, nourish the body, and satisfy hunger.
 - **EXCELLENT: Dark Leafy Greens.** Kale, green & red-leaf lettuce, romaine lettuce, bok-choy, okra... (spinach & swiss-chard could be listed here, but contain oxalates that inhibit absorption of calcium & iron)
 - **GREAT: Solid Green Veggies.** broccoli, brussel sprouts, cabbage, peas, string beans, artichokes, celery, cucumber...
 - **GREAT: Non-green, non-starchy veggies.** cauliflower, carrots, beets, mushrooms, onions, water chestnuts... (tomatoes, peppers & eggplant are in the nightshade family, and may contribute to inflammation)
 - **GOOD: Beans & Legumes.** (cooked, steamed, sprouted) red, kidney, pinto, black, chickpeas, navy, soy, lentils, limas, black-eye peas...
 - **GOOD: Fresh Fruits.** apples, apricots, bananas, berries - all types, peaches, plums, nectarines, melons...
 - **OK: Starchy Veggies.** yams, sweet potatoes, squashes, corn, chestnuts... (white & red potatoes)
 - **OK: Whole Grains.** buckwheat, rice, quinoa, millet, oats... (whole wheat, spelt, kamut, rye, barley)
 - **OK: Raw Nuts and Seeds.** All types.

A nutrient-dense “food pyramid” developed by Joel Fuhrman, MD



Don't eat after 8pm

- Night-time is when we have a natural “fasting” period built in to our day. Snacking later than 8pm is often a response to cravings for “comfort foods” that are starchy or sweet, which means they are loaded with carbohydrates. Insulin release and high blood sugar late at night before sleeping are major contributors to weight gain. Drink more water, or sip herbal tea between meals. This will relieve some hunger, and proper hydration contributes to energy.

Don't skip *break-fast*

- When you are trying to burn fat, you should never exercise without eating protein and carbs before-hand, especially in the morning. This “loads” the body with fuel, so it doesn't try to conserve fat stores. Fruits and berries are an excellent source of morning carbohydrates, while the best proteins are quickly digesting protein powders, nut or seed butters. This makes a small amount of fruit & protein “smoothie” the best thing to have about 15 minutes before morning exercise. When you schedule exercise as one of the first things in your day, you're twice as likely to stick with it.

Guidelines for exercise

- *“All healthy adults ages 18-65 years need moderate-intensity, aerobic physical activity for at least 30 minutes five days each week or vigorous-intensity aerobic physical activity for at least 20 minutes three days each week. Further, adults will benefit from performing activities that maintain or increase muscular strength and endurance for at least two days each week.” The guidelines also state that exercise above the recommended minimum amounts provides even greater benefits. (American Heart Association & American College of Sports Medicine, 2007)*
- **Aerobic:** 30-60 minutes, 4-5 days a week. Over 40 minutes is optimal to burn fat. Abdominal fat in particular, responds best to “interval” training where several short, full-speed sprints of 30-60 seconds are incorporated into the aerobic workout.
- **Strength/resistance:** 8-12 repetitions of 8-10 different exercises; 2-3 days a week. 8-12 repetitions of 8-10 movements. Except for abs, don't work out the same muscle groups on consecutive days. When starting something new, learn proper form from a trainer.
- **Stretching activity:** 4 repetitions of 10-30 seconds, 2-3 days a week. Can be done every day. Don't bounce. Hold each stretch 20-30 seconds.

Exercise less intensively to burn fat

- Fat burning is something the human body does quite naturally when we exercise. Stored body fat, along with the carbohydrates we consume, are our main source of fuel. If you train too intensely, sugar, and some protein, will become your main source of energy, not fat. Current evidence shows that working out at 55% - 72% of **VO2-max** (described below) achieves an optimal “**fat burning zone**”. *At 65% VO2 Max, a person will burn 220 Calories in 1/2 hour, 50% of it from fat. At 85% VO2 Max, a person will burn 330 Calories in 1/2 hour, 33% of it from fat. In each case, 110 Calories of FAT will be burned in 1/2 hour – you just work harder at the higher rate.*
- **To calculate VO2-max:**

| | |
|---|----------------------------------|
| • 220 – (minus) your age = “Maximum heart rate” (MHR) | example calculation |
| • “Maximum heart rate” – “Resting heart rate” | 220 – 30 = 190 |
| • Calculate percentages for maximum fat burning | 190 – 70 = 120 |
| • Add “Resting heart rate” back to both numbers | 55% of 120 = 66; 72% of 120 = 86 |
| | 66 + 70 = 136; 86 + 70 = 156 |

(The target heart rate for this average 30-year old to burn fat optimally, would be between 136-156 bpm)
- **YOUR “FAT BURNING ZONE” (Target Heart Rate):** _____ bpm

Avoid caffeine, and minimize stress

- Caffeinated drinks and stress cause the body to produce “stress hormones” like epinephrine and cortisol. Both of these wake the mind & get circulation going, but raise blood sugar along with blood pressure. If you're not exercising to burn off the mobilized blood sugar, it will get converted to fat (mostly abdominal). Exercise is an excellent way to wash away stress, as are breathing techniques from multiple traditions.

Check thyroid, adrenal and sex-hormone balance

- The average blood test will check thyroid function through TSH levels, but tests for thyroid hormones (T3 and T4), adrenal hormones, estrogen and testosterone are done by naturopathic doctors, who take a more complete picture of your endocrine health than the average doctor. Thyroid hormones are primary drivers for metabolism & fat burning, but adrenal and sex hormones make significant contributions to balance metabolic rate. Slow metabolism is a major contributor to weight gain.