



Health Focus

“The Basics”

Nutrition, Sleeping and Exercise



Weight Loss & Vitality Clinic



Your Wellness Destination

Dear Client:

As your case managers, we are so happy that you have decided to begin your weight loss journey with us. We are here to help you achieve your goals! If you have any questions regarding treatment, medications or nutrition, or if you are struggling in a certain area, please let us know. Feel free to contact us via phone, email or work text message, and we will address your issue as soon as possible. We look forward to being of service to you, and we thank you for choosing Weight Loss & Vitality Clinic!

NURSE CONTACT INFO:

Clinic Phone: 571-550-9000 (option 1)

Email: casemanager@weightlossandvitality.com

Website: weightlossandvitality.com and weightlossandvitalitylive.com

Robbie Bauder - BSN, RN

Nurse Case Manager



Jennie Jacobi – BSN, RN

Nurse Case Manager



Shakeology Products: www.shakeology.com/warriorcoach

Exercise Products: www.beachbodycoach.com/warriorcoach

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About Us

MISSION: Weight Loss & Vitality Clinic was created with one goal in mind: to provide exceptional and affordable medical care to our patients, helping them to improve their health and overall quality of life.

VISION: To provide patients with access to safe, effective and affordable medical treatment that will ultimately improve their overall health and well-being. We are dedicated to fighting obesity and all the chronic diseases that are a result of obesity, poor nutrition and inactivity.

ABOUT US: Weight Loss & Vitality Clinic was founded by Dr. George Sedrakyan, MD and David J. Bauder, PA-C in 2013. Dr. Sedrakyan is a board certified internal medicine physician with vast hospitalist and primary care experience. Mr. David Bauder is a 27-year U.S. Army veteran and has a wide range of knowledge and experience in acute care, battlefield trauma, human endurance and performance optimization requirements to meet the demands of combat in austere environments.

OUR PROMISE: Regardless of your age, your body is changing every day. Your daily lifestyle and health choices impact both your weight and wellbeing, not only today but for the rest of your life. Here is what we do to help:

- We help our patients set goals and we keep expectations realistic.
- We emphasize education. We want you to know what you are doing and why you are doing it.
- We inform you about every possible treatment option available to you – options available not only from us but also from other trusted sources with whom we partner.
- We concentrate on the personal needs of each patient. We will evaluate your health and create an individualized plan specifically for you.
- We strive to deliver results in the shortest amount of time possible, while also advising you on how to best maintain your results long term.

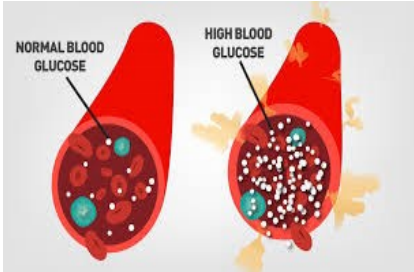




Basic Carbohydrate Process

Serum Glucose

Normal amount of blood sugar is approximately 5 grams, equal to one tea-spoonful of sugar. All carbs and sugar will elevate blood glucose.



First Deposit directly to



One Banana

110 Calories

27 grams of carbohydrates

27 grams of carbohydrates converts to blood glucose and pushed from the gut to the blood



Excess Stored as Glycogen



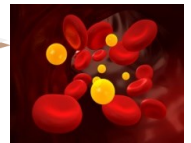
The human body holds approximately 400-500 grams of glycogen. This equals 2000 calories worth of energy and will be used first before any fat metabolism.

In America the average sugar/carb consumption has increased from 3 lbs. per person, per year 200 years ago to approximately 200 lbs. per year, per person currently. The point is your glycogen stores are full! Added sugar is everywhere!

Excess blood sugar that cannot be converted to glycogen secondary to your storage capacity is full is rapidly converted to Fatty Acids in the form of Triglycerides, Phospholipids, Plasmalogens, and Cholesterols.

Fatty Acids pushed into your blood

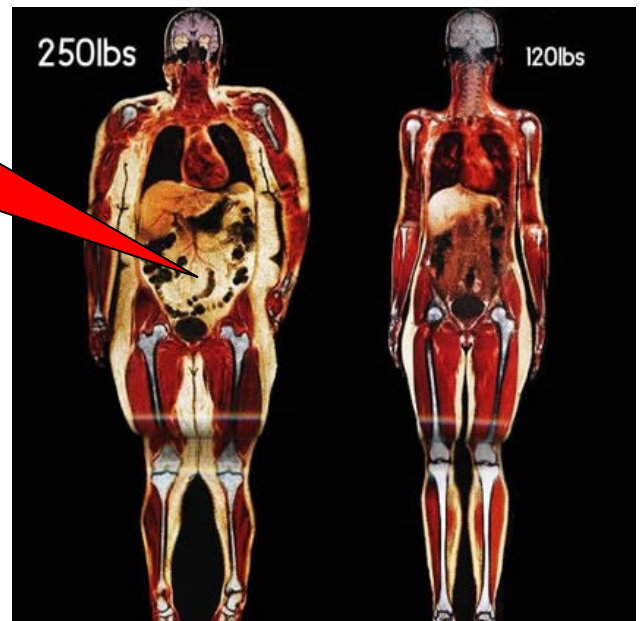
We must address carbohydrate and sugar intake in order to effectively shift your body's metabolism from glycogen to fatty acids for energy. This is called Keto-Adaption!



Visceral Fat hazardous to you health and a predictor of a shorten life span

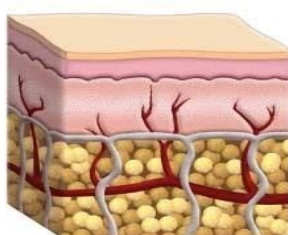
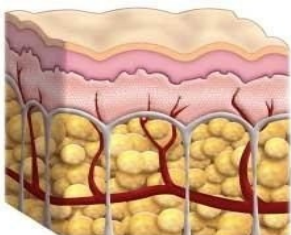
250lbs

120lbs



Excess Fat and Cellulite

Normal





Basic Protein Metabolism

The average human can process 21-24 grams of protein in a 3 hour window after eating.

7-8 grams of protein every hour for 3 hours (**3 hours to digest meal**)

21-24 grams of protein is equal to approximately 3-4 oz. of a protein

High Protein



Recommend 2-3 protein snacks per day in between meals.

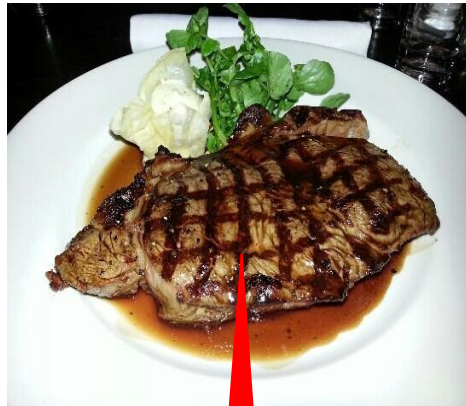
During a Weight Loss Program we recommend no less than 60-70 grams of protein minimum per day and more if extremely active.



16 oz. Porter House Steak = 112 grams of Protein



- Smaller meals with 3-4 oz. of protein in every meal
- Eat every 4-6 hours
- Meal Plan
- Life Time Commitment
- Reduce Carbs
- Stop All Refined Sugars
- Stop Fast Foods



- Large meals
- Skipping meals
- Fail to meal plan
- Look at weight loss as a 30 day fix

21-24 Grams of Protein Converted to Amino Acids

Building Blocks!

Amino Acids

- Build Cells
- Muscle Regeneration
- Build Hormones
- Support Immune System
- Hair, Nails, Skin
- Enhanced Metabolism

Gluconeogenesis

88 Gram of Protein Converted to Glucose

Sugar

Not such a good idea when trying to lose weight and reduce glycogen stores. Excess protein is converted to glucose thru your body's own ability (gluconeogenesis) to convert protein to glucose. **THIS WILL STOP OR SLOW FAT & WEIGHT LOSS**

- Stops Fat Metabolism
- Elevate glucose level
- Elevate Fatty Acid Level
- Slow Weight Loss Efforts

Nutrition Overview

The human body requires proper nutrition for every aspect of wellbeing: performance, energy, recovery, mental focus, and overall health. Your daily lifestyle demands nutrient-dense foods that promote cellular regeneration and health. Excellent nutrition becomes even more important when you are trying to reverse chronic diseases or hormone imbalances, lose weight, burn fat and change body composition.

Six major types of nutrients are critical for the proper function of our bodies:

- protein
- fat
- carbohydrates
- water
- Vitamins
- minerals

Each of these serves a different function in our bodies. Of the six nutrients, only three provide the body with energy-making capability: protein, fat and carbohydrates. A well-balanced eating plan of these three nutrients is necessary to maintain a healthy body.

Calories:

At Weight Loss & Vitality Clinic, when we zero in on helping our patients lose weight, our focus is to defuse the strong carbohydrate cravings that many of our clients have. We work to heal the metabolism and reverse conditions associated with carbohydrate-centric eating disorders. We feel that obesity and obesity related disorders are more strongly related to the **type** of foods consumed rather than the number of calories consumed. Yes, quantity (number of calories consumed) matters, but the type of food consumed matters more.

- *Carbohydrate = 4 calories per gram*
- *Protein = 4 calories per gram*
- *Fat = 9 calories per gram*
- *Alcohol = 7 calories per gram*

For patients trying to lose weight, typical daily calories range between **850-1650 calories**. The target number will depend on certain factors, including age, gender, desired weight loss, body type, activity level, findings of metabolic testing, chronic diseases, etc. Although we don't ask our patients to count calories, here is an example of daily grams of protein, fat and carbs we expect our patients to eat during PHASE ONE (Fat Burn); along with a calorie amount that is reasonable and will support weight loss. This example varies from patient to patient depending on the factors discussed above.

Weight Loss Level		
	Grams/day	Calories/day
Protein	75	300
Fat	80	855
Carbs	25	100
Total Calories		1255



Protein:

Proteins are the basic building blocks of muscles. They are needed for proper muscle and connective tissue regeneration, and to create blood cells, hormones, enzymes and as a supporting component of energy when required.

Planning for protein intake is critical regardless of your goals and activity level. The Recommended Dietary Allowance (RDA) for protein is 0.36 grams per pound of body weight per day. An example of this would be a 185-pound person multiplied by the RDA (0.36) equals 67 grams of protein per day. We find the RDA to be slightly misleading and believe the requirement should be based on an individual person. Factors that influence protein requirements are: age, gender, activity level, current body composition and any existing medical conditions.



The processing of protein in the body is complicated. After eating a meal, the body absorbs and utilizes protein from that meal for approximately three hours at a rate of 7-8 grams per hour (21-24 grams total). Ingesting more protein than that per three-hour time is not effective or useful. It is very important that our patients consume quality sources of protein at each meal to reach their proper daily requirement.

Protein and Weight Loss:



Our recommendation regarding protein intake is 15-21 grams of protein per meal (3 meals per day).

We also encourage one or two small protein-dense snacks throughout your day. Examples of protein snacks are Greek yogurt, string cheese, one hard-boiled egg, whey protein, trail mix, etc. Try to stick within 8-14 grams of protein per snack. Extremely active patients such as endurance or strength training athletes need to consume more. Excessive protein intake can be problematic and may lead to increased body fat.



Fat:

Dietary fat is a vital component to a healthy life. In the 1970s dietary fat was thought to be a major risk factor for heart disease. However, many of us in functional medicine have known for years that this simply wasn't true. Finally, most of the mainstream medical community is agreeing that fat intake is healthy. It's simple – dietary fat is needed for energy, regulation of body temperature, a healthy immune system, hormone development and regulation, and transporting fat-soluble vitamins. Additionally, dietary fat serves as a class of hormones known as eicosanoids. Eicosanoids are vital for blood pressure regulation, decreasing inflammation and clotting. Without healthy fat ingestion, you simply can't be healthy.

Our recommended daily dietary fat intake is normally **45-90 grams**. We concentrate on consuming monounsaturated, polyunsaturated, and saturated fats, and avoiding trans fats.



- Monounsaturated: avocados, almonds, walnuts, cashews, olive oil
- Polyunsaturated: fish oil, salmon, sunflower oil, flax seed
- Saturated: coconut oil, butter, cheese, red meat
- Trans Fats (**AVOID**): fried foods, potato chips

Carbohydrates:

Excessive carbohydrates regardless of type derail weight loss programs and stop fat metabolism. Carbohydrates are the body's primary energy fuel and used first before other forms of fuel. They are crucial for endurance and strength activities. Healthy carbs are found in many sources of food including pasta, bread, vegetables, fruit, legumes and dairy products.

Ingested carbohydrates are converted to glucose (blood sugar) and then used as energy, converted to glycogen or stored as body fat.



Harmful Carbohydrates:



Calculating “Net Carbs”

Using the nutritional facts of a label
shown simply calculate

$$\text{Total Carbs} - \text{Dietary Fiber} = \text{Net Carbs}$$

You will be on **PHASE 1**:

_____ weeks

Protein Intake: _____ grams

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 250 Calories from fat 10

% Daily Value*

Total Fat 4% 4%

Saturated Fat 1.5% 4%

Trans Fat

Cholesterol 50mg 28%

Sodium 150mg 15%

Total Carbohydrate 10g 3%

Dietary Fiber 5g

Sugars 3g

Protein 16%

Vitamin A 1% • **Vitamin C** 3%

Calcium 2% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Phase One “Fat Burner”:

Key Objectives:

Reduce carbohydrate intake to 4-6 net carbs every 4-6 hours

Eat every 4-6 hours

Exercise a minimum of 30 minutes 3-5 times per week

Sleep 7-8 hours per night

Drink 75-100 ounces of water per day

Protein intake 45-100 grams per day (~15-30 grams of protein every 4-6 hrs.)

Healthy Fat intake 50-80 grams per day

Purpose:

Burn Fat and Lose Weight

Lower insulin level

Reset pancreatic function

Initiate lipolysis (release of fatty acids)

Reduce glycogen stores

Reduce insulin resistance

Improve Hemoglobin A1C

Reduce inflammatory index and oxidative stress

Time Period:

4-12 weeks

To begin, we are going to start mobilizing fatty acids. The Weight Loss and Vitality Clinic will assist with helpful medications and supplements but this can never be considered the solution for long-term success.

First and foremost, this journey starts in your mind. You need to visualize and think about goals. What does healthy look like to you? The vision is critical to keeping you from becoming distracted during the daily grind that we all deal with. Health and fitness is the ultimate measure of success and can only be achieved if you are completely vested in your journey.

Several things that have proven to be helpful to others:

Eliminate temptation by cleaning the house/pantry of foods that will not be used

Prep meals and snacks so that you can easily reach for something healthy during your busy day.

Fruits will largely be eliminated during Phase One because of the excessive sugar that most contain. Don't worry -- fruits will come back into the plan in just a couple weeks!

Below is the list of foods that we are going to target for Phase One (these can also be used throughout all the Phases).

Foods to enjoy during Phase One "Fat Burn"		
Protein	Oils/Fat	Vegetables/Fruit
Beef, Veal, Lamb, Pork, Cod, Flounder, Halibut, Tuna, Trout, Salmon, Bass, Shrimp, Chicken, Eggs, Cheese, Bacon, Low-Carb Protein Shakes, Peanut Butter, Tofu	Olive Oil, Coconut Oil, Butter, Walnut Oil, MCT Oil, Avocado Oil, Fish Oil, Half & Half Cream, Nuts, Seeds	Spinach, Parsley, Avocado, Radish, Lettuce, Bok Choy, Celery, Mushrooms, Garlic, Pokeberry, Cabbage, Asparagus, Coconut, Squash, Cauliflower, Broccoli, Cucumber, Asparagus, Zucchini

Beverages to enjoy during Phase One "Fat Burn"
Water, Sparkling Water, Club Soda, Coffee, Unsweetened Tea

Foods to avoid at all cost!
Pasta, Sodas, Juice Drinks, Cereal, Potatoes, Breads, Rice, Chips, Ice Cream, Sugars, Syrups, Candies, Cookies,

Don't forget to read labels. Carbohydrates – Dietary Fiber = Net Carbs

Phase Two “Weight Loss”

Congratulation on making it to Phase Two: “Weight Loss”! During Phase One you worked on repairing your metabolism. Phase Two will continue to support a healthy metabolism and promote weight loss but can be used for an extended period of time because food intake is balanced. During Phase Two we will increase your total carbohydrate consumption to a more realistic level. Remember that all foods available for the Phase One “Fat Burn” are available for meal planning during Phase Two. During Phase Two you will need to ensure that your net carb intake does not exceed 20 net carbs per meal. It is extremely easy to get tripped up here and undo everything you worked so hard for.

Key Objectives:

Maintain carbohydrate intake to 11-20 net carbs every 4-6 hours
Eat every 4-6 hours

Exercise a minimum of 30 minutes 5 times per week incorporating several days of high intensity training (strength training)
Sleep 7-8 hours per night
Drink 75-100 ounces of water per day
Protein intake 60-100 grams per day (~20 grams of protein every 4-6 hrs.)
Healthy Fat intake 50-80 grams per day
Review supplemental products to support health

Purpose:

Continue to lose weight and reduce body fat
Focus on improved body composition with enhanced lean muscle mass
Maintain normal insulin levels
Maintain stable glycogen levels
Lower blood lipid levels
Maintain Hemoglobin A1C
Lower oxidative stress

Time Period

Until goal is achieved

Healthy Food to Add for Phase Two
Whole grains, Brown Rice, small bananas, oranges, apples, beans, watermelon, strawberries, cantaloupe, honeydew, peaches, plum, pineapple, mango, grapes, apricot, cherries

“The last three or four reps is what makes the muscle grow. This area of pain divides the champion from someone else who is not a champion.”

- Arnold Schwarzenegger, seven-time Mr. Olympia

Phase Three: Health

If you have high regard for your health and body, you will accept the fact that this is *truly* the only normal way of life for your body type. If you go back to eating carbohydrate foods unchecked, the way you have in the past, you will continue to tax your metabolism *over & over & over again....* Insulin levels will rise along with insulin resistance. Body weight will start to accumulate again and diseases you saw fade over your journey will return. You will most likely begin to experience the storm of fatigue, depression, anxiety, restless sleep, midline fat, irritability and frequent carb-cravings again. The focus of Phase Three: Health is maintaining your current weight with proper nutrition, exercise and sleep. Over the course of Phases One and Two, you have eaten for performance, weight loss and improved health. During Phase Three you will expand your daily carbohydrate intake based on a calculation of your activity and body weight.

Carbohydrate Intake Chart	
Activity/Exercise Intensity	Carbohydrate Intake G/LB
Low (approx. 30 min a day)	(.36-1.27)
Mod (60 min a day)	(1.27-2.18)
Mod High (1-3 hours a day)	(1.72-3.55)
Intense (4-5 hours a day)	(2.64-4.45)

Key Objectives:

- Carbohydrate calculation based on floating chart
- Eat every 4-6 hours
- Maintain and expand fitness program (consider specific training for upcoming events)
- Sleep 7-8 hours per night
- Drink 75-100 ounces of water per day
- Protein intake 60-100 grams per day *(refer to table above for exact calculation)
- Healthy Fat intake 50-80 grams per day

Purpose:

- Maintain weight
- Maintain lean muscle mass
- Maintain normal insulin levels
- Maintain stable glycogen levels
- Maintain blood lipid levels
- Maintain Hemoglobin A1C

Time Period

- Lifetime

Activity

Exercise plays a key role in a healthy lifestyle and weight management. Our clients come from all backgrounds and experience when it comes to exercise, from the retired professional athlete to the person who has never exercised in his or her entire life.

The most basic approach to activity is to start with three target behaviors:

1. Strive for getting 10,000 steps each day (a Fitbit is a great way to track this behavior).
2. Get at least 150 minutes of moderate to higher intensity exercise per week.
3. Complete 2-3 strength training sessions per week.

Some clients will not be able to complete these target behaviors when they begin. If that is the case, we recommend starting with 30 minutes above your normal daily activities. The goal is 30 minutes of concentrated walking, swimming, leg cycling, water aerobics, Zumba, or a dance class. Within a couple of weeks your energy level will improve and your exercise tolerance will increase. Starting off slow and avoiding injury is the key. Developing plantar fasciitis, knee pain, back pain or another overuse syndrome significantly complicates the task at hand.

Effort during these 30 minutes should be noticeable. You should be able to carry on a conversation without gasping for air, and light perspiration should form during these 30 minutes of exercise.

For the more advanced client with a regular exercise program, we have several simple recommendations to enhance fat burning and work toward a better body composition.

- Harder, shorter and more intense training sessions work better than longer, easier training sessions.
- Concentrate on compounded exercises such as: squat, deadlift, bench press, dips, military press.
- To work towards a lean, dense physique, rest cycles should be limited to 30-45 seconds between sets.
- Research has shown that exercise repetitions are not nearly as important as once thought for lean muscle mass.
- Cross fit and circuit training utilize some of these concepts.
- One last recommendation regarding the timing of cardio and strength training -- most clients we manage complete cardio via treadmill or another device and then move on to strength training via weights. This is completely backwards! We recommend a 5-minute warmup, followed by 30-45 minutes of intense strength training, followed by cardio training. During your cardio training you should not exceed a heart rate of about 130 beats per minute which will allow for maximum fat burning.

Within 30 minutes after intense training, we recommend consuming a post-recovery drink with adequate carbs and protein. The muscles require this for repair and recovery. We also recommend taking a quality branch chain amino acid (BCAA) supplement for improved recovery, fat burning and improved glucose uptake.

You can find many resources for training online, use personal training apps, or consult with personal trainers at most exercise facilities. Many apps allow for progress tracking and setting up of individual goals which help maintain accountability. Weight Loss & Vitality will provide a detailed exercise plan for each patient.



General Rhythm to Specific Fat Burning Exercise Routine

The “Warm Up”	Length	5-10 min
	Purpose	Increase blood flow
		Promote flexibility
		Decrease risk of injury
		Focus on next phase “Strength Training”
“Strength Training”	Length	15-20 min
	Purpose	Build muscle composition for enhanced caloric burn
		Release catecholamine's to facilitate fatty acid release
		Target remaining glycogen stores
	Responsibility	Focus on intensity, good form, feel the weight and drive your heart rate up!
The “Fat Burn”	Length	30-45 min
	Purpose	Utilize the fatty acids that have been mobilized for energy and prevent redeposit.
		100% Fat Burn
		Build base
	Responsibility	Keep HR below 130 beats per minute

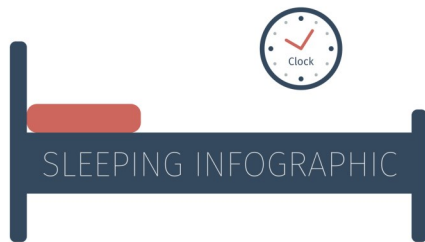




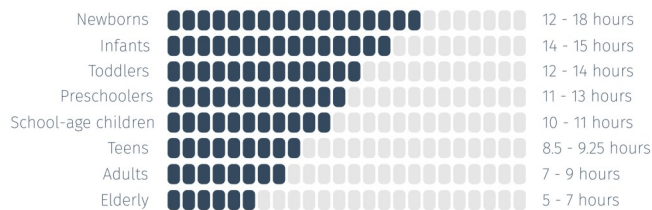
Tips for Sleeping Well

- 1.** The belief that everyone must get eight hours of sleep is a myth. People who live the longest sleep 7 hours, not eight, so don't worry about getting 8 hours of sleep. Most people need between 6 and 8 hours of sleep to function effectively during the day.
- 2.** Get out of bed within a half hour of the same time every day, including weekends, no matter how little or poorly you have slept.
- 3.** Reduce your time in bed so that it more closely matches the amount of sleep you average each night.
- 4.** Use the bedroom for sleep and sexual activity only.
- 5.** Make sure you feel drowsy when you turn the lights off to go to sleep. If you do not fall asleep within 20-30 minutes, go to another room and engage in a quiet relaxing activity until you feel drowsy.
- 6.** Don't take sleeping pills regularly. They have side effects and inconsistent benefits, particularly in older adults.
- 7.** Practice relaxation techniques at bedtime including muscular relaxation, mental focusing and breathing techniques.
- 8.** Take an afternoon nap after a poor night's sleep.
- 9.** Increase your exposure to early morning sunlight as soon as you wake up to establish a more consistent sleep rhythm.
- 10.** Exercise by taking a brisk walk 3-6 hours before bedtime. This will improve your sleep by causing a greater rise and fall in your body temperature.
- 11.** Research consistently demonstrates that insomnia patients are getting more sleep than they realize. This means that, by recognizing you are likely getting more sleep than you think, you will reduce negative sleep thoughts and sleep better.
- 12.** It is not just how much sleep you lose that affects your daytime functioning but also your negative thoughts about your sleep loss. Therefore, if you can reduce negative thoughts about sleep loss, you will minimize the effect of insomnia on your daytime mood and functioning. If you wake up and begin your day with a negative sleep thought such as "The day is going to be miserable because I did not sleep well." It is the combination of sleep loss and negative mood from this thought that affects your daytime functioning.
- 13.** Although research shows that sleep deprivation can adversely affect daytime performance, the effects of sleep loss on performance also depend upon how much sleep is lost and how consistently this occurs.





HOW MUCH SLEEP DO WE REALLY NEED ?



sleep. The greater the amount of prior wakefulness, the stronger the sleep system and the better you will sleep. Thus, earlier you get out of bed and the later you go to bed, the better you will sleep.

17. A regular arising time is crucial to establishing a consistent sleep rhythm and amount of prior wakefulness. If you sleep late on weekends or after a poor night's sleep, you delay the rise and fall in your body temperature which will make it hard to fall asleep at bedtime. Furthermore, you will reduce your prior wakefulness because you stayed in bed later. This will waken your sleep system and make it harder to sleep.

18. The more that you reduce the time you allot for sleep so that it closely matches your average sleep duration, the stronger your bed will be a queue for sleep. And the more you reduce the time you allot for sleep, the more you will strengthen your sleep system by increasing prior wakefulness.

19. Limit naps to less than 45 minutes and no later than 3:00 p.m. Naps longer than 45 minutes or taken later than 3 p.m. can make it harder to sleep later that night because they often consist of deep sleep. If you enter deep sleep during a nap you have "borrowed" your deep sleep from the upcoming night. This will weaken your sleep system. Naps of 45 minutes or less taken no later than 3:00 p.m. will not disturb your sleep, and will help you feel more energetic & alert for the remainder of the day. Particularly after having a poor night's sleep. This is because we experience a dip in our mood and alertness in the mid-afternoon because the brain was designed to have a mid-afternoon nap to compensate for this dip. Research suggests that naps as brief as 10 minutes long can enhance mood & alertness; especially after a night of poor sleep.

20. Poor sleepers engage in many behaviors that make the bed a cue for wakefulness. These include using their bedroom to watch television long before bed time, using their beds for other activities like talking on the phone, reviewing work-related material or studying, or problem solving with the spouse. Lying in bed long after waking in the morning; trying to force yourself back to sleep by "trying" to sleep.

21. Limit awake time in the bed to 1/2 hour both before lights go out & after your final wake-up time in the morning. If you like to read or watch television in bed before bedtime as a transitional activity, limit this to 20-30 minutes. Also, get out of bed in the morning within 20-30 minutes of your final wake-up time. Remember, your goal is to associate your bed with sleep, not wakefulness.

14. No matter which type of insomnia you have, research on insomnia suggest that insomniacs have a wake system that is too strong and sleep system that is too weak. Cognitive behavioral therapy teaches you to strengthen you sleep system and weaken you wake system so that you fall asleep and stay asleep at night more easily.

15. Short-term insomnia develops into chronic insomnia as a result of worrying about sleep loss; associating the bed with wakefulness; spending excessive time in bed; trying to “force” sleep; engaging in other disruptive or negative sleep behaviors, such as arising at irregular times; experiencing chronic stress.

16. Prior wakefulness refers to the number of hours that have gone by from the time you get out of bed in the morning until you turn off the lights at bedtime to go to



22. Learn to rely on internal cues as indicators of drowsiness (such as eyes closing, head nodding) rather than external cues such as the clock or your partner's bedtime. If you go to bed at the same time every night, you are probably relying on external cues since it is unlikely you get drowsy at the same time every night.

23. You may be tempted to simply lie awake in bed when you cannot sleep in the hope that if you give it just a few more minutes, you will likely fall asleep. Or you may believe that you are better off staying in bed when you cannot sleep because you think that getting out of bed will make you more awake. However, studies prove that the longer you lie in bed awake the longer you will remain awake and the more your bed will be associated with wakefulness.

24. Your sleep system does not operate like a switch that can simply be turned on. That's why it is necessary to wind down gradually in the hour before bedtime by engaging in relaxing activities such as light reading, a hobby or listening to music. Avoid stimulating activities during this wind down time period.

25. A key behavior that makes the bed a cue for wakefulness is trying to force sleep in the belief that "if I try a little harder sleep will eventually come." However, we cannot force sleep.



Common Questions

Q: What about snacking?

A: You may eat and snack on anything that is ZERO CARBS or any type of green vegetable anytime you are hungry. ZERO carb foods are anything that is a protein or a fat, and vegetables that contain negligible amounts of carbs you may eat freely throughout your day. (Examples of SNACKS: hard boiled eggs. small amounts of: chicken, steak, ham, turkey, tofu, lean sausage. Broccoli. Spinach. Romaine lettuce. Cauliflower. Most cheeses.) You can also have small amounts of butter, half & half, sugar-free and deserts. Stick to the list of foods we provide you with for "Phase 1 Fat Burning." DO NOT over-eat or consume large amounts of fat and calories; this will work against you. Snack sensibly.

Q: What about alcoholic beverages?

A: We recommend completely avoiding alcohol while targeting weight loss. We have found that people who cannot control alcohol consumption (wine, beer, mixed drinks, etc.) struggle to lose weight successfully.

Q: What if I cannot exercise because I have an injury?

A: You can still lose weight even if you do not exercise. However, weight and fat loss is only possible if you eliminate and/or greatly decrease your carbohydrate intake. This will be critical for you to remember and comply with not only during Phases One and Two, but for the rest of your life. If you ever go back to consuming carbohydrates unchecked – meaning you stop paying attention to the types and amounts of carbs you are eating on a daily basis – weight and fat gain will resume and you will put yourself right back where you started: fat, sick, uncomfortable and unhealthy.

Q: What if I start to feel "dizzy" "light-headed" or "weird" during Phase One? Or if I start to crave carbs?

A: Yes, you will most likely experience feeling dizzy, light-headed or weird during Phase One, especially during the first week or two. This happens because your body is no longer receiving the large or small amounts of carbs (simple sugars) it was used to getting all day, every day. Those glucose rushes are no longer. Now your body has to convert, burn and utilize your fat cell reserves into energy and fuel needed for your day. Your body has to work a little bit harder to harvest the same amount of energy needed to support your daily activities. These feelings will pass over the weeks to come as your body adjusts to a new way of receiving and harvesting energy. Your carb cravings will subside with the use of prescription appetite suppressants and carb-blocker medications you receive on a monthly basis from our clinic. Carb cravings will not stop if you continue to "feed the beast" -- feeding your body simple, quick sugars. Or if you never follow Phases One and Two correctly. Or you continue to eat or drink carbohydrates in substantial amounts morning, noon and night. You will always be stuck and you will always suffer and struggle with "the food controlling you" vs. "you controlling the food." You will never be able to break free from the chains of carb cravings. *"If you don't change anything, nothing will change for you." CHANGE IS HARD --- NO CHANGE IS HARD. Pick your hard*

Q: What if I have a special event or a party coming up and I don't have control over the foods I can eat?

A: This is one of the most common "reasons" we hear as to "why people can't lose weight" or "stick to the plan." First, you ALWAYS have control over what you put in your mouth. No one is forcing you to eat anything (if they are, avoid them!) We expect our adult clients to be accountable and remember they have total control over what foods they put in their body. Those are personal and firm daily choices. If you have a wedding or a work function to attend or you must travel for work, here are your options:

Decline the invitation because you know there will be too many trigger foods there that you will not be able to resist. Avoid temptations at this time so you can stick to your eating plan and be successful.

Attend the event but preview the menu of a restaurant online ahead of time or ask your host what they will be serving and pre-select what you will order or eat. And stick to your decision. Worst case scenario: bring along something to eat that will keep you within the parameters of your prescribed eating plan for ultimate fat and weight loss

While traveling the only options you have are to be very specific, particular and careful when ordering or buying food. Be familiar with your food lists for all the Phases, and stick with the foods on those lists. Tell your server that you are on a strict low-carb eating plan and he or she should eliminate any carbs from your plate (breads, buns, pastas, rice, potatoes, etc.) For example, if you have to buy a sandwich at an airport, eat only what is in the middle of the sandwich (meats, cheese, lettuce, tomato) and throw away the bread.

Most places you visit or travel to will have some kind of eating establishments that offer meats (proteins) and vegetables. Even if you have to dine at a gas station, you can be selective and stick with a protein shake. **Being mentally prepared, game planning and predetermining what you will do in certain situations is key.** *"You can have excuses or you can have results – but you can't have both."*

Q: What happens if I get off track and "have a bad weekend" or a "bad week" or a "bad month?"

A: The answer here is simple - suffer the consequences, but know that you can and will do better as soon as possible. You must have a frame of mind that says "I will do the next right thing immediately." Not "tomorrow" or "next week" or "next month." IMMEDIATELY! Even if you just messed up once or twice. Pick yourself back up, hold your head high and move forward. Never move backwards. That never helps. Literally tell yourself "I'm not going backwards. I'm not going to focus on my mistakes. I don't live in the past anymore." DO NOT let yourself get sucked into negative thoughts like "Oh well, I've already messed up, what's the point of trying to do better?" Those negative thoughts will only lead to behaviors that are going to cause you to dig a deeper and deeper hole for yourself, and it will just get harder and harder for you to crawl out. If you want to make substantial progress toward your goals and find a way to successfully and permanently lose weight and burn fat, forever, you will have to change your frame of mind. *Where ever your mind goes - your body will follow.* Keep your frame of mind in the "I can" "I will" "I want to" "I have to" "Right now" and "Nobody is going to stop me!" You truly are the only one who has the power to start yourself down a new path of weight loss and health success so you can start living a brand new life. So if you backslide, start right back wherever you left off. If you need to add a little extra time and stay in whatever Phase you are in to make up for lost time, feel free to do so.

You can extend phase One or Two by as many days as you feel you were off track. Remember, Phases One and Two are education, training, knowledge, experience and practice you need in order to form permanent habits and make permanent lifestyle changes that are going to serve you well for the rest of your life.