

Evidence Based Weight Loss Toolkit



Be Curious
Find
Comfort



A NOTE ON WEIGHT LOSS

Your weight need not be shameful. You are beautiful no matter what you look like. Take a moment to consider why you would like to lose weight. Are you comfortable? Do you desire more energy? Are your joints sore? Would you like to fit into your clothes better? Mindset can be a barrier to achieving your goals, remember that.



FACTOR 1: RESTING ENERGY EXPENDITURE

Your baseline metabolism is the energy your body burns just to function. It is impacted by your age, sex & thyroid hormones, muscle mass and body composition.

It is also negatively influenced by yo-yo dieting or very low calorie diets.

FACTOR 2: DAILY ENERGY EXPENDITURE

Your daily energy expenditure is how much energy you are burning each day. This includes intentional exercise, daily step count, physical demand of life in general and hours of movement per day.

This, combined with your resting metabolism constitutes how many calories your body burns each day.

This number can be roughly calculated.

FACTOR 3: ENERGY INTAKE

Your energy intake is just the amount of calories you consume per day. Your macronutrients (protein, fat and carbs), distribution of calories and number of meals all constitute energy intake.

In active phases of weight loss, we aim for this number to be less than the amount of energy you burn.



FACTOR 4: STRESS, SLEEP & ENERGY

Generally the worse we feel, the harder it is to move and make good food choices.

Poor sleep and high stress impacts our mood and our appetite controls.

These factors typically are forgotten when we are thinking about weight loss.

They are extremely important and must not be neglected.



FACTOR 5: SATIETY

What makes you full, keeps you happy.

Generally during active weight loss protocols, most often the focus is on reducing calories. But if you reduce too much you will also be slowing down your metabolism.

So how do we prevent over nutrition and still feel full?

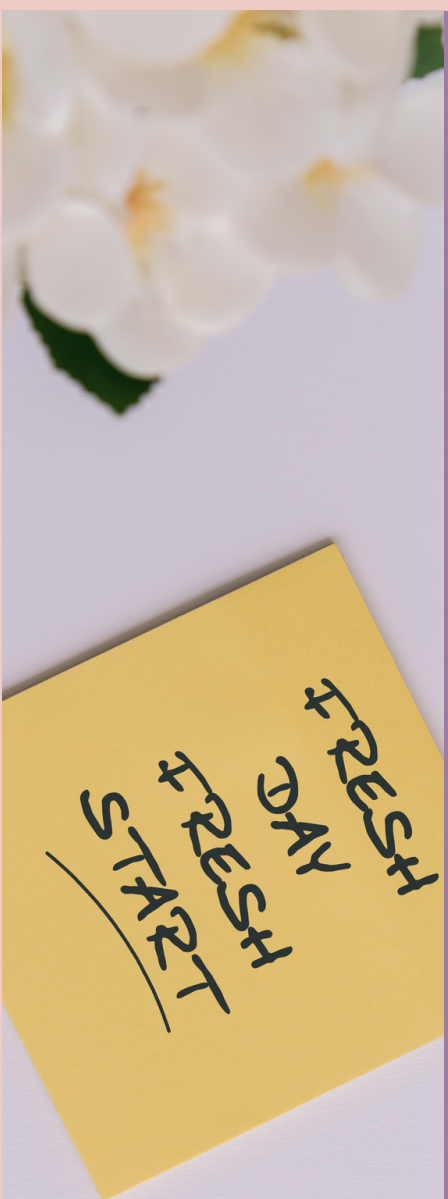
If you focus on adequate protein and fibre intake, you will likely be able to hit your calorie targets and still feel full without slowing your metabolism.



QUICK FACTS

Intermittent fasting isn't always helpful for weight loss. If you feel very hungry on the days that you fast, it is a sign it may not be for you.

Generally women (especially in reproductive years), DON'T tolerate fasting well.



FACTOR 7: HEALTH CONDITIONS

There are other health conditions that may also be contributing to weight gain.

It's important that you are assessed for them by a health care provider and to understand that weight gain is NOT your fault.

Here are some conditions that may impact weight:

- Poly cystic ovarian syndrome (PCOS)
- Diabetes and insulin resistance
- Hypothyroidism & Hashimoto's
- Menopause & Perimenopause
- Nutrient deficiencies/inadequacies
- Inflammatory and autoimmune conditions
- Stress, anxiety and depression

FACTOR 8: OTHER FACTORS

Other factors that impact weight are as follows:

- Socioeconomic status
- Food insecurity
- Age
- Race
- Genetics
- Medications

Please remember that the factors that impact weight are very complex.

I will repeat again:

It's not your fault. You are beautiful. You deserve care beyond being told to "eat better" and "exercise more."

TAKE ACTION

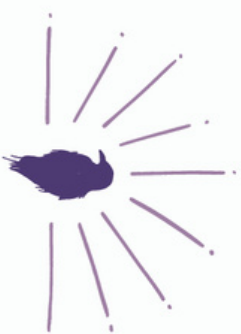
Let's implement these strategies together.

Research shows to successfully achieve and maintain weight loss, having check-in's with a practitioner is important.

A practitioner can help identify obstacles, provide solutions and maintain support.



www.drammariregina-nd.com



AMN-MARIE REGINA

NATUROPATHIC DOCTOR

FOUNDATIONS FOR SUSTAINABLE WEIGHT LOSS: A COURSE

This 6 week course provides all the tools and education you need to understand weight loss beyond calorie counting.

It includes weekly videos, handouts and information and a facebook community to ask your questions and receive support.

To learn more, you can check out this page [HERE](#).

INDIVIDUALIZED MEDICINE

As a naturopathic doctor my goal is to help you understand your triggers, see what's possible and feel comfortable in your body.

You deserve care that is customized to your needs.

To learn more about how I can help you, please schedule a **FREE 15 MINUTE APPOINTMENT [here](#)**.