

# The Hidden Cost of Obesity

Worldwide obesity has nearly doubled since 1980, and almost 70% of American adults are now overweight. Obesity has reached epidemic proportions in the United States, and the trend isn't slowing down – it's setting the stage to become one of the greatest public health crises of the 21st century. In the U.S. today, 25% of healthcare costs are directly related to obesity. This is a massive amount of money to be spending on a preventable and treatable condition.

You are probably well aware that excess weight increases your risk of diabetes, heart disease, cancer, depression, and a number of other conditions. The detrimental effects of obesity are unfortunate, but well documented. Obesity affects the whole body, and as such, requires a physician that can offer a holistic method of treatment. Here in our office, we provide a drug-free, non-surgical approach to healthy weight loss. We won't just help you lose the weight in the short-term – we'll provide you with the resources you need to keep it off for life!

Losing weight won't just improve your health. When you've shed excess pounds, you'll find that so many activities become more enjoyable. You'll have an easier time shopping for new clothes, you'll feel great in a swimsuit, and you'll be physically fit enough to participate in activities you love (whether that's

skiing, hiking, playing soccer, or just keeping up with your kids). Losing weight is a life-changing experience that will provide you with the energy and vitality you need to live the life of your dreams. Though giving up comfort foods and old habits may be tough at times, the effort will be well worth it!



If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

**We're offering a special discount on these products when they're purchased together:**

- Craving and Impulse Control
- Adrenal Calming
- Sleep
- Serotonin Support

**Ask a staff member for more information about this special offer!**

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# Enhance Your Program for Ultimate Weight Loss



# Nutritional Strategies for Weight Loss



**Focus on Nutrient Density.** As you prepare your meals, focus on decreasing your caloric intake (while staying above 1000 calories) and increasing your nutritional intake. It can help to use smaller plates to decrease your portion size. It can also help to fill up first on lower-calorie, nutrient dense foods like soups and salads.

**Eat Mindfully.** Chew your food slowly, enjoying the deliciously fresh flavors found in

healthy foods. Avoid eating while you're watching TV, driving, or otherwise distracted – it's easy to accidentally overeat or to eat snacks that you don't really need. If you start to feel deprived at any point, focus on the delicious, healthy foods that you can eat, rather than what you're avoiding.

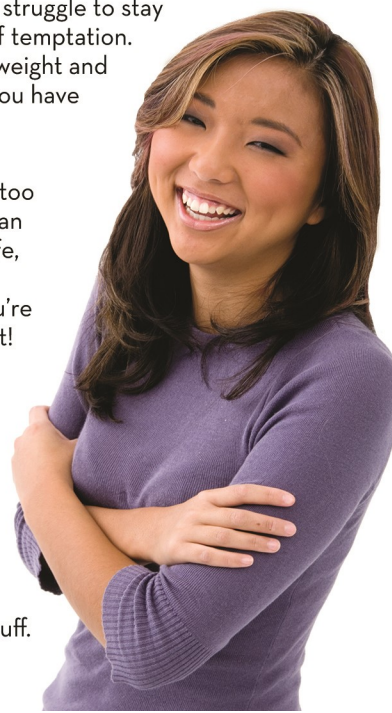
**Be Prepared.** Plan meals and snacks in advance using the weekly planning sheets that come with your program manual. If there's a time that you usually snack (or feel tempted to eat something you shouldn't), plan an activity during this time to take your mind off of food. It can also help to schedule grocery trips for after a meal, rather than when you're hungry!

**Don't Give Up.** If you fall off the wagon, get right back on. Don't let a small slip-up license a larger one. It's easy for one small "cheat" to snowball into a day or week of binge-eating. If you make a small mistake, give us a call! We're always here for you to turn to if you need support! Our goal is to provide you with everything you need to succeed.

# Lifestyle Strategies for Weight Loss

In your program manual, you'll find specific instructions about how to reduce your stress levels, improve the quality of your sleep, and begin a healthy workout routine. If you master these foundational lifestyle strategies, you'll make significant progress towards your weight loss goals. If you're ready to take your progress to the next level, we have a few additional tips for you to implement:

- Take time to care for yourself mentally as well as physically. If you're overweight, chances are that you've experienced depression or anxiety at some point in your life. As you begin to lose weight and change your life for the better, you may find that strong emotions arise! Don't be afraid to talk to a mental health professional as you work through this process.
- Lose weight because you want to, not because you feel like you have to. If you're purely motivated by forces external to yourself – a desire to lose weight to meet society's expectations, for example – you'll struggle to stay strong in the face of temptation. If you want to lose weight and keep it off for life, you have to do it for you!
- Don't take yourself too seriously. Humor is an important part of life, and it's especially important when you're trying to lose weight! When you slip up, don't be afraid to laugh it off and start over. Nobody expects you to be perfect 100% of the time, so it's time to stop beating yourself up over the small stuff.



# Recommended Supplements for Weight Loss

Though you'll need several supplements for optimal weight loss, there are a few that are worth discussing in detail:



The **Nutritional Shake** plays an important role in healthy weight loss. Each time you drink a shake, you get a healthy dose of vitamins, protein, probiotics, omega-3, and digestive enzymes! The all-natural, lactose and casein-free protein comes from grass-fed, free-range cows in New Zealand.



**Appetite Appeaser** satiates the appetite naturally to promote a healthy weight. This keeps you feeling full while reducing nervous tension! It also helps to balance blood sugar levels, increases your production of "fat burning hormones," and increases your energy levels naturally.

In addition to these essential supplements, you may also benefit from the following supplements for brain-based wellness:



**Craving and Impulse Control** makes it easier for you to manage your cravings, improves your energy levels, and helps you transition into a healthier diet. This can be enormously helpful, especially when you're first making positive changes!



**Adrenal Calming** is designed to relieve stress, increase mental clarity, and promote a state of restful ease. If you're struggling to keep your stress levels low while you make healthy changes, this supplement can stabilize your energy levels and allow you to experience a state of deep and restful calm.



**Sleep** is designed to promote healthy sleep, which is especially important for anyone who is trying to lose weight. If you struggle to get the quality sleep your body needs, this supplement can make all the difference!



**Serotonin Support** helps to improve your mood and reduce irritability. This can make it much easier to transition into a healthier lifestyle and maintain an optimistic outlook on life!