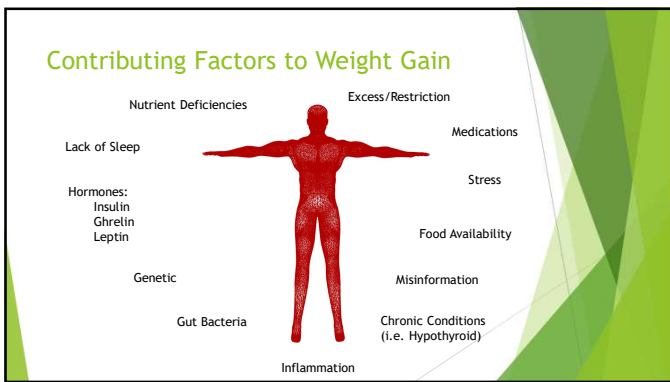


Nutrition and Weight Loss

Stephanie Lanham, MS, CNS, NBC-HWC

There is no one size fits all approach to weight loss.



Balance Blood Sugar

- ▶ Blood sugar triggers insulin
- ▶ Insulin pushes sugar in cells
- ▶ Negative-feedback loop causes excess to be stored as fat
- ▶ Over time, leads to insulin resistance - constantly storing sugar as fat as opposed to using it for energy.
- ▶ Insulin resistance leads to further complications such as leptin resistance
 - ▶ Leptin is the hormone for fullness and satisfaction.
 - ▶ Leptin resistance - body doesn't hear fullness cues.



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Replete Nutrients

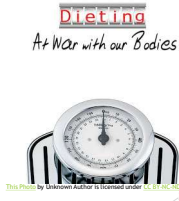
- ▶ Micronutrients are often missing in nutrient-deficient foods
- ▶ The body utilizes micronutrients in the metabolism pathways
 - ▶ Missing nutrients means inefficient metabolism
 - ▶ Example: magnesium and blood sugar
- ▶ Antioxidants in food reduce oxidative and free radical damage caused by toxins, nutrient depletions, and excess sugar.
 - ▶ Oxidative stress can lead to chronic conditions and weight gain
- ▶ Food diversity can also support gut bacteria diversity
 - ▶ Studies show having a diverse microbiome improves weight challenges
- ▶ Fiber
 - ▶ Fuel for the gut bugs and lowers blood sugar



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Intuitive Eating/Anti-Diet

- ▶ Studies show chronic dieting and weight cycling leads to long term weight gain
- ▶ The body doesn't recognize diets and food restrictions from starving. Natural defense systems want survival.
- ▶ Intuitive Eating reframes what we know as diet culture to be more in touch with our bodies natural cues
 - ▶ Nourish to flourish
 - ▶ Self-compassion/Self-worth



Potential Herbals

- ▶ Fenugreek
 - ▶ Blood sugar balancing
- ▶ Green Tea
 - ▶ Caffeine
 - ▶ EGCG - antioxidants
- ▶ Cayenne
 - ▶ Capsaicin speeds metabolism
- ▶ Ginger
 - ▶ Anti-inflammatory
- ▶ Ginseng
 - ▶ Adaptogen, metabolism, gut bacteria
- ▶ Turmeric
 - ▶ Anti-inflammatory
 - ▶ Antioxidant
- ▶ Gymnema
 - ▶ Blood sugar balancing
 - ▶ Reduce cravings
- ▶ Cinnamon
 - ▶ blood sugar balance

Free 30 minute Discovery Calls