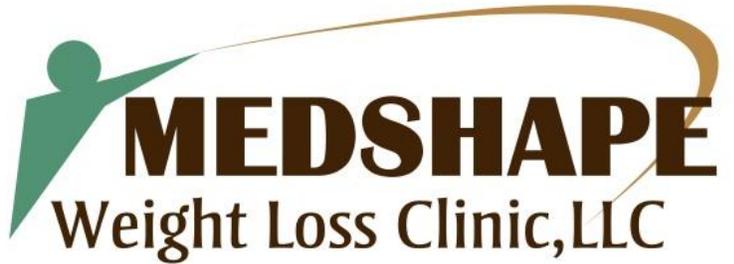


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**MEDSHAPE**
Weight Loss Clinic, LLC

8 WAYS WE SABOTAGE OUR WEIGHT LOSS JOURNEY

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Do you eat well most of the time, but just can't seem to lose stubborn pounds? Do you find it difficult to pick a weight loss program and actually follow through with it? Or possibly you're the one who wants to lose the weight but keeps putting it off for one reason or another. No matter what your reasons are for starting a weight loss program, it is important understand the eight primary reasons most weight loss efforts don't work. We understand that losing weight is not easy, but we hope that through education and perseverance, you'll be successful in your efforts.

RULE #1 - Do not skip breakfast!

Yes, I know... you have heard this a hundred times. So why are you still not eating breakfast? Did you know that breakfast-skippers have a higher risk of obesity? According to a 2003 study published in the *Journal of Epidemiology*, eating earlier in the day prevents people from overeating as the day progresses. Eating breakfast also suppresses concentrations of insulin, a hormone in our body that encourages fat cells to take up fatty acids and store them. Not only that, it also helps prevent type 2 diabetes. According to the *American Journal of Medicine*, women who regularly miss breakfast have a higher risk of type 2 diabetes versus women who eat breakfast every day. Yes, it's true what they say, breakfast is the most important meal of the day. Additionally, skipping breakfast has been shown to make you down right mean. Yep, it's true. According to a study published in 1999, If you don't get something in your stomach within three hours of waking up, you will start to feel cranky and tired. Why you might ask? You didn't **feed your furnace** and it's running on empty! But keep in mind, it's also very important to eat the RIGHT breakfast. The only thing sugary cereals guarantee is a *sugar crash*. To keep your body health and functioning properly, your breakfast should be packed with protein, a good fiber and fruit.



We all have busy lifestyles now days, but you'll be surprised how much better you'll feel if you take the time and provide you're body with the proper nutrition it needs to make it through the day. If time is an issue, simply go to sleep 30 minutes earlier to allow yourself time to make a health breakfast.

RULE #2 – Don't skimp on Sleep!

Remember the phrase "Get your beauty rest"? It was said for a reason. Sleep is very important for many functions of the human body, especially our weight, skin and mind. The ideal amount of sleep you should be getting every night is about 7-9 hours. If you're not getting this amount of sleep, your body will start to go into sleep deprivation



mode. Truth is, most people don't even notice their body is sleep deprived. It starts out innocently enough, we wake up after 5 hours of sleep, pound the caffeine, slam an energy drink and/or pop a pill. Whatever it takes to make it through the day. But this seemingly innocent pattern eventually turn into a viscous cycle that will cause total havoc on your waist line. Why? It's all about the hormones. Well two hormones in particular, ghrelin and leptin. Ghrelin is the 'go' hormone that tells you when

to eat. When you're sleep-deprived, you have more ghrelin in your body and more ghrelin means you're going body is going to be craving the calories. And not good calories, we find most people suffering from

sleep deprivation go for the meaningless, empty calories that do nothing but add extra pounds to our body. Leptin is the hormone that tells us when to stop eating, and when you're sleep deprived, you have less leptin.

The mathematics are simple, more ghrelin plus less leptin equals weight gain.

A sleep deprived body craves more "empty" or worthless calories, has a slower metabolism and lacks the controls necessary to stop eating.

To keep your body in a full metabolic state, a good sleep pattern is crucial for successful weight loss.

RULE #3 - Stop counting calories!

Who really knows what the meaning behind a Nutrition Label or a "Food Label" is? It seems every day we are told something different. Whether it's "count calories" or cut out carbs, go "Fat Free", "Gluten Free", eat protein or don't eat protein, go vegan or eat meat. It seems we're constantly bombarded with all kinds of mixed messages. The most common message is "manage your caloric intake". The truth is, each of us have a Basal Metabolic Rate which is unique to all of us. Going below your personal BMR will slow down your body's metabolic functions, which will cause weight gain. The myth to an accelerated



weight loss is to cut out calories. The reality is, the more you eat the more you lose. Think of your BMR as coal feeding a furnace. The less coal a furnace receives, the less heat it will put off. So the less you eat, the slower your metabolism is and the more weight you'll gain. Of course, you don't want to put too much "coal" into the furnace either. Working with a professionally trained weight loss consultant will help you better understand your personal BMR and hold you accountable insuring your reaching the necessary caloric intake to increase your metabolism and lose weight. **Remember, you can gain weight eating 500 calories per day and lose weight eating 1500 calories per day. It is about the type of calorie you chose to eat.**

RULE #4 – Don't go longer than three hours between meals!

Your body, when deprived of food for a period of time, will go into "starvation mode." This is when the body burns fewer calories in order to conserve energy, just in case the food shortage continues. During a famine, you'd need to live on your stored fat. Down-regulating your metabolism is a way to make those fat stores go a bit further. It's similar to the way your laptop adjusts its energy usage when it's running on batteries, by making the screen a little dimmer. When food is plentiful again, your metabolism goes back to normal, just the way your screen gets brighter when you plug your laptop back in. If there were actually a famine, you'd be glad that your body is designed this way. But, if you're trying to lose weight, the last thing you want is



increased fuel efficiency. You want to be burning through stored fat like a large V8 engine burns through a tank of gas. **So, the trick is to reassure your body that there is no shortage of food by eating every few hours.** Your body will oblige you by continuing to burn calories and keeping your metabolism in full gear.

RULE #5 – Drink water!

It doesn't get any simpler, our bodies need water to survive. **Water makes up between 50 and 70% of an adult's total body weight,** regular top-ups are needed to balance the loss of water from the body in the form of



urine and sweat. If we did not replace the water lost the body wouldn't be able to survive. Dehydration will set in, followed by headaches, tiredness and loss of concentration. In extreme cases, you'll notice constipation and eventually kidney stones. Not a good thing. You need to drink water! Studies has shown drinking water between meals and right before a meal has been proven to cause you to eat less and lessen hunger. **It is a good goal to drink at least 16oz of water between meals.** When your body does not receive the water intake it requires, you will experience more cravings as well as hold additional water weight. Don't like the taste of water? Add lemon to it. Not only will your water be more enjoyable, it will freshen your breath and lemon is a natural diuretic. Keep in mind that while that soda might contain

water, it also contains carbs and excessive carbs will not help with weight loss. Rev up your metabolism by grabbing that water bottle right now.

Rule #6 – Watch yourself around friends, family and social situations!

Look, no one wants to intentionally sabotage your weight loss efforts, but most people associate food with happiness. And anyone who truly cares about you wants to make you happy right? Of course, but this “happiness” can be short lived. Grandma loves to see you eat cookies, cakes and pies, but remember that “sugar high” is temporary and counterproductive to your weight loss efforts. Having support from your friends and family is important to your success, so be sure to let them know you’re working towards a healthier lifestyle. While the initial announcement might bring on the “cold shoulder”, you’ll find eventually they’ll come to respect your decision and possibly even come to you for advice.

Keep in mind that social functions naturally cause anxiety. After all, there’s going to be foods that that you might want, but shouldn’t have. Make sure you eat before attending the event. Bring along snack foods that are appropriate for your diet. This way if you get hungry you have a snack ready and it will help you from running to the dessert bar. After a while you’ll find yourself no longer craving the foods you used to crave and you’ll feel better about yourself.



RULE #7 – Don't be too critical on yourself!

That's right! **The biggest critic you have is yourself.** When we start any diet or lifestyle change, it's normal to slip into some old habits. Get over it, move on. Don't ever be too hard on yourself. Doing so provokes negative feelings and thoughts which will eventually sabotage your weight loss efforts. If you have a slip up, laugh it off and move on. Just remember that you're doing this to better your body and yourself. Be sure to reflect upon the events that caused the "oops" and takes steps to insure they don't happen again. Additionally, talk to your weight loss counselor, ask them for advice and don't be afraid to share. One of the most important things you can do is hold yourself accountable and talk to others will help you do this.

RULE #8 – Make sure you have a PLAN!

The biggest reason we sabotage ourselves is we have no plan! If you haven't read the news lately, obesity rates are skyrocketing and everywhere you turn someone is advertising the next "quick fix" for weight loss. Unfortunately, it is not that simple. As a society we've been working on this for quite a while, if losing weight was as simple as taking a pill, we wouldn't have the obesity issues we have to day. Don't fall victim to fad diets and false promises, they don't work. The simple fact is you need to eat to lose weight and you need to eat to maintain your weight loss. So how do you create a weight loss plan? First start by asking yourself "why did I gain my weight?", "is there a medical condition that is preventing me to lose weight?", "how much weight do I



want to lose?" After you answer those questions... ask yourself "are my weight loss goals realistic?" and "how will you stay motivated?" Weight loss is a journey and depending on a number of factors, it can be a long one. Motivation, support and accountability is what will keep you going. A lack in any one of these will cause failure. The most important thing you can do is understand that it's ok to ask for help. And it's ok to seek advice and education. We at **MedShape Weight Loss Clinics are here to help.** Our medical staff has years of training and have worked with over 40,000 unique individuals from all walks of life. We are dedicated to helping you lose the weight you want and keep it off. We have the tools necessary to help you with your weight loss journey. So what are you waiting for? It's time to discover the new you!

