

Fat Loss Basics

- Using an online food diet journal and calorie tracker such as <http://www.fitday.com> or www.myfitnesspal.com
- www.Fitbit.com and www.jawboneup.com are useful wearable tools for monitoring daily activity and sleep
- www.dansplan.com is a free online tool that can assist you in assessing and amending diet, sleep, & exercise habits
- Per calorie, protein and fiber are the most satiating nutrients. To encourage long-term weight loss, meals should be built around vegetables and quality protein. http://wholehealthsource.blogspot.com/2012/10/why-do-we-eat-neurobiological_13.html
- When consuming carbohydrate-rich foods (grains and starchy veggies), make sure to combine with protein, fiber, and fat to slow down blood sugar absorption. The best way to evaluate the effect of specific carbohydrates on blood sugar levels is to monitor post meal and fasting levels with a glucometer:
 - blog.trackyourplaque.com/2010/04/rerun-to-let-low-carb-right-you-must-check-postprandial-blood-sugars.html
 - <http://chriskresser.com/how-to-prevent-diabetes-and-heart-disease-for-16>
- Consuming a tablespoon of a soluble fiber source (chia seeds, ground flax seeds, or psyllium) mixed in a large glass of water, ½ hr. before dinner will help with satiety. Adding 1 tsp of apple cider vinegar may also modulate blood sugar levels.
- Nutritional/botanical supplements such as green coffee extract, green tea, berberine, chromium, vanadium, cinnamon, fenugreek and gymnema sylvestre can help to promote insulin sensitivity and fat loss.
- Keep calorically dense, tempting “high brain reward” foods out of the house ie: sweets, fast food, pizza, ice cream (see article at www.wholehealthsource.blogspot.com/2012/03/food-reward-approaching-scientific.html#more)
- Avoid liquid calories such as fruit juice, alcohol, soda, and sweetened beverages.
- Avoid adding sweeteners of any kind to food and drink.
- Movement (walking, stretching, yoga) after meals supports cortisol and insulin balance.
- Optimize thyroid and adrenal health:
 - Free T3 levels should be >3 and reverse T3 < 22
 - Cortisol rhythms and DHEA levels are best assessed via a 4 sample saliva test
 - Thyroid-supportive foods: seaweed, shiitake mushrooms, seafood, dark leafy greens
 - Key Nutrients/botanicals: iodine, selenium, iron, vitamins A & D, adaptogen herbs
 - Adrenal-supportive foods: quality proteins, dark leafy greens, Celtic or Himalayan sea salt, nutritional yeast
 - Key Nutrients: vitamin C, vitamins B5 & B6, vitamin E, magnesium, adaptogen herbs
- Optimize leptin sensitivity:
 - Leptin levels > 10 indicate leptin resistance and are common with obesity
 - To learn more about leptin: <http://www.marksdailyapple.com/leptin/> - axzz23fHyLI4b
 - Favor three balanced meals with little to no snacking in between
 - Eat dinner early and have a long fast between dinner and breakfast
 - An effective technique for reducing caloric intake is to fast for 12 hours between dinner and breakfast. This can be done daily or every other day. This is also an effective strategy for overcoming leptin resistance and may increase efficient mitochondrial fat burning pathways
 - Optimal sleep is essential for regaining leptin sensitivity and for fat loss. Emerging research suggests that sufficient sleep is just as important as diet and exercise and should be prioritized with equal importance
 - A great resource for promoting healthy sleep habits is <http://www.CBTforinsomnia.com>
- There's a strong link between obesity, intestinal dysbiosis, and inflammation. Having ample levels of beneficial gut flora is a primary way to help correct this – incorporate foods and supplements that offer high levels of beneficial bacteria (probiotics and prebiotics) in order to enhance intestinal health
 - Food sources of pre- and probiotics: raw sauerkraut, kimchi, other cultured veggies, yogurt, kombucha, asparagus, onions, artichoke
 - Vit D, fish oil, and botanicals such as curcumin, green tea and resveratrol have potent anti-inflammatory benefits
 - Limit or omit refined omega-6 vegetable oils (corn, soy, safflower, canola oil) which can easily oxidize, are pro inflammatory, and reduce integrity of the intestinal wall

Fat Loss Basics

David Lerner, L.Ac., M.TCM and
Adriane Angarano, MS, CN

Other Tips

- Eating mindfully and chewing food thoroughly (20-30 chews per bite) promotes healthy digestion and is a very important technique for fat loss.
- To encourage portion control, consider using a smaller plate size ie: 9”, rather than a standard dinner plate for the evening meal.
- Regular exercise and physical activity is of upmost importance for overall health and achieving long-term weight loss. Try a combo of high intensity interval training, resistance training, walking and stretching:
- Recent research has shown that high intensity interval training (HIIT) burns fat more effectively than low intensity cardio. Examples would include sprinting (on foot, bike, treadmill or pool) or kettle bell circuits in combination with a resting phase that will spike your heart rate while giving muscles an intense workout. This also helps to increase hormones, such as testosterone and human growth hormone which aid in efficient fat burning. Read more about this at: <http://www.marksdailyapple.com/primal-blueprint-workout-plan-basics/#axzz2K9qFu6W3>
- If unable to perform HIIT, any additional physical activity (PA) is of benefit to your health! For long-term weight loss, the American College of Sports Medicine (ACSM) recommends a minimum of 200-300 minutes per week of moderate-intensity PA for overweight and obese adults. That's a *minimum* of 30 minutes each day!
 - PA may be divided up throughout the day such as three 10-minute brisk walks
 - A healthy weekly routine may include **3 days of moderate activity** (brisk walking, leisure bicycling, water aerobics, dancing); **2 days of vigorous activity** (jogging or running, swimming laps, jumping rope, hiking uphill); and **2 days of resistance training** (weight lifting, elastic band exercises, calisthenics [push-ups, crunches, etc.]
- Greater amounts of PA (>250 min/week) have been associated with clinically significant weight loss