SYNERGY
ACUPUNCTURE

Weight Loss: tips & tricks to make losing weight easy

What is Weight Loss?

- Weight loss occurs when we burn more calories than we consume. If more days throughout the week are at a caloric deficit than at a caloric surplus, then we will have weight loss at the end of the week.
- Of course, the amount of weight loss depends on how large the caloric deficit is. The more disciplined we are, the greater and faster our weight loss will be.

Intermittent Fasting (IF):

- IF is a daily fasting method that utilizes an eating window, most commonly an 8 hour eating window, that makes losing weight easier.
- For example; if you start eating at 12PM, then your eating window ends at 8PM. Then you fast for 16 hours and start the cycle over again the following day.
    - It is best to keep it consistent however you can adapt IF to your day to day activities; don't be so hard on yourself.
    - This eating window can be as low as 4 hours and as high as 12 hours, we recommend starting with a daily 16 hour fast and 8 hour eating window.
- You can have as many meals as you would like during this eating window. We recommend 2 larger meals and maybe a snack at the end.
    - IF is great because it allows for larger, more satiating meals.
    - I personally like to have two or even one large meal in a day; it has become effortless. Eating more meals to increase your metabolism is a myth and has been debunked.
- IF may be challenging at first but your body will become accustomed to it and you will find yourself not feeling hungry until later on in the day.
- Health Benefits of IF:
    - Improves insulin response and reduces blood insulin levels
    - Increase in human growth hormone which helps facilitate fat burning and muscle growth
    - Allows greater metabolic repair and reduces oxidative stress
    - Caloric Restriction can result in an extended life span; the fewer calories humans take in the longer we tend to live.

Exercise:

- The best time to exercise is in the morning, during your fasting period.
- Glucose aka blood sugar is your body's main source of energy. When you exercise in the morning, your metabolism may use up whatever remaining glucose you have in your body and start utilizing ketones or fat cells instead, encouraging fat burning.
- We recommend walking 45 minutes to an hour in the morning, before you have your first meal of the day.

Foods to Avoid:

- Cooking oils
    - Oils have very little nutritional benefit and are packed with calories. A tablespoon of cooking oil is usually over 100 calories and it's common to use more than a tablespoon in cooking or when making a salad.
    - If necessary, use an aerated oil can and apply a light spray to coat the pain or pot.
- Easy on the Nuts
    - Many times when we eat healthy-fat containing nuts, we get carried away. Half a cup of mixed nuts contains over 400 calories. That's equivalent to 4 large pieces of fruit or a large salad that can feed a family of 2 to 4.
- Fried Foods; not only are these foods unhealthy but they are also very calorically rich
    - Ie french fries, potato chips, fried meats.
- Sugary Beverages like soda, most fruit juices
- Fast Food or Eating Out
    - We all know that these foods are unhealthy and cause weight gain but we don't think that you have to cut them out completely. This is called ***Flexible Dieting***.
    - If you want to eat out on occasion, just make sure you account for the large caloric meal. On days that you know you will be dining out, try to fast until having this meal and then have a small snack later on in the day. This allows you to enjoy your favorite foods in a responsible way.
    - Remember, Weight Loss = Calories Burned > Calories Consumed

Other Tips & Tricks:

- Your diet should consist mostly of vegetables, fruits, beans, legumes, healthy grains, nuts and seeds.
- Drink plenty of water throughout the day; for men at least 150 oz and women at least 100 oz.
- If you are a daily coffee drinker, try to enjoy your coffee black.
- Do not eat within 3 hours before bed
    - When you eat late at night, your body does not optimally produce melatonin and this results in higher blood sugar levels which is both unhealthy and makes losing weight more difficult.
- When weighing yourself, try doing it only in the morning before having eaten anything, without wearing any clothes and after you have used the bathroom. This is your true body weight.
- Skip breakfast; this is linked to Intermittent Fasting.
    - We are socially and culturally shaped to wake up and have breakfast. We have been told that breakfast is the most important meal of the day but this is a myth and has been debunked.
    - 'Breakfast' means breaking your fast, so this just means your first meal of the day regardless of what time it is.
    - Listen to your body, do not eat just for the sake of eating. If you are not hungry in the morning, or afternoon, do not eat until your body signals your brain that you are hungry and need food.
    - The longer you practice IF and the more you keep yourself busy throughout the day, you will find yourself not feeling hungry until later on in the afternoon!
- Order a food scale and start weighing out your food. Use a smartphone app to track your diet.
    - I promise you that this task is effortless, I have been doing it for years and can tell you what I ate on a specific day over 5 years ago.
    - After practicing this for some time, you will learn how many calories there are in the foods that you eat and will not need to rely on the food scale as often.