

## **Weight Loss**

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- Weight loss involves a change in lifestyle. It doesn't mean it has to be a dramatic change but one of understanding, effort and consistency.
- One must eat correctly easiest formula is fruits, vegetables and lean meats.
- Exercise 20-30 minutes a day.
- Plenty of water.
- Proper supplementation.

### **Eating correctly**

- Fruits and vegetables provide fiber, vitamins and essentials for proper health.
- Chicken, fish, eggs, lean red meats provide for protein essential for muscle health.
- There are other foods such as nuts and yogurt are great snacks.
- \*\*\*\* Must eat smaller meals 5-6 per day. The reason being that if you eat 2-3 big meals a day your insulin levels spike. Insulin increases triglyceride and cholesterol storage, so you will gain weight. By eating 6 smaller meals a day your insulin doesn't spike and this event won't occur. Using chromium will also regulate insulin levels

### **Exercising 20-30 minutes a day**

- The benefits of exercise are numerous.
- Receptors in the spine (1A-afferents) are the number 1 activators to the brain, motion increases their firing.
- It keeps joints loose and bathed with fluid.
- Strengthens the heart, increases blood flow to tissues.
- Burns sugars and fats that allow you to maintain lean body mass.
- Should consist of resistance exercise (weight, resistance band training) along with cardio-exercise (walking, biking, treadmill etc.)

### **Water**

- Flushes the toxins out of our system. Since our body is mostly comprised of water it would make sense to keep the system hydrated

### **Supplementation**

- According to the experts one can never eat well enough to get all the vitamins and nutrients you need.
- If you exercise at all the daily requirement is not enough to support all the metabolic reactions in your body.
- The essentials would be a multiple vitamin
- Vitamin D- according to research a vitamin D deficiency is related in everything from cancer to MS.
- B-complex (as the B vitamins are used in all metabolic and drug reactions so it is depleted quickly).
- Omega-3, alpha lipoic acid are antioxidants which decrease tissue damage.