

Learn the 3 Keys to Sustainable Success

The Hidden Secret to Sustainable Weight Loss: What No One Talks About

From working with hundreds of patients, we've learned something surprising: most people don't know the one key to lasting weight loss. **The secret is that your body is incredibly adaptable. It always reacts to whatever is happening around it.**

Whether you're using medications like Semaglutide or Tirzepatide, this still applies. Your body is always adjusting to its surroundings, and if you don't respect how it naturally works, it's very hard to lose weight for the long term and you may actually make it harder for you to keep the weight off.

The key to lasting weight loss is using this secret to your advantage by creating the right environment for your body. **You want to shape your daily habits in a way that forces your body to build and keep muscle while burning fat for energy.** This happens through a combination of strength training, daily movement, and smart nutrition. By challenging your muscles with exercise and fueling your body with enough protein, you teach it to hold onto muscle. At the same time, staying active and managing your food choices helps your body use stored fat for energy, which leads to sustainable weight loss.

Unfortunately, many people taking prescribed medications like Semaglutide or Tirzepatide are never taught about this one powerful secret and we feel this is just plain wrong.

Here's a real-life example of what typically happens when people don't know about the secret. When patients undergo severe calorie deprivation while using GLP-1s like Semaglutide or Tirzepatide, they often believe they're accelerating their weight loss. But what's actually happening is that their body is adapting to the environment of starvation. In response to a drastic reduction in calories, your body flips into survival mode, slowing down your metabolism to conserve energy...and then your body actually **HOLDS ON TO BODY FAT BECAUSE YOUR BODY THINKS IT IS STARVING.** This metabolic slowdown is your body's way of preserving itself in what it perceives as a state of famine. While this may have been useful for our ancestors, it can be a major setback in your weight loss journey.

On top of that, hunger hormones spike, causing your body to fight against the medication, while the body begins to burn muscle for energy, not just fat. Losing muscle decreases your metabolic rate even further, making it harder to burn calories. In this negative adaptation, the body holds onto fat more stubbornly, undermining the effectiveness of GLP-1s. Despite the appetite suppression and metabolic boost that Semaglutide and Tirzepatide provide, violating the natural laws of your biology through extreme calorie restriction leads to a rebound effect—weight loss stalls, and in many cases, patients regain the weight they worked so hard to lose.

This is why understanding your body's adaptive nature is crucial. Weight loss isn't just about cutting calories or relying on medication. It's about aligning with your body's natural responses, creating an environment that supports healthy adaptations—***like building muscle, maintaining metabolic flexibility, and burning body fat for energy.***

Our goal is to guide you in cultivating habits that respect these natural laws, ensuring your body is working for you, not against you. With the right strategies, you'll set yourself and/or maintain the progress you've made and achieve lasting results, all while avoiding the trap of negative adaptations that can sabotage your efforts.

Let's embark on this journey together, harnessing the power of your body's natural processes to support your weight loss goals for the long haul.

3 KEYS TO SUSTAINABLE SUCCESS

#1- Don't Starve Yourself



It's crucial to avoid severe calorie deprivation, as drastically reducing calorie intake can lead the body to enter "starvation mode." Here's how this works:

- Metabolic Slowdown: When calorie intake drops significantly, the body slows its metabolism to conserve energy, burning fewer calories throughout the day.
- Increased Hunger Hormones: Severe calorie restriction can lead to an increase in hunger hormones, making you feel hungrier and more likely to experience cravings.
- Loss of Muscle Mass: The body may begin to break down muscle tissue for energy, particularly if protein intake is insufficient. This loss can further decrease metabolic rate.
- Nutritional Deficiencies: Extreme calorie restriction often leads to a lack of essential nutrients, affecting overall health and wellbeing.

To promote sustainable weight loss, focus on balanced, nutrient-rich meals that provide adequate energy and nutrition.

#2- Move Different

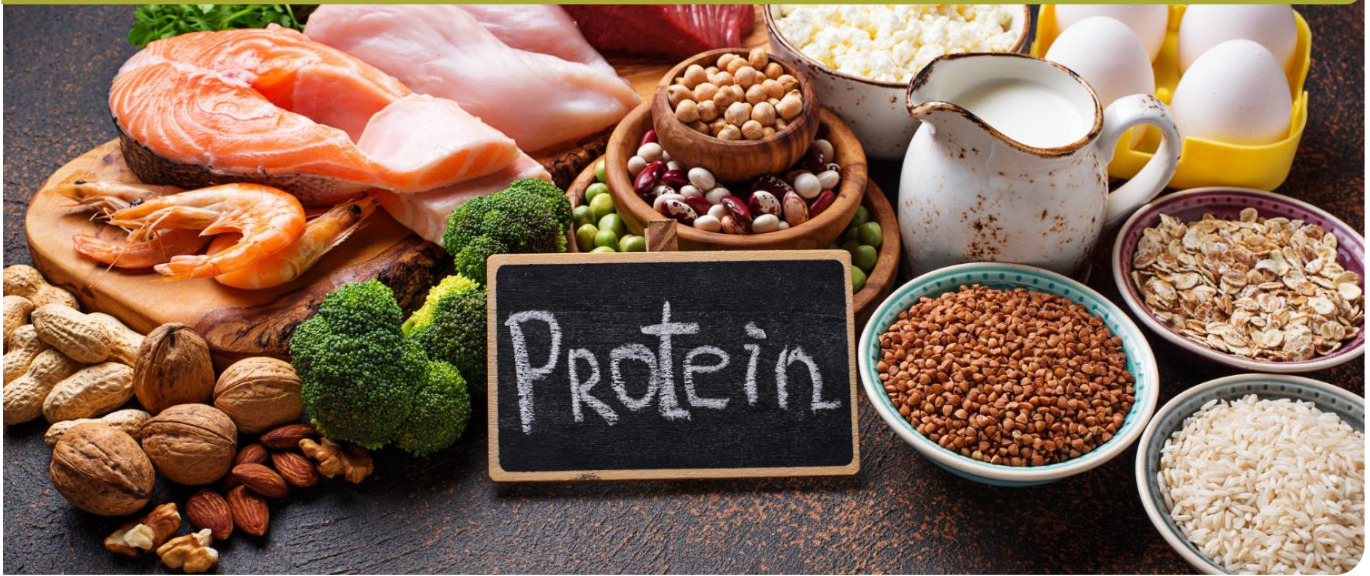


Implement a physical activity routine that includes strength or resistance training at least 2 days per week for 30 minutes. Additionally, set daily step goal targets, gradually working up to 9,000 to 10,000 steps per day to enhance overall fitness and metabolism.

Strength or resistance training two days per week and increasing daily steps creates a consistent demand on your muscles and cardiovascular system. This triggers your body to adapt by building and maintaining muscle mass, which is metabolically active tissue, meaning it burns more calories even at rest. The increased daily steps also enhance your overall calorie burn, improving fat metabolism. Together, strength training and increased activity create an energy deficit where your body uses stored fat for energy while preserving muscle, promoting a leaner, more toned physique.

To gradually work up to 10,000 steps per day, start by increasing your current daily step count by 25% and maintain this new target for about three weeks before increasing it again. For example, if you're currently walking 4,000 steps a day, aim to add 1,000 steps (25% of 4,000), setting a new goal of 5,000 steps per day. After consistently reaching 5,000 steps for 2–3 weeks, raise your target again by 25%, this time to 6,250 steps per day. By steadily increasing your steps, you won't overextend yourself, making it easier to stay on track and sustain your daily walking routine.

#3- Eat Different



Focusing on nutrition is vital for successful weight maintenance. A key component is ensuring adequate protein intake.

- Protein Targets:
 - For Males: Aim for approximately 0.8 grams of protein per pound of body weight. For example, a male weighing 180 lbs should target around 144 grams of protein per day.
 - For Females: Aim for **0.8 grams of protein per pound of body weight**. For a female weighing 140 lbs, this translates to roughly **112 grams** of protein daily. However, if meeting this target feels challenging, an adequate alternative is to aim for **100 grams of protein per day**. This simplified target can help make it easier to maintain a balanced protein intake while still supporting your weight loss efforts.
- Half Your Plate Should Be Protein: To effectively meet your protein goals, aim to fill half of your plate with protein at each meal. This can include sources such as lean meats, plant-based proteins, dairy, and eggs. You should aim for 3-4 small meals per day.

- Why Protein Matters:
 - **Satiety:** Protein is more filling than carbohydrates or fats, helping to keep hunger at bay and reducing the likelihood of overeating.
 - **Muscle Preservation:** Adequate protein intake supports muscle mass, which is crucial for maintaining a healthy metabolism.
 - **Nutritional Balance:** Ensuring your plate is filled with protein encourages a balanced intake of other nutrients, particularly when combined with vegetables and whole grains.

In closing, the path to sustainable weight loss is not about shortcuts or extreme measures—it's about understanding your body's natural responses and working with them, not against them. By nourishing yourself with the right balance of nutrients, engaging in consistent movement, and maintaining muscle through strength training, you create an environment where your body can thrive. Medications like Semaglutide or Tirzepatide can help, but the real secret to long-term success lies in how you support your body's natural adaptations. Commit to these key strategies, and you'll build a foundation for lasting change, keeping the weight off and improving your overall health. Let's take this journey together, one step at a time, and unlock the true potential of your body's resilience.