LINDGREN
functional medicine

Healthy Weight

WHY YOU ARE NOT "FAILING" AT WEIGHT LOSS

A desire for weight loss is the most common reason that people "diet". But if you are like most Americans, your attempts to eat healthy and lose weight have either failed or backfired. Why is it so difficult? It is not that you need more willpower or discipline, but that you need to work *with* your body instead of *against* it. That begins with understanding why you are not "failing" to establish a healthy weight:

1. Health is more than weight
   our culture has reduced health to appearance (instead health should be about nutritional wealth, vitality, and fullness of life)
2. Calorie restriction does not work biologically
   your body is smarter than a decision to cut calories, so it will respond as if there is a famine (by increasing hunger and decreasing energy expenditure)
3. Restriction messes with your mind
   when you cannot have something, you want it more (so true food freedom and healthy weight management cannot come from a restrictive dieting mentality)

4 STEPS FOR HEALTHY WEIGHT

1. SHIFT YOUR FOCUS
resolve to make lifestyle changes to honor your body and promote vitality (rather than treating your body like something to be manipulated)
2. REDUCE SUGAR
body weight is regulated by hormones, including insulin (limiting processed sugar will keep your metabolism-regulating hormones in balance)
3. EAT REAL FOOD
nothing messes with your metabolism and hunger hormones like engineered food (eat food in its whole form, as found in nature)
4. EAT REGULAR MEALS
help your body find its rhythm and flood it with nutrients (so there is no need to "store for later")

Your body will definitely respond to these changes, but you may still need to go one step further and troubleshoot a deeper imbalance:
- microbiome dysbiosis
- hormonal imbalance
- stress *(including too little sleep or too much exercise)*
- toxins *(fat is a protective mechanism)*

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