

WEIGHT LOSS STRATEGIES

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- Weight loss IV therapy (weekly is ideal)
- Weight loss supportive supplements (Inositol, Interfase, Carnitine and Fulvic Minerals)
- Track your food (ask for ideas)
- Avoid sugar, starchy foods, processed and refined foods, trans fats
- Eat the appropriate amount of lean protein for your body (0.7g per pound of ideal body weight) (some may find pork and red meat are not optimal for weight loss if histamines are an issue)
- Eat protein first at every meal, followed by non-starchy vegetables, then small amounts of high-fiber fruit or slow carb and healthy fat. Remember weight loss is 80% what you eat, 20% what you do
- Sleep 7-8 hours of restful restorative sleep. Getting too much or too little sleep can undermine your recovery.
- Stress Management: meditation, deep breathing exercises, yoga. Consider using our Daily Journal
- Walk briskly at least 4-5 times a week at least 30 minutes a time. Walking is the ultimate fat oxidizer.
- Add resistance training at least 2x/week, include weights appropriate to your metabolism
- Functional exercises with weights: squats, deadlifts, bent over rows, overhead presses with the goal of avoiding frailty which decreases life expectancy
- Avoid snacking
- Consider avoiding high and very high histamine foods (see our list)



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