

THE LIPO LOUNGE PRESENTS...



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Ten Ways
TO PERMANENT WEIGHT LOSS

Lose the weight and keep it off by implementing
these 10 simple concepts



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Make It A Habit to Take Fewer Calories In

We've all been through a phase in our lives where we wanted to lose weight. It might sound easy in our heads, but the actual process of doing it is so tedious that a lot of us just back off. But were we doing it right?

Most of us can't grasp the idea of our weight being directly related to our lifestyles. We simply can't expect to lose weight permanently without changing our lifestyles. The few months we're on a diet might show results, but it won't last long if we return to the previous one.

We'll go over the 10 things that we can do to lose weight and keep it that way.



The first culprit behind our excess weight would be the high amount of calories that we intake. Our body stores the extra calories as fat. The process of taking fewer calories might sound simple but in reality, it's quite difficult. That's why we struggle a lot keeping our weight down.

The first mistake is keeping the calorie cut consistent. When we cut down on calories for the first time, we might notice results within a few weeks. But over time, we will see that there are no changes in our body weight anymore.

To understand the reason behind, we have to understand human anatomy a little bit. As we're taking fewer calories than usual, we lose fat, lean muscles, and water. When our body adapts to those changes, the calorie intake becomes normal for the body again. Hence, no more weight loss.

So, we must be bringing the calorie intake down every few weeks. We must do it until we're happy with our body weight. That will be the optimum calorie intake for us if we are willing to keep the weight consistent.

Another important aspect to consider is the food we are consuming. Not all calories impact us in the same way. A 100 calories of candy will feel very different than 100 calories of vegetables. Candies don't make us feel full, but vegetables do.

So, replacing our daily diet with food that makes us feel full is the way to go. Also, keeping the stress levels in check is very fundamental to our weight loss goal. Stress makes us hungry, and it might mess with the determination of keeping healthy.

2 Go Low On Carbohydrates

Carbohydrates in our foods are the primary source of our energy. Cutting down on carbohydrates is very important if we want to see effects from our low-calorie intake. As we've already mentioned, our body processes different types of calories in different ways.

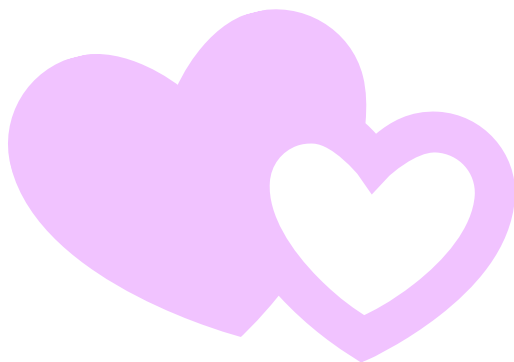
The reason we might want to keep the consumption of carbohydrates down is the hormone called insulin. Insulin is the hormone responsible for regulating our blood sugar levels. The carbohydrates we eat enters our bloodstream as glucose.

Our body works mysteriously. It's programmed to burn glucose before fat. So, when we eat a carb-heavy diet, the glucose level increases. As the glucose level increases, our body releases insulin to keep things in check.

Now, the insulin will keep burning glucose to fuel our daily tasks but stops fat cells from burning. Moreover, insulin also creates more fat cells to store the excess fat that it can't burn. As a result, we gain weight.

The irony here is that as we're gaining weight, we need more energy to operate. And our body craves more food. The cycle continues and we keep gaining weight. Cutting down on carbs won't be an easy task for us if our current diet is carbohydrate-rich. But to bring our weight down permanently, we must break the cycle and make it a habit to eat fewer carbs.

The replacement of carbs should be chosen very carefully. If possible, by a licensed nutritionist. The carbs should be replaced with protein and fat. But do keep in mind, unhealthy protein and fat will harm our health. Therefore, we must go with lean meat, a lot of fresh vegetables and low-fat dairy products.



3 Go Low On Fats As Well

It's very obvious that if we don't want fat in our body, we don't eat fat. The options for low-fat food items are at an all-time high now. We can go to any supermarket and see loads of foods labelled as low fat.

But there is a catch. The obesity rates among people are at an all-time high as well. So, how does that work? Why the obesity rate is so high if we have lots and lots of low-fat food options?

It's because people don't have a proper understanding of how fat works in our bodies. Not all fats are bad. There are good fats that are necessary for our body, which also help regulate our weight and mood.

The fat found in foods like avocado, soy milk, nuts, seeds, fish, tofu, etc. are very healthy for our body. These foods improve our diet quality dramatically while keeping the weight regulated.

Humans are liable to error and we make wrong choices a lot of the time. We leave the healthy fat on the table to opt for low-fat food. Low-fat foods are often packed with empty calories like sugar and refined carbs to make up for the taste.

So, the way is to go for healthy fat. Make changes to our lifestyle by adding healthy fats. Don't fall for the trap of low-fat foods. Fats are very much essential to metabolism if consumed from a healthy source.

A Mediterranean diet would be a great choice if permanent weight loss is the priority. Mediterranean diets are heavy in healthy fats, healthy carbohydrates, and lots and lots of fresh fruits. It leads to an overall healthy lifestyle.

4 Sugar is Our Largest Enemy

Refined carbohydrates and sugar are something that is stopping us from getting to our preferred weight class. We consume food like wine, pizza, pastries, pasta, flour, rice, cereals, and many other kinds of processed foods.

All of these foods are very high in sugar. They don't need to taste sweet to be high in sugar. It's the starch in them that makes them unhealthy.

The only way to get rid of this enemy is to replace such foods with whole-grain variants. Whole grain carbohydrate doesn't contain unhealthy starch. Cut down on candies and desserts completely to keep the journey as smooth as possible.

Also, do we know that our waistline is directly related to our sugar intake? The fat around our belly is absorbed from fructose. And fructose comes from sugar. Carbonated beverages, soda, doughnuts, etc. are the foods that contain the highest amount of fructose.



5 Control Our Emotions

Yes, emotional eating is a real thing. The purpose of food is not always to satisfy hunger. We often eat when we're with friends to socialize. We eat when we feel stressed about our work. We eat when we're bored. We eat when we're lonely.

Humans are emotional creatures, and it sometimes messes with our diets. Controlled emotions will have a huge impact on our permanent weight loss goal. Opting out of some habits will result in a healthier lifestyle for us.

The first thing to let go of is stress. We know it's not possible to discard stress out of our lives completely, but it's very much possible to manage it. If that is also not an option, controlling our eating habits while we're stressed is a must.

Try different ways to keep our stress levels in check. Meditation, yoga, taking a hot shower. Make us our stress managers. Take a walk in the fresh air to release our mind from the burden. But don't stress-it if we want to lose weight permanently.

Feeling low on energy is another reason why we might eat more. Eating will not bring our energy levels back, not in a healthy way. Instead, opt for other options like listening to music, taking a little break from what we're doing, or taking a nap.

Another critical thing is to practice mindful eating. Mindful eating is the process of enjoying our food instead of just eating it. Don't watch TV or do other chores while we're eating. Not focusing on food often leads to overeating.

We should eat the food slowly while enjoying the taste, the texture, the smell. Try to keep the focus on the food while we eat. Do experiments with our food and utensils. All of these will result in a complete experience of eating.



6 Eat Lots of Vegetables and Fruits

Eating fruits and vegetables in high quantities is a surefire way to aid us in the weight loss process. Cutting calories from our daily foods don't mean we have to eat less food. Replacing the food with fruits and vegetables is the way to go.

Vegetables are high in fibre. Fibre is excellent for our digestive tracts. It keeps the tracts healthy and results in smoother digestion. Also, we can't eat these foods in such a quantity that we will go over our calorie intake for the day. We'll feel full way before that happens.

The same goes for fruits. Fruits have healthy sugar that doesn't mess with the metabolism. Adding fruits to a low or no sugar cereal will make for a killer breakfast for permanent weight loss. Blueberries, bananas, strawberries, etc. are such great fruits to incorporate into our daily diet.

If your love for sandwiches is real, you can pack those sandwiches with veggies like lettuce, tomato, cucumbers, sprouts, avocados, etc.

Let us share a lifehack. If you like foods like pasta or noodles, you can make them healthy too. Well, less-unhealthy will be a more appropriate term. We can just infuse our dishes with more vegetables and fewer noodles or pasta to make it a moderately healthy meal.

7 Keep the Motivation High

The first problem we usually face with any diet plan to lose weight is keeping the motivation high. A lot of us just can't keep up with the hurdles of losing weight, let alone making it a permanent habit. So, to lose weight and keep it that way, we must keep the motivation high.

We must be mindful of the practices we will be taking up during the weight-loss period. Make the mind to do it at any cost. Don't focus too much on the struggles. Rather, focus on how we are going to look and feel in the long run.

We must be in the company of people who knows how to keep morale high. Cheerful people are the best kinds to be around, in general. It can be our friends, our family, our loved one, or anyone for that matter. They just have to show support to us during this transformation time.

Also, don't lose hope. We can't expect our weight to change overnight. It's a long-term goal that we must cherish. Some ways will drastically reduce our weight within a few days, but those results don't last long.

Don't forget that we are aiming for permanent weight loss. Go slow. Taking the time to make our body feel and adapt to the differences. Rushing in won't bring out any good results. We know that we have a long-term goal. But sometimes we all feel down. To tackle that, we can keep short-term goals as well. We can go for a 2 weeks challenge with ourselves and try to accomplish it. Once done, we can aim for a new goal.

Also, setting realistic goals that reflect our principals is very important. For example, staying healthy to live longer and spend more time with our children is a bigger motivation than to be able to fit into our old pair of jeans. A combination of short-term and long-term goals will result in the best results.

Nowadays, some apps let us track our activities. Keeping track of what our progress is a great way to keep motivation high. Or, we can simply keep a journal on us to write about our activities for the day. We can go back on those and see how far we've come. It will motivate us to push harder and ultimately, we'll be at the peak of our goals.



8

Be The One In Control

The moment we lose control of our environment, we lose control of our weight. For most of us, we were never in control of our food environment. We relied on our mothers to cook food or ate takeaway junk food.

But it cannot be the case if we want to lose weight permanently. Weight loss requires a different type of environment. We can start by cooking our own meals. We can even decide our portion and handpick the items that we must eat. Nothing else can give us such control over our food environment!

We should remove sugar, fatty meat, processed food, junk food from our diet, completely. We can take help from the internet to cook delicious recipes that are also healthy.

Using smaller plates is a good way of tracking our food intake. If we can eat by measuring the food on a scale, it would be the best practice. But if we don't want to go that deep, we can just eat small portions rather than eating directly from the container.

We must get the timing right to make all our efforts work. Giving the body enough time to process the food we previously ate is crucial in the weight loss process. Also, make a habit of eating early dinner. Starting with breakfast as the largest meal of the day and ending it with an early and small dinner.

Eating early dinner and skipping breakfast is another good way of losing some extra pounds. It's known as intermittent fasting. Our digestive system gets a break, and it becomes easier for it to burn off all the food. Doing it regularly is not recommended. Do intermittent fasting 2-3 days a week.

Drinking more water is fundamental. Our body is over 70% water, and we must keep it hydrated to stay healthy. Water is required to digest food and it can reduce the feeling of hunger.

Changing the characteristics of the foods that we eat at home can have a huge impact on our weight loss journey. Leaving unhealthy food around just to stumble upon it and eating it out of the craving is not a good idea.



9

Exercise, Exercise, Exercise

Regular exercise is the key to good health. This is something we all know. The irony is despite knowing the benefits of regular exercise, we cannot abide by it. But exercising is crucial to any weight loss journey.

Exercise is not only useful for burning calories. Instead, it can be a way to a healthier life with better metabolism and other bodily functions. We don't have to exercise for hours and hours to stay healthy and keep the weight in check. A 10-minute session 3 or 4 times a week is enough. We can make this much time out of our busy schedules, right?

Start slowly. We don't have to dive into heavy weight lifting right away. Start with bodyweight exercises and build up the energy. Find exercises that we like to do. Doing something that we like makes the task very easy. So, rather than going for workouts that we despise, we can do ones we like. Consistency is the primary driver in this case.

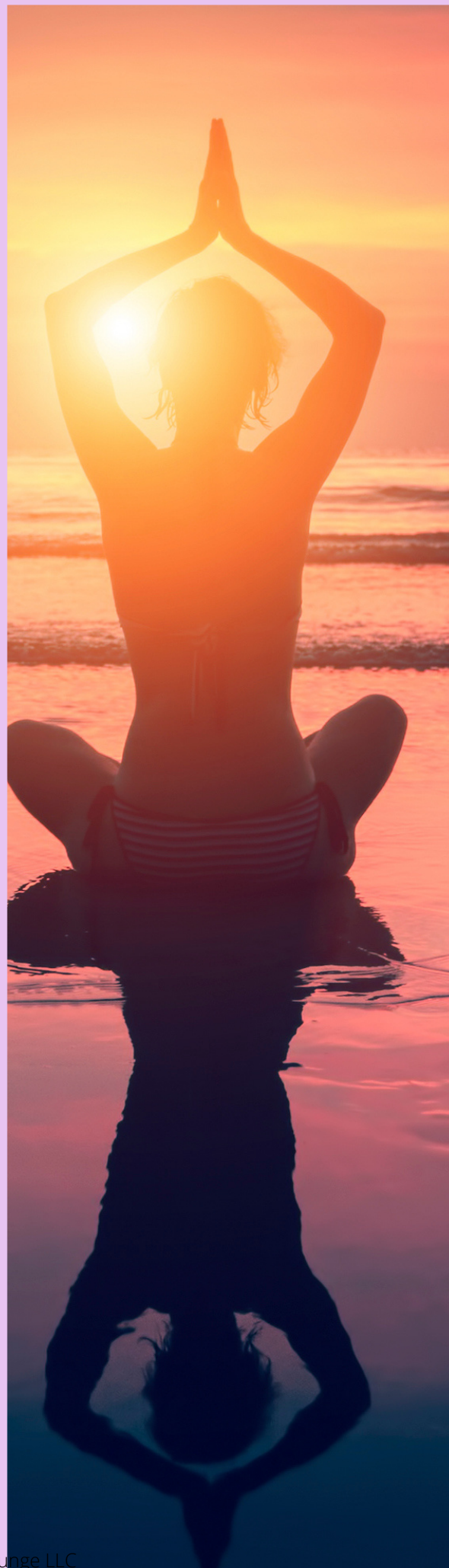
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Maintain The Balance

If we're determined that we'll follow through on all of these steps, we are bound to lose weight healthily and sustainably. But there are some things that we must actively keep in mind to make the journey worthwhile. Also, these following steps will help us greatly to never gain excess weight again.

These points are scientifically derived from studies conducted by researchers at the National Weight Control Registry (NWCR).

- The first and most important thing is to keep physically active. We don't have to exercise; we just have to keep moving. Take the stairs instead of the elevator. Walk around the block to go grocery shopping rather than taking our car. These simple steps add up in the long run.
- Keeping a food log for the weight-loss period can be very motivational. We can track what we've eaten so far and experiment with different combinations to find out what works for us the best.
- Eating a healthy breakfast every day is helpful. There is a misconception that skipping breakfast will burn more calories. But our body doesn't work like that.
- Eating more fibre is an excellent habit.
- Check on the weight scale regularly. The numbers might not mean anything, but they can surely work as a motivation for us to work hard.



Sugar Control Program

This diet is used to help reestablish the sugar control mechanism. Please follow it exactly.
The closer you follow this diet, the sooner your body will respond.

FOOD GUIDELINES

4 oz PROTEIN /
4 oz VEGETABLES /
4 oz FRUIT per meal.
SNACKS are 1 oz or 100

FREQUENCY

Must eat
3 MEALS and 3 SNACKS
per day.

MANDATORY - WATER

One quart per 50 lbs. of
body weight every day.

IF IT'S NOT ON THIS SHEET, DO NOT EAT!

PROTEIN

At least 9oz of red
meat a week. Red meat
means beef, venison and
buffalo. White meat is
lamb and pork.

Beef/Red meat
Pork
Yogurt (Plain)
Fish
Poultry

Eggs
Fermented Tofu
Lamb
Cheese/Milk
Game

VEGETABLES

Colored vegetables -
2 or 4 small portions
per week (if desired).

ALL Greens

Mushrooms

Cabbage

Onion

Tomatoes

Squash

+FRUIT

EAT ONLY with
PROTEIN.
Eat ANY fresh or
canned if packed
in water or its
own juices.

Fruits NOT allowed

Watermelon
Apricots
Pineapple
Dried Fruits

BEVERAGES

Water
Coffee (black 1-3 cups daily)
Tea (herbal 1-3 cups daily)

SPICES/ CONDIMENTS

Olive Oil
Herbs
Lemon Juice
Butter
Spices
Cream Cheese
Mustard
Coconut Oil

Sea Salt
Himalayan Salt
Vinegar (no
added sugar)
2 slices Sprouted
Grain Bread may
be eaten daily

SNACK IDEAS

(JLS is made from the chicory
root plant which makes it
approvable for the diet)

Raw cashews
Brazil nuts
Cheese
Plain Greek Yogurt
Veggies & protein
*Just like Sugar

+Legal definitions of pure foods have made it impossible to buy
prepared juices without sugar/sweeteners used without your
knowledge or listed on the label. The only juice we can recommend is
that you have juiced yourself.

NutraSweet is not suitable. It is 10% methyl alcohol and breaks down
in the body to formaldehyde, formic acid, (both of which are
poisons), and phenylalanine, which can be a nerve poison even in
moderate amounts. Processed fructose is deadly and honey is
worse. Honey is a medicine only. Splenda in the U.S. is chlorinated
sugar. It is not acceptable.

FOOD TO AVOID

Anything ending
in "-ose"

Sugar
Maple Syrup
ALL Pasta
Soy/Rice Milk
Cookies/Cake

Alcohol
Wine/Beer
Fruit Spreads
Rice
Canola Oil
Ice Cream
Ketchup/Mayo
Stevia/Honey
Soda
Beets
Margarine
Flour products
Gum/Mints

Potatoes/Corn
Beans/Lentils
Seeds
Cauliflower
Crisco
Corn Syrup
Nutra Sweet
Rice Syrup
Sweeteners
Molasses
Grains
Jellies/Jams
Frozen Foods

TAKES TWO WEEKS TO CHANGE IT! TAKE CHARGE OF YOUR HEALTH...

Make a change!

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