

FAT LOSS FLOW GUIDE

Nutrients for Fat Loss



@integrative.weight.wellness

3 goals to lose fat, without losing your mind 🤪

- 1 Improve hunger-appetite balance and effective fat loss physiology**
- 2 Optimize detoxification portals + elimination pathways to lower inflammation, address hormone dysregulation and gut dysbiosis**
- 3 Create a metabolically healthy body systems environment to boost energy so you feel good in your body + happy with your choices**



This guide gives you the inside scoop of all the nutrients that are vital for efficient fat loss in the body, so you can streamline your diet plan & know exactly which foods to focus on to get you to your health goals!

“Calories count, but you don’t have to count them”

To lose body fat, you must be eating in a calorie deficit - this is fact, not opinion.

Eating below your energy needs brings about two different appetite-related mechanisms within your body:

1. A natural biological response that creates hormone level mis-matches
2. Brain chemical neural pattern disruptions based on changing our “familiar” habits/routines

Unfulfilled hunger & insatiable appetite are the two top cited fat loss challenges.

It’s not that ‘dieting doesn’t work,’ it’s that RANDOM diet plans are super exhausting to keep up with, lack nutritional depth for metabolic functioning and oftentimes don’t account for any of these biological adaptations.

When you go on a calorie deficit, if you simply try to just “eat less calories,” it becomes a MUCH harder (read: more miserable) process to stick with a plan that will get you to a fat loss goal.

Hunger hormones:
control hunger + fullness

Ghrelin + Leptin

Brain neurotransmitters:
manage cravings and mood

Serotonin + Dopamine

Your eating strategy needs to include adequate amounts of the nutrients that support these specific mechanisms.

NUTRIENTS THAT BENEFIT LEPTIN-GHRELIN BALANCE AND REGULATION

Nutrient	Whole Food Source
Fiber	Avocado, Chia seeds, Broccoli
Choline	Chicken, Salmon, Eggs
Glycine	Beef, Turkey, Collagen
MCT Oil	Coconut
Vitamin B12	Tuna, Beef, Crab
Folate	Asparagus, Broccoli, Spinach

NUTRIENTS THAT BENEFIT NEUROTRANSMITTER BALANCE AND SYTHNESIS

Nutrient	Whole Food Source
Tryptophan	Turkey, Chicken, Beef
Phenylalanine	Beef, Chicken, Pork Chops
Tyrosine	Beef, Pork, Salmon
Vitamin D	Salmon, Tuna, Egg Yolks
Vitamin B6	Salmon, Chicken, Pork Chops
Magnesium	Spinach, Tuna, Avocado
Iron	Beef, Spinach, Shellfish

Releasing stored fat: the whys & hows

From a physiologic standpoint... fat loss is about releasing stored excess fat.

Excess fat is associated with chronic low grade inflammation characterized by an abnormal immune response. Adipose tissue is actually considered an endocrine organ that communicates with the body... it is highly active. Cytokines, and other mediators of the immune response activate inflammatory signaling pathways on a continuous basis. Our focus is on assisting the body in lowering this on-going systemic inflammation in order to allow the body to more effectively lose excess unwanted body fat.

We do this by looking at how the stress response works:

cortisol increases in response to stress (any stress) & then blood sugar is produced and insulin released to allow the blood sugar to enter our cells as fuel to “run away” from stressor. However, we are sitting down during our normal day, not running - our body does not need the excess fuel, so if it's not used its converted to stored energy aka fat for later use.

Out of control stress

cortisol

Unused glucose energy

blood sugar + insulin

Your eating strategy needs to include adequate amounts of the nutrients that regulates this metabolic pathway.

NUTRIENTS THAT SUPPORT STRESS AND INFLAMMATION REDUCTION

Nutrient	Whole Food Source
B vitamins	beef, Spinach, Broccoli
Vitamin C	Bell peppers, Strawberries, Broccoli
L-Theanine	Green tea, Black tea, Mushrooms
Taurine	Scallops, Shrimp, Eggs
Glycine	Beef, Turkey, Collagen
Curcumin	Turmeric
Omega 3	Salmon, Chia Seeds, Flaxseeds
Ellagic acid	Raspberries, Blueberries, Walnuts, Spinach, Broccoli, Tomato
Alpha lipoic acid	Spinach, Broccoli, Tomato
CoQ10	Salmon, Olive Oil, Beef

NUTRIENTS THAT SUPPORT BLOOD SUGAR-INSULIN PATHWAYS

Nutrient	Whole Food Source
Fiber	Avocado, Chia Seeds, Beans
EGCG & Catechins	Green Tea
Rosmarinic Acid	Rosemary, Sage
Fenugreek	Fenugreek
Probiotics Prebiotics	ACV, Sauerkraut, Yogurt Garlic, Onion, Asparagus
Vitamin B1	Pork Chops, Salmon, Flaxseed
Cynarin	Artichokes
Chlorogenic Acid	Tea, Blueberries, Apples
Fiber	Avocado, Chia Seeds, Carrots
Methionine	Ground Turkey, Pork Chops, Beef
Choline	Chicken, Salmon, Eggs
Betaine	Shrimp, Spinach

NUTRIENTS THAT SUPPORT BLOOD SUGAR-INSULIN PATHWAYS

Nutrient	Whole Food Source
Cinnamaldehyde	Cinnamon
Vitamin D	Salmon, Tuna, Egg Yolks
Biotin	Egg Yolks, Sunflower Seeds, Avocado
Magnesium	Spinach, Tuna, Avocado
Ginsenosides	Ginseng
Vanadium	Black Peppers, Shellfish, Spinach
Glutathione	Asparagus, Broccoli, Onion
Vitamin B12	Tuna, Eggs, Salmon
Folate	Asparagus, Spinach, Broccoli
Chromium	Broccoli, Beef, Almonds
Inositol	Beef, Strawberries, Almonds
Allicin	Garlic, Onions, Shallots

“Supporting the portals”: the detoxification of fat

The body’s detoxification system needs to be functioning optimally in order to break down fat. Lipolysis (biological term for fat loss) is the process of taking stored fat and “liberating” into circulation then processed throughout body.

Poor lifestyle choices: processed diet, lack of movement/exercise, chronic stress, environmental toxins and hormone disrupting chemicals lead to an accumulation of waste products within the body.

- Adipose tissue (aka fat) is a reservoir for these products. Excess toxins in the body cause an array of health issues
 - Ecology of gut breaks down -- body unable to digest, metabolize and absorb nutrients properly
 - This leads to: cravings, food reactions, fatigue, depression, impaired immune function, chronic constipation, excess gas, acne, back pain, hormonal pattern dysregulation

As the body’s ability to process all these products becomes increasingly impaired, it will create more fat cells to store them in. This is how toxins can lead to weight gain.

**Fat Loss is a
total body
systems job!**

Goals to detox & eliminate:

- Support detoxification pathways for effective elimination
- Address root of lifestyle causes

Symptoms that indicate you may benefit from a detoxification protocol prior to starting a fat loss plan:

- Hx of chronic constipation (<1-3 BM per day)
- Chronic bloating/excessive gas
- Depression/anxiety
- Headaches/migraines
- Inability to sweat
- Poor tolerance to caffeine, alcohol or supplements
- Low energy regardless of sleep
- Difficulty losing weight
- PMS, heavy periods, mood swings
- Skin flares - acne, puffiness, cellulite, eczema, etc.

Strategies to consider implementing:

- Fasting --> highly dependent on current blood sugar status
- Sweat everyday (sauna)
- Herbal teas @ night
 - Burdock root
 - Milk thistle
 - Katuka
 - Dandelion
 - Nettles
- Daily movement
- Deep breathing
- Dry brushing
- Castor oil packs
- Lots of water

NUTRIENTS THAT SUPPORT DETOXIFICATION:

Nutrient	Whole Food Source
Sulforaphane	Broccoli, Cauliflower, Cabbage
Glutathione	Asparagus, Broccoli, Onion
EGCG	Green tea, White Tea, Black Tea
N-Acetyl L-Cysteine	Beef, Pork Chops, Chicken
Lignans	Flaxseeds, Sesame Seeds, Blueberries
Fiber	Avocado, Chia Seeds, Broccoli
B-Complex	Salmon, Beef, Chicken
Antioxidants	Blueberries, Artichoke, Kale
Curcumin	Turmeric
Vitamin B12	Tuna, Beef, Crab
Folate	Asparagus, Broccoli, Spinach

This is why I recommend Micronutrient testing for all my fat loss clients!

It is a foundational test for all chronic inflammatory conditions

A micronutrient test gives us a picture of what you look like on the "inside"

- all of these nutrients we just went over are involved in biochemical reactions that occur inside the cell. Nutrients have to get inside the cell for cellular metabolism & energy production. If they aren't getting in the cell we can't use them properly!

Cellular health = health of organs = health of whole body

There's no value if these nutrients aren't getting inside the cells for proper biochemical rxns to take place. The question is: WHY aren't they getting into the cell?

- ✓ "No matter what I do, the scale doesn't seem to budge"
- ✓ "I'm eating less than I ever have, I'm starving and miserable, but the weight STILL isn't coming off"
- ✓ "I feel like all my efforts are wasted - why bother trying"

How many times have you said these words before? Too many to count I can imagine...

Your body is telling you a story.

This test can help us locate where the inflammation is coming from & what types of tests we need to run for further assessment to get you the root cause of your health concerns. When we look at things as pieces to a puzzle, rather than as absolute stand alone values, we can begin to map that story out and find solutions to get you to where you want to go.

The cycle of not feeling good in your body, putting in so much effort and not seeing results or knowing WHY it's not working is one of the most soul-sucking experiences ever.

Decode Your Body: No More Guessing

We don't have to approach fat loss and our health like this anymore. We can take a more personalized approach and get actual answers and targeted recommendations that work for US, so you can kick those "what's working, what's not" vibes to the curb.

Crush It with Metabolic Magic: Because It's a Forever Thing

Imagine a life where your energy is up, your happiness is top-tier, and you're vibing through the years. It's not just about feeling good now; it's about securing that forever glow and building a legacy to be that parent, partner, grand-parent, teacher, friend, etc. that you've always wanted to be. When we're at our best health, we are able to show up for others in the same way.

Sign up for our exclusive offer



Integrative Nutrition Intensives – a personalized wellness experience designed to address your unique health concerns and set you on the path to optimal vitality.

You will get a roadmap to your optimal well-being and a foundation to work off of to give you a targeted direction of where to go from where you are - without the insane commitment of an expensive 6 month commitment program.

For only \$300, plus at cost lab tests, one of the lowest price points offered in the functional nutrition space, you get a personalized roadmap to your optimal well-being and a foundation to work off of to give you a targeted direction of where to go from where you are - WITHOUT the insane commitment.

It's an easy win.

Did I also mention payment plans are available? Oh yeah, to make it even more accessible!

✨ What's Included:

1. Micronutrient Test

Our team will order your test & mail it to you with detailed instructions.

2. Comprehensive Health Analysis

Our experienced team conducts a thorough analysis based on your detailed intake form. We gather information on your specific symptoms, current medications/supplements, and personal goals to ensure a holistic understanding of your unique needs.

3. Personalized Video Interpretation

Experience the power of personalized insights with a video interpretation of your results. Our expert team will meticulously review your health intake form and lab results, providing a comprehensive breakdown in a video recording that you can access at your convenience.

4. Tailored Recommendations

Receive a detailed set of personalized recommendations covering nutrition, supplements, and lifestyle strategies. Our team will guide you on a wellness journey tailored to your individual results, empowering you to make informed choices for your health.

How to Get Started

Ready to elevate your wellness journey?
Simply click below and choose the Integrative
Nutrition Intensives package that aligns with
your health goals.

[Give Me That Metabolic Magic ✨](#)