



How to create long-term success

A get things to look at if you want to keto on and if you should.....

Any long term eating plan should probably meet these criteria for optimal health and body composition:

#1 Overall health?

How do you feel?

Are you reaching or maintaining a healthy body composition (weight, waist circumference greater than 31.5 inches increases risk and greater than 35 inches is a substantial increase in risk for heart disease)

How are your labs?

- Comprehensive metabolic panel (CMP)
- Complete blood count (CBC)
- Inflammatory markers (ESR, CRP, homocysteine)
- Vitamin D3
- Vitamin B12
- Insulin
- Glucose
- Hg A1c
- Thyroid markers TSH, FREE T4 & T3, RT3 minimum marker to check
- Iron and ferritin

What is your quality of life like?

#2 Are you meeting your daily dietary and nutritional needs?

Are you getting enough vitamins, minerals and nutrients for healthy systemic function

- *Thyroid support with multi support*
- *Vitamin D3*
- *Omega fish oils*

- *Digestive enzymes & HCL*
- *Trace minerals*
- *Probiotics*

#3 Are you getting your desired results for your body composition?

Most people eat to maintain a body composition and alter it as needed

Food allergies, gut issues, liver issues, and hormones are impacted by ALL food you eat and will determine your body composition

#4 Can you do this long term?

Any diet can be done short term, but will it help maintain transformation

Best eating plan is one that you have swapped out unhealthy toxic foods for healthy healing foods

Potatoes >>> sweet potatoes

Candy>>>>>>>>> berries

Chips>>>>>>>>>kale chips with nutritional yeast

Soda>>>>>>>>> sparkling water or kombucha

The HARD Truth!

Research indicates that only around 20% of overweight individuals are successful at long-term weight loss (which is defined as losing at least 10% of initial body weight and maintaining the loss for at least one year).

What we do on a daily basis (environment) and our subconscious thoughts and patterns will loop us back at what is familiar.

Change your identity (mind hacks #1-8, meditation, hypnosis)

Change your environment (friends, food choices at home, re-organize your pantry, refrigerator)