

The Multiple Solutions to Losing Weight & Keeping it Off!

Reduce Sugar Intake

Eat Anti-Inflammatory Foods, Herbs and Spices

Reduce Pro-Inflammatory Foods Intake

Reduce Environmental Stressors

Improve Digestion

Eat Natural, Whole Foods

Improve Thyroid Health

Reduce Stress

Eat Breakfast

Eat Regular Meals

Stabilise Blood Sugar Levels

Increase Omega-3 Fats Intake

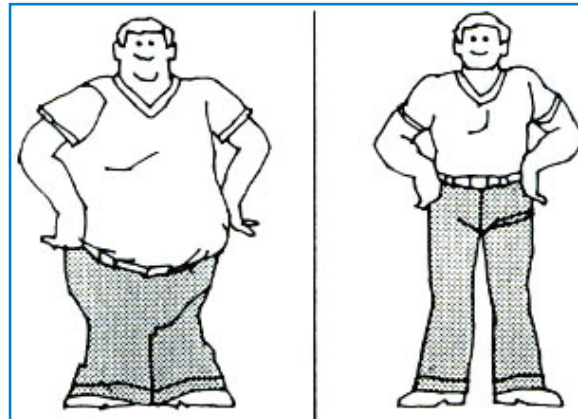
Improve Sleep Patterns

Plan Ahead

Reduce Environmental Toxins

Modify Unhelpful Belief Systems

Avoid Intolerant Foods



Practice Relaxation, Meditation & Other Stress Management Techniques

Eliminate Unnecessary Medications

Treat Medical Conditions

Modify High-Risk Situations

Reduce Alcohol & Other Drug Intake

Improve Mental Health

Optimise Vitamin & Mineral Intake

Increase Healthy Fats & Reduce Unhealthy Fat Intake

Remove Toxic Metals

Increase Fibre Intake

Participate in Regular Physical Activity (Aerobic & Weight Resistance)

Treat Hormone Imbalances

Eat Red Meat No More Than 3 Times a Week

Strive for long term compliance to healthy food choices

Improve Liver Health

Modify Unhelpful Behaviour Habits

Engage in Regular Pleasurable Activities

Learn Healthy Strategies To Deal with Emotions

Increase Fruit & Vegetable Intake

Reduce Refined Carbohydrate Intake

Optimise Healthy Protein Intake

Reduce "Dangerous" Food Exposure

Increase exposure to like-minded support groups/ people

Increase Antioxidant Intake

Balance Mood-Enhancing Neurotransmitters

Optimise Sunshine/ Vitamin D Exposure