

# 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**

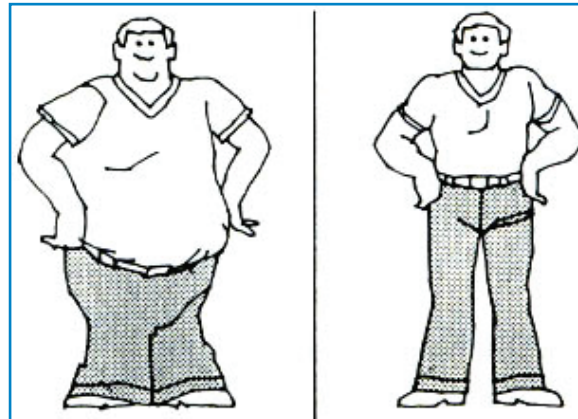
**Improve Sleep Patterns**

**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**