

RM

RED MOUNTAIN
WEIGHT LOSS.

**WHY IS IT
SO HARD**
to lose weight?

**REAL facts, REAL truths & REAL things
you can do to take control of your health.**



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healthy living tips
FROM THE DOCTORS OF RED MOUNTAIN



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5 TIPS FOR BETTER SELF-CONTROL

When we discover something that triggers the feeling of pleasure, the brain produces dopamine—a feel-good neurochemical. For this reason, things that produce dopamine can naturally become habitual and/or addicting.

To learn how to control cravings and desires that impede our progress, we must develop better self-control. Here's how:



1. Recognize your Triggers

The first step to reestablishing control over your urges is to become aware of their causes. A great tool to use for this is the H.A.L.T. method: an acronym that helps remind us to stop (HALT) and differentiate between feelings of Hunger, Anger, Loneliness, or Tiredness.

2. Set Boundaries

Before you have the opportunity to experience a moment of weakness, set boundaries for yourself to minimize negative impact:

Remove tempting foods from your home to minimize availability. If the food you're craving isn't there, you will not be able to immediately indulge!

Set standards for slip-ups. Remember that self-control does not have to mean all-or-nothing. Mistakes can happen, so don't let it ruin your entire day, week, or experience! Instead, limit your indulgences to only enough to satisfy your impulse (1-2 bites), then get right back on track.

3. Work out your "self-control" muscle

Research suggests that cravings typically last for 30 minutes. So, distract yourself when you feel the urge to indulge! Start small by ignoring your craving for 5 minutes, then move to 10, 20, 30+. By the time you achieve your time-goal, you may not even have cravings anymore!

Eating slowly encourages portion control because it takes time for our stomachs to signal the feeling of satisfaction to our brains. So, try holding your utensil in your non-dominant hand when eating to encourage a slower, more mindful eating process.

Remember that the first 2-3 bites of an indulgence are the most satisfying. After that, your cravings decline! So, convince yourself to only take a few bites if you decide to give-in.

4. Practice positive self-talk

A positive mindset can improve self-control. Here are some examples of how to turn a negative thought into a positive one:

Negative Self-Talk

I can't stop eating!
The mistake I made means that I am a failure.
This is too hard.

Positive Self-Talk

My choices are decisions I get to make.
I'm on the right track and will learn from this experience!
I am worth the effort.

5. Consider Medical Assistance

Although independent success is possible, consulting with a medical weight loss professional is the best way to quickly & safely achieve your goals. These professionals are qualified to make suggestions regarding the safest way to achieve your weight loss goals.

It is not a weakness to ask for professional help! In fact, they have the ability to prescribe Appetite Suppressants or recommend tools such as supplements (i.e. Red Mountain's Control Kit) which are proven to assist with weight loss and weight management.

How to Stay Motivated

According to Self-Determination Theory, there are two sources of motivation: intrinsic and extrinsic. Intrinsic motivation is defined as the pursuit of an activity for the internal satisfaction it gives, whereas extrinsic motivation implies a concern for external pressures or desire for reward.

INTRINSIC MOTIVATION VS EXTRINSIC MOTIVATION

I want to lose weight to...

<p>Avoid health issues</p> <p>Have more energy</p> <p>Feel more comfortable in my own skin</p>	<p>Look better in my Facebook pictures</p> <p>Avoid judgement from peers</p> <p>Look good in a swim suit</p>
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Both of these are effective motivation strategies, but intrinsic motivation is ideal for long-term goals because it focuses on values.

Understanding and identifying the intent behind your goals is critical to ensure that you are committed to success. If you are struggling to find or maintain motivation, you can use the 5 Rs Method to strengthen your motive to improve.

THE 5 Rs METHOD				
STEP 1 Establish Relevancy	STEP 2 Determine Risks	STEP 3 Consider Rewards	STEP 4 Identify Roadblocks	STEP 5 Remove Barriers
Define why achieving your goal is important to you.	List the negative effects of not achieving you goal.	List positive effects of achieving your goal.	List potential obstacles to achieving you goal.	Develop an action plan for overcoming potential roadblocks to success.
EXAMPLES				
<p>Desire to live a long, happy life</p> <p>Be a better role model to your children</p> <p>Feel less tired</p>	<p>Fatigue</p> <p>Mental Health issues</p> <p>Hypertension</p> <p>Type 2 diabetes</p> <p>Decreased mobility</p>	<p>Improved body image</p> <p>Less risk for health problems</p> <p>More active social life</p> <p>Better mood</p>	<p>Stress</p> <p>Menopause</p> <p>Negative self-talk</p> <p>Busy schedule</p> <p>Strong cravings</p> <p>Unsupportive peers</p>	<p>"To tolerate cravings, I will use the 5 Ds method (Delay, Distract, Distance, Determine, Decide)"</p> <p>"I do not have time to cook everyday, so I will meal-prep in advance of each week."</p>

Appetite Control Strategies

Snacking & Overeating: The often mindless act of eating outside of one's meals which can easily derail goals.

Whether it's a bag of popcorn during a movie or a late-night handful of cereal is, snacking is something that we're all guilty of doing every once in a while. Especially while we aren't preoccupied, it's easy to make a B-line for the pantry as a way to fill empty space and subside even the slightest pang of hunger. As satisfying as it may be, though, snacking can get in the way of allowing you to reach your goals.

Without planning for what you're eating or not measuring the amount of something that you're consuming, calories can build up and cancel-out any progress you may have been making in terms of your dietary goals.

Follow these tips to learn how to be mindful, separate boredom from hunger, and make it from meal to meal without a too-big desire for a second lunch.



Control blood sugar with cinnamon or vinegar

A great way to add flavor to anything is to add a splash of vinegar or a sprinkle of cinnamon.

Vinegar has been proven to lower the body's glycemic index, which helps control blood sugar.

Adding a great acidic flavor, vinegar, is an awesome touch to salad dressings, sauces, and even roasted veggies.

Cinnamon has been shown to slow the rate at which food travels, meaning you feel full for a longer period of time. Add cinnamon to your smoothies, coffee, or even dinner recipes for great health benefits & a yummy aromatic twist.



Don't let yourself get too hungry

When we are "starving" and finally get our hands on food, it's easy to eat with whatever is most convenient. This, advocates for overeating as well as unhealthy food choices. If you find yourself in this situation often, consider eating smaller versions of your meals throughout the day instead of at 3 separate sittings. This way, you'll never feel like you're going hungry.



Drink water

Sometimes we mistake our boredom or thirst for hunger!. Even just mild dehydration can trick our bodies into thinking that we're hungry.

So, make sure you're staying well-hydrated with pure water (not sugar-ridden juices or sodas). In general, adults should aim to drink 8-12 or more cups of water per day.



Eat slowly

When you eat, it can take a while before our bellies feel full from it. Try and make it a habit to chew your food thoroughly before swallowing. This way, you'll avoid overeating & even enjoy your food more!



RE-WIRE YOUR CRAVING INSTINCTS

Many of us have been taught from a young age to associate unhealthy foods with happiness and celebration – cake on birthdays, heaping plates on Thanksgiving, candy as a reward for good behavior from teachers, etc.

It's no wonder we typically reach for pints of ice cream when we're sad; we associate the sweet taste with feelings of joy and try to recreate the euphoria by over-indulging! To re-wire ourselves, we can follow this same principle, but reverse it so that the food of interest is one of higher nutritional value.

Simply cutting food out of your diet will not create healthy habits – you must create positive associations with healthy foods to ensure prolonged health maintenance.

By combating our cravings with healthier “swaps,” we can slowly change our brain's wiring to crave different foods. Here's a few guidelines to help you re-wire your brain to crave healthy foods:

Limit Access to Unhealthy Foods

If you do not have certain foods available, eventually your body diverts its attention to something else. By limiting access to unhealthy foods, you will unfamiliarize yourself with whatever it is that you're struggling with craving.

Make Swaps

Feeling a craving coming on? Pick a healthy food and make that your go-to. Eventually, your mind will associate the taste of the healthier food with your craving, and you'll find yourself getting excited to eat healthy.

Use the 'Sandwich' Method

If you must give in to your craving, indulge in the middle of a meal – never before or after.

If you succumb to your cravings at the beginning of a meal, you will mentally associate it with the feeling of fullness and satisfaction. If you eat it after a meal, you'll find yourself reminiscing.

By eating it in the middle, you're satisfying your craving, but not allowing yourself to have as positive of a mental association as a nutritious meal.

Please contact us if you need a partner to walk with & help keep your weight on track.

Request an appointment to meet with one of our medical providers. In-person & video consultations available.



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