

# Marcelle Pick's

## COMPREHENSIVE GUIDE TO



# WEIGHT-LOSS RESISTANCE

Thank you for your interest in my resources to help you on your weight loss journey. Having correct, current information is so important, especially when it comes to losing weight. There's so much misinformation out there on what works and what doesn't. If you've tried every diet out there with no success, I want you to know that you aren't alone in your frustration. Weight loss is so complex, and every woman is different. That's why fad diets so often fail; you just aren't doing what your body needs to succeed.

That's why I wrote this e-book. I want to help you learn what your unique requirements are so you can be the happy, confident woman you were meant to be! I know it can be tough to find joy in anything when you've tried everything you can to lose weight with no results. I'm hoping this guide will help you get excited about food (yes, healthy food can be exciting!), smile through the frustrations, and make my successful, proven, principles of weight loss a part of your healthy lifestyle.

I understand you might be skeptical. After all, you've tried everything you can think of and you still haven't lost any weight. Trying might feel like you're stuck in an impossible escape room – no matter what you do, you can't get out of this body that just doesn't feel like the body you are meant to have. You've probably tried numerous diets, exercise routines, and even diet pills or supplements to try and convince that body to let go of the extra weight it's hanging on to. But here's the thing: you didn't have all of the information you need!

This e-book will help you recognize harmful negative internal scripts about how you look and feel and teach you just what an impact those stories have on your ability to lose weight. I'll teach you about all the factors that can influence weight loss resistance and give you the tools you need to finally lose that weight – and keep it off forever!

The plan I lay out for you here is different than other diets you've tried in so many ways – and one of the most important is that you won't feel deprived or hungry when you follow this plan. I include healthy fats, proteins and complex carbohydrates to provide you with balanced, family-friendly, quick and easy to prepare recipes. You can follow a detailed meal plan or just choose meals from the suggested lists – whatever works best for your life!

Reading and absorbing the information in this guide is the first step towards shedding unwanted weight gently and naturally, using food, herbs and lifestyle changes. You'll find a new attitude about weight loss that fits your unique circumstances. With an open mind and willingness to change, you can do this – and I can help you every step of the way! Welcome to the beginning of a life transformation!

Yours in health,

Yours in health,

*Marcelle*



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# A Quick Look at Weight Loss Resistance

Are you ready to achieve your weight loss goals once and for all? If so, this e-book is the right place to begin. Below you'll find a quick snapshot of three major focus areas that will help you combat weight loss resistance and put you on the path towards your ideal weight.

This is it:  
your first step  
towards  
permanent  
weight loss!

1

## High quality nutritional supplements and herbal remedies support a healthy metabolism

To keep your metabolism at peak performance, your body needs specific nutrients and minerals. Quality supplements can provide exactly what you need, when you need it. Herbal remedies can also give your metabolism a boost, helping you lose weight more quickly.

**QUICK TIP:** Keep an extra dose of MultiEssentials in your pocketbook or lunch bag.

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## Choosing food that supports weight loss

You probably know that choosing sweets and processed snacks won't help you meet your weight loss goals. But eating to support weight loss goes well beyond avoiding junk food. What you eat, and when you eat it, makes a big difference in overcoming weight loss resistance. When you eat three well-balanced meals and two snacks each day, your body will have the support it needs to lose weight, especially when you pay close attention to what's on your plate. And unlike many fad diets, you won't be avoiding any of the crucial food groups (like fats and carbohydrates) so you won't feel like you're missing out on anything!

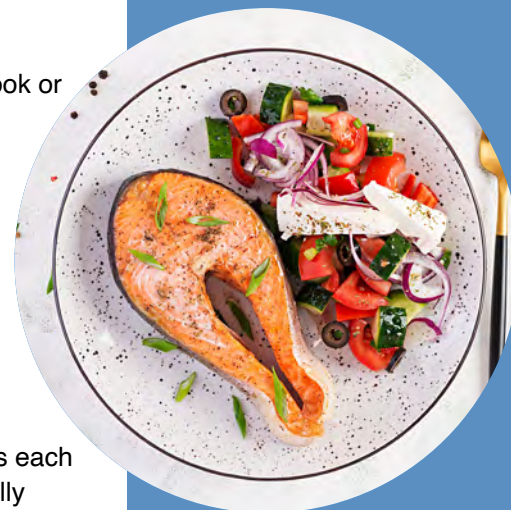
**QUICK TIP:** Protein should be included with every snack and meal. Great options include nuts, yogurt, cheese, or meat (unless dairy is an issue for you).

3

## Lifestyle changes that make a difference: Exercise, Sleep, Emotional Health and Detoxification

Self-care is essential in maintaining a healthy weight. Research demonstrates that constant stress and poor sleep have a direct impact on weight gain. Making sure you are tending to your own needs is essential in achieving the balance that allows you to lose weight.

**QUICK TIP:** Sleep is critical. Strive to get eight hours every single night.



# Steps to Take *Right Now*

Women lead amazingly busy lives these days. There are so many facets to manage: work, relationships with a spouse or partner, tending to children or aging parents, being a supportive friend. At times, it seems impossible to balance it all. But balance may mean stepping back from some areas while focusing on others. The same principle applies to losing weight. It may seem overwhelming to think about changing everything all at once – and you don't have to.

To create lasting results, you must approach change slowly and deliberately. I recommend that women take baby steps, and I always suggest starting with nutrition. Adding supplements to your routine is often the easiest to tackle – you don't have to change old habits, just add a new one. Targeted nutrients and herbs can give your metabolism the boost it needs and help eliminate cravings that throw you off course. So many women have a “full speed ahead” personality and they want to go all in, making multiple changes to transform their lives. I'm okay with that – as long as it works for you and doesn't add more stress to an already stress-filled life. But it's important that you know that little changes can make a big difference too. Every small step you take gets you one step closer to your end goal, and because you implement one change at a time, you may find it much easier to stick to the plan.

Weight loss is an emotional journey as well as a physical one, and you must be prepared for what may come up along the way. You may slip up. You may take three steps forward and two steps back. Remember, it's a journey, and as long as you're moving forward a little at a time, you are successful!

## Your first steps towards success

- 1 Add targeted supplements to your routine as soon as possible. Aiding your body with nutritional and herbal support can make the difference between losing weight or staying stuck. You can read more about the importance of supplements later in this book.
- 2 Take a look at my dietary recommendations to discover how the foods you choose impact metabolism, blood sugar and weight loss.
- 3 Start a journal to track your successes, both major and minor. Keeping track of where you started – and how much progress you are making – is great motivation to continue making changes for healthy, natural weight loss.

If you have a lot of weight to lose, it may seem like you'll never get where you want to be. But don't let that stop you from taking the first steps! After all, if you don't start somewhere, nothing will change. If you start with these three steps, you may drop a few pounds and realize that baby steps do matter. This initial success can give you the motivation and drive to take on bigger changes for healthy weight loss.



# Monitoring Your Success

The best way to track your progress is to write everything down. There are apps you can use to track your food intake, exercise, water consumption, and even your emotions and symptoms. But an old-fashioned journal can do the same thing. Just be sure to set aside time each day to make a list of symptoms, write down changes you are making, track your nutrition, and track your weight loss progress. Keeping all of the information that will help you heal and transform your health – and your weight – in one place makes it easy to let your health care professional know where you are at, and what might need to happen next.

Remember, you don't have to change everything all at once. Every action you take, no matter how tiny, will help your body heal and combat weight loss resistance. And you don't have to do it alone. If you are looking for personal support as you make your way down the path to better health, my team is here to support you. Call my office for an appointment or phone consultation. I also have a wealth of resources that can help support you on your weight loss journey at [www.marcellepick.com](http://www.marcellepick.com).

When you take the time to monitor your progress, you will have far more success in healing your body from weight loss resistance and dropping those pounds for good. It's all too easy to think you are doing everything right and forget about the "little cheat" you had at lunch or skip exercise for three days without even realizing it.

Keeping track of the ways in which your body is changing – not just the number on the scale – is a perfect motivational tool. I recommend that you use a weight loss journal to track your actual weight loss, but keeping a chart of measurements, energy level, and mood will also give you valuable information. Below is a simple chart to help you track these important aspects of weight loss



Measurement	Week 1	Week 3	Week 5	Week 7	Week 9
Weight					
Waist					
Hips					
How much energy do I have?					
How's my mood					
One thing I am proud of					
One (non-food) reward I gave myself					

# Reward Yourself

*A reward should be something that brings you great joy. What are some of your passions? How could you use these to reward your efforts?*

**Rewards can be a great way to keep moving forward** – but make sure you aren't sabotaging your success by using "treats" and junk food as a reward for your progress. Here are a few ways you can treat yourself without derailing the progress you've made.

- Seek a professional stylist to do your "colors" for you
- Take a long bath with some Epsom salts or essential oils
- Give yourself a facial
- Find a spot to curl up with a magazine or great book
- Have a dance party with your children
- Take a walk in the woods
- Get together with a friend for coffee or tea
- Plan a date with your significant other

# What's Behind Your Weight Loss Resistance?

Weight loss is far more complex than the outdated “calories in, calories out” myth that still lingers. I know that despite your best efforts, even if you are eating well and exercising regularly, there are physical barriers that make weight loss extremely difficult if not addressed. It can be so frustrating to know you are doing all you can to lose those stubborn pounds without any results to show for your effort.

When this happens, it's called weight loss resistance. It's a very real problem, but here's some good news: You can do something about it! But first, you must understand what underlying causes are impacting your ability to lose weight.

Once you determine the factors that are keeping your weight loss at a standstill, you can finally move forward on the road to wellness. Restoring balance in your body will allow you to shed the excess weight and feel your best.

## What causes weight loss resistance?

There's no one thing that causes weight loss resistance in all women. A wide range of metabolic or physiological imbalances can make losing weight and maintaining a healthy weight nearly impossible. And sometimes, you can have multiple imbalances – so even if you heal one, the others will still block your ability to lose weight. Some of the most common imbalances are adrenal imbalance, hormonal imbalance and thyroid imbalance – but there are many others that could be behind weight loss resistance.

However discouraging that may sound, it's important to remember that there are lifestyle changes you can make that will impact multiple imbalances and help restore you to good health. And for those three common imbalances, there are some specific tips I can offer as well.

If you have a hormonal imbalance impacting weight loss resistance, your body is stuck in a continuous cycle of hormonal fluctuations that can lead to weight gain. Many women experience this during PMS, perimenopause and menopause – times when hormones naturally fluctuate outside of typical ranges. Major hormones (insulin and cortisol, for example) and minor sex hormones (estrogen, progesterone and testosterone) alike can become imbalanced, causing weight gain. And it doesn't end there; this can lead to higher levels of sex hormones, which causes more weight gain, and makes weight loss resistance stronger - and the cycle continues endlessly.

## Common Imbalances Behind Weight Loss Resistance

- Hormonal
- Adrenal
- Thyroid





If you have a thyroid imbalance impacting weight loss resistance, you probably have an underactive thyroid. The thyroid helps regulate metabolism and how your body uses nutrients. It also affects many other processes in your body, so if it becomes sluggish, your neurotransmitters, sex hormones and adrenal glands are all affected – and all of these have an impact on weight loss resistance.

Some women have one issues contributing to weight loss resistance, while others have a combination of imbalances. It's crucial to identify the underlying issues that are keeping you from the life you want to lead and the person you know you are. Finding a healthcare professional you trust and a supportive community to help you through the process is essential. When you do, you'll discover how to use your own individual physiology to reach your optimal weight. You have probably heard that symptoms like fatigue, irritability and weight gain and many others can be related to deficiencies of specific nutrients. What might surprise you, however, is the fact that the food you eat often cannot provide all of the nutrients you need. Soil depletion, agricultural practices, and the way food is processed can have an impact on the nutrients your food provides, and research has shown that fruits and vegetable are far less rich in vital nutrients than they used to be. You can ensure that you have the nutritional base you need by adding a comprehensive multivitamin/mineral supplement to your daily routine. This will support both healthy metabolism and hormonal balance.

## Three factors that build the foundation for overcoming weight loss resistance

### 1. Vitamin and Mineral Deficiencies

You have probably heard that symptoms like fatigue, irritability and weight gain and many others can be related to deficiencies of specific nutrients. What might surprise you, however, is the fact that the food you eat often cannot provide all of the nutrients you need. Soil depletion, agricultural practices, and the way food is processed can have an impact on the nutrients your food provides, and research has shown that fruits and vegetable are far less rich in vital nutrients than they used to be. You can ensure that you have the nutritional base you need by adding a comprehensive multivitamin/mineral supplement to your daily routine. This will support both healthy metabolism and hormonal balance.



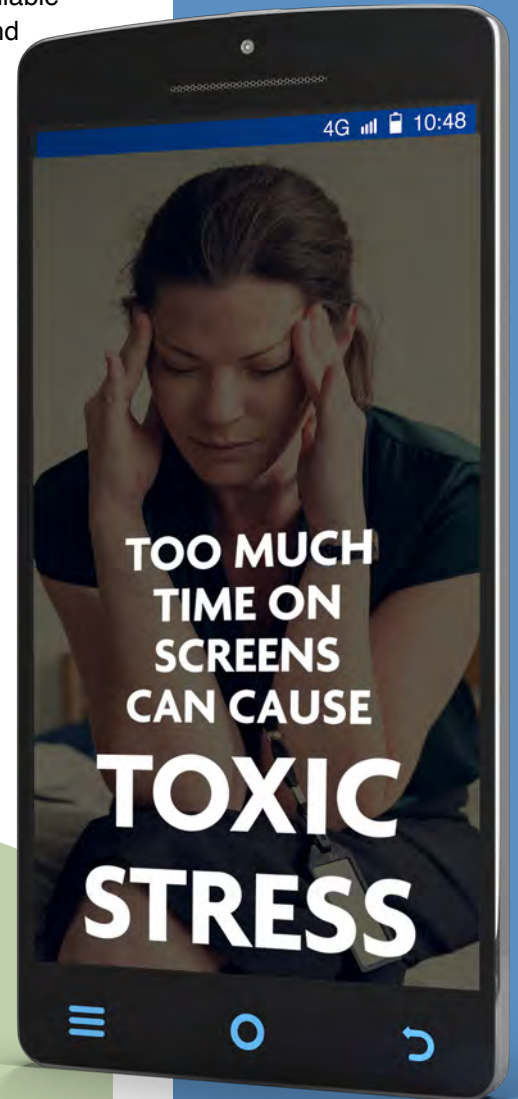
## 2. The Food You Choose To Eat

With weight loss resistance, what you eat – and when you eat it – matters a great deal. You can either eat to give your body energy or set yourself up for a crash. Blood sugar levels and insulin are two important factors that impact all of the metabolic issues that can lead to weight loss resistance. Choosing starchy foods or too much sugar increases blood sugar levels, which can throw insulin out of balance. And once that happens, your other hormones can also be impacted. They're all part of the same feedback loop in the brain. So many of us lead hectic lives that find us grabbing convenience foods for a quick boost. But planning ahead so you have healthy snacks and meals available at all times can help you make better choices, so you won't reach for the sugar and starches that create the blood sugar highs and lows that can lead to weight loss resistance.

## 3. How You Respond to Stress

Stress comes at you from all directions, in ways you may not even realize. Excess time on screens, including computers, tablets and phones, job stress, and a constant stream of obligations at home all add up to more continual stress than any of our ancestors ever had to deal with. Some stress is absolutely unavoidable – and sometimes our stress response will truly help us survive. But when our bodies produce a steady supply of the stress hormone cortisol it has an impact on many other hormones and systems, including your ability to maintain a healthy weight. Cortisol is part of the endocrine feedback loop in your brain, so it can disrupt production of hormones in your ovaries – and this can lead to excess belly fat.

Understanding how each of these three factors impacts weight gain gives you essential information so you can uncover the source of the problem. Examining what you are eating, the stress in your life, and the nutrients your body needs (which it may not be getting) helps you take specific action to get back on track more quickly. That's why the three focus areas are so important – they get to the root of the problem and help you resolve symptoms where they begin.



# Tip #1: Use High Quality Nutritional Supplements and Herbal Remedies

In over three decades of working with women just like you, and experiencing my own struggles with my weight, I have learned that if your body isn't getting the nutritional support it needs, weight loss is nearly impossible. You must restore your body to optimal health and nutrition in order to meet your weight loss goals. The supplements I recommend can replenish the essential nutrients you need to combat weight loss resistance.

So many nutrients are the foundation of enzymes and hormones your body needs to function properly. These include magnesium, potassium, zinc, folate, and vitamins A, B6, B12, C and D – and many others. To make things even more complex, these vitamins and minerals work in conjunction with one another in very specific ways sometimes.

Long term deficiencies of any of these crucial nutrients can lead to big health issues, which in turn can lead to weight loss resistance. That's why I recommend that all my clients take at least a high-quality multivitamin to give their bodies the best support possible.

My supplements are a natural alternative to expensive prescriptions that can have nasty side effects. And this natural approach is backed up by scientific research.



## Multi Essentials: a proprietary blend of essential vitamins and minerals

My specially formulated blend offers more than 100% of the daily value of 17 critical nutrients. It's designed to support bone health, improve mood, increase energy levels, support your adrenals and healthy thyroid functioning.

All vitamins are NOT created equal. The kind you find on a supermarket shelf may not do anything to support your health, since they often aren't easily absorbed, or don't contain the right form of the nutrients you need. Many aren't tested and may not contain what they say – or may contain unnecessary fillers. My Multi Essentials formula is specially designed to allow your body to fully absorb the vitamins and minerals you need. And, it's tested for quality so you know you won't be throwing away your money like you might be on a lower quality supplement.

While many vitamins stick with the Recommended Daily Allowances (RDAs), what most people don't know is that these are the minimum amount of a vitamin or mineral needed to prevent major disease. But to keep hormones balanced and support true health, you sometimes need far larger doses – which my Multi Essentials provide.

*I believe that supplements can help you get exactly the right nutrients and support your body requires to help you lose weight.*

I also take care to be sure vitamins are balanced in the proper ratio. Vitamin D, calcium, and magnesium exist in Multi Essentials in a 1:2 ratio, and selenium and iodine, critical to healthy thyroid function, are also balanced.

My Multi Essentials formula contains important nutrients critical to your overall health, including:

- Alpha lipoic acid: Reduces oxidative stress in the body and is anti-inflammatory.
- Trimethylglycine (TMG): Makes cells more resilient to stress and may lower homocysteine levels (an indicator of heart disease).
- Fruit bioflavonoids: Helps maximize the benefit of vitamin C.
- Choline: A macronutrient critical in liver function, brain development, muscle movement, nerve function, and encouraging a healthy metabolism.
- Inositol: A vital cofactor in your brain's major neurotransmitters. Helps maintain healthy hormone levels, boosts mood, and maintains a healthy circulatory system.
- High gamma tocopherol vitamin E: Traps and neutralizes free radicals and reduces inflammation.
- NatureFolate: A proprietary blend of isomer naturally occurring folates and natural mixed carotenoids. Stress depletes vitamin B levels quickly, and my blend combats this issue.

## MultiEssentials

### Dosage:

**Take three capsules twice daily,  
or two capsules three times per day,  
with meals.**



Multi Essentials do not need to be refrigerated, but should be stored in a cool, dry place away from light. To remind yourself to take your capsules, keep your Multi Essentials in easy to see places: in the kitchen where you prep meals, at your place at the table, in your desk at work, near your toothbrush, or in your purse. Be sure to drink lots of water throughout the day.

Most people can tolerate Multi Essentials well, but there may be a period of adjustment. If you have digestive reactions to the capsules, be sure you are taking them with food, and try your later meals instead of first thing in the morning. If reactions continue, try taking one capsule at a time and slowly building to the full dosage over the course of several days.

If your digestive problems persist, adding a probiotic or glutamine to your regimen may allow you to continue taking Multi Essentials. If you have any questions about my supplements, don't hesitate to give customer service a call.

## Tip #2: Eating to Reach Your Ideal Weight

I can't say this enough: what you eat matters. High quality food can cost a little more than processed convenience foods, but if you consider the money you spend on health care due to a poor diet, I think you'll see that healthy food is the best investment you can make. When it comes to weight loss, it's even more important to pay attention to what you are eating.

My plan is different than many of the diets you have tried because instead of costly, pre-packaged foods I want you to eat real, whole foods in quantities large enough to satisfy your hunger! This is how you can set yourself up for real success.

I want to teach you the best foods for wellness and maintaining a healthy weight all the time – not just when you're trying to lose weight. When these eating patterns become a habit, keeping your weight under control is so much easier since your body is getting the nutrients it needs – and avoiding things it doesn't need.

When you work on developing healthier eating habits, you'll see faster results both in how you feel and how you look.

Remember, progress is the goal here, not perfection. If you are used to a steady diet of frozen dinners or take-out food, you may need to ease into your new habits more slowly. Start with baby steps – maybe ordering a salad instead of fries or replacing your breakfast pastry with fresh fruit. Choose a starting point and keep moving forward. The only way you can do it wrong is to not change anything at all!

Whatever is behind your weight loss resistance, if you try these easy, highly effective changes you'll create the best possible foundation for weight loss and maintenance.



### Reduce or Eliminate for Best Health:

- Anything processed. If you don't know the ingredients on the label, don't eat it.
- You can also follow the "rot rule": If you can leave the food on the counter for several days without it rotting, it's best avoided.
- Any type of soda (even diet) and processed fruit juice.
- Refined carbohydrates, which are typically white foods. White sugar, flour or cereals are all processed like sugar in your body.
- Too much salt, which can increase bloating.

# Tips for overall improvement of your diet

There are many ways to approach dietary changes, from adding a few integral foods to your routine to changing everything about the way you are eating. Whichever approach you choose, making these changes will not only help you drop unwanted pounds, but will also bring more energy, focus and confidence to everything you do! The following tips are things you can do to keep yourself healthy and happy – all the time!

- Don't skip meals. For many people, three balanced meals that include all the essential components, as well as two snacks per day keep metabolism steady and cravings at bay. Skipping meals can slow your metabolism and stall weight loss. For some people, however, intermittent fasting can work wonders - so you do have to find what works for YOU. Choose fresh, local, organic foods as often as possible to reduce the risk of chemical contamination.
- Don't eat the same things all the time. The nutrients your body gets from eating varies by food choice, so make sure you are rotating foods as well as including healthy fats, complex carbohydrates and protein in every meal.
- Portion size matters. You can generally eat all the non-starchy vegetables (i.e., broccoli, bok choy, spinach, other leafy greens) you want without issue, and some fruits as well, but for everything else, be aware of how much you consume.
- For many people, breakfast is important in keeping hunger at bay so you can make good choices all day long. Fix yourself a healthy breakfast that includes fruit and vegetables, and your day will be off to a good start – and easier to keep on the right track! Likewise, starting with pastries or simple carbs can set you up for blood sugar crashes and cravings! As I said before, however, for some people, intermittent fasting can be very helpful. This is especially true if you use food for comfort.
- Eat the rainbow. When you eat a variety of vegetables and fruit in rich colors, you boost your nutrient intake a great deal. The highest concentration of nutrients is found in dark green, purple, deep red and orange foods.
- Read food labels and avoid anything that contains ingredients you don't know or can't pronounce. Pay attention to added sugars. If adrenal imbalance is behind your weight loss resistance, be sure to eat within an hour of waking.



# Essential dietary components: protein, complex carbohydrates, fiber and fats

There are so many fad diets out there it's hard to keep track. Unfortunately, these often rely on cutting entire types of food out. If the one you're looking at suggests cutting all protein, complex carbohydrates, fiber or fats from your diet, STOP. All of these are important to proper body functioning, and cutting them out will make your situation worse, not better!

A healthy balance of key components at every meal is important to weight loss since it allows you to get the nutrients you need, gives you plenty of fuel to keep you moving, and keeps your blood sugar levels stable.

Let's take a closer look at each category, so you can understand just what it does for your body.

## Protein

How is protein important to weight loss?

The carbohydrates in your meals create a rush of insulin, and protein is also critical in helping to counterbalance that, which keeps your body from either storing the energy from those carbs in your cells or converting it to fat.

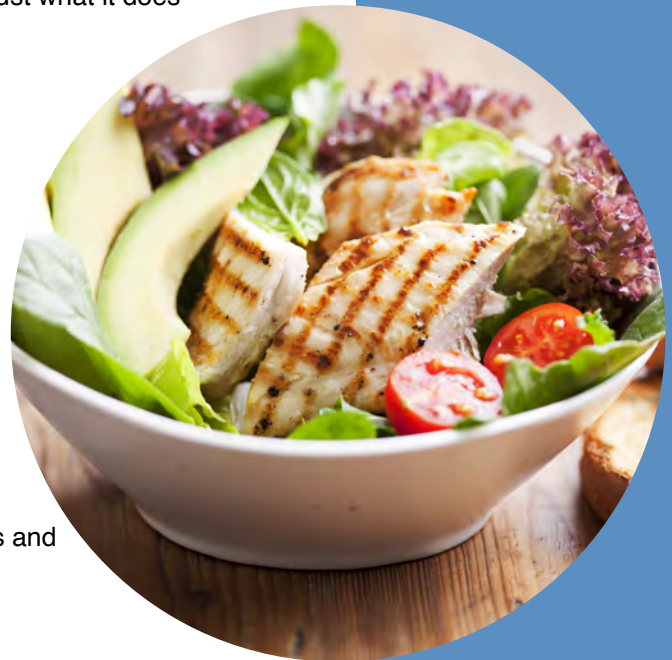
Protein can also help give you a full feeling, and keep sugar cravings at bay, due to its relationship with insulin. Protein plays a key role in building and repairing in your body, including hormones and neurotransmitters.

Important things to think about:

Women typically need 60-70 grams of protein each day. However, if you lead a very active lifestyle and feel a lot of fatigue, you may need to increase your protein intake.

You should have protein at every meal whenever possible (and snacks too).

If you eat protein at each snack, you'll keep blood sugar well balanced and feel full longer. When you include protein in your snacks, you can avoid snacking constantly without ever feeling satisfied.



**Good Sources of Protein:**  
Cheese, if dairy is not a problem for you.

Eggs

Fish, chicken, turkey, and lean meats (grass-fed and antibiotic free)

Seeds, nuts, legumes, lentils, and foods made from soy (tofu, tempeh and soy milk)

# Carbohydrates

Why does your body need carbohydrates?

So many popular diets suggest cutting carbohydrates without distinguishing between simple or complex carbs at all. But you need some carbohydrates because your brain needs the glucose they provide to keep your head clear and your body energized.

If you cut all carbs out completely, your insulin-to-glucagon (a hormone that helps correct very low blood sugar) ratio can drop, leading to fatigue, insomnia, depression and bone loss.

The most important thing to remember is to eat the right balance of the right types of carbohydrates.



If you have adrenal imbalance, you may be even more likely to crave carbohydrates.

Important things to think about:

Your brain may not receive the message that you are full if you eat carbohydrates on their own. That's why it's best to eat protein or fats with your carbs. (It's also why you can sometimes eat a whole box of crackers without even realizing it).

Complex carbohydrates are the best choice. These are both digested and absorbed more slowly. Most women should stick to 16 grams of carbohydrates per meal for proper balance, especially when first beginning to develop new habits

We are all unique individuals, and with that comes unique needs. Genetic testing can help determine what your body needs, whether that's a low fat, low carbs, balanced or Mediterranean diet. Once you know your individual needs, you'll be able to find the eating patterns that work best for you.

What are the best carbohydrates to consume?

Carbohydrates are made from sugar, but complex carbohydrates are sugars bonded together in a longer chain. This bonding makes it more difficult for digestive enzymes to break the sugars down, which slows digestion and reduces the amount of sugar converted and stored as fat. Reducing stored fat is goal number one for weight loss!

It can be confusing at first to know which carbs are good, and which should be avoided. The chart to the right can help you understand which foods have a quick impact on blood sugar, and which work more slowly. But there are so many factors that impact how your body reacts to these foods that some may work differently in your body. It's never a bad idea to choose minimally processed, nutrient rich carbohydrates.

## Fast-Acting Carbs

- Alcohol
- Cookies
- Cake
- White Bread
- White Pasta
- Cereal with added sugar
- Juice

## Intermediate-Acting Carbs

- Fruits
- White potatoes
- Sweet potatoes
- Carrots
- Beets
- Winter Squash

## Slower-Acting Carbs

- Whole brown rice
- Quinoa
- Millet
- Sprouted Grains
- Other whole grains
- Broccoli
- Nuts
- Milk and yogurt



## Fiber

Why your body needs fiber:

Healthy fiber, found in non-starchy vegetables and fruits, provides vitamins, minerals and micronutrients that all have an impact on aging, and on our genes. When fiber is eaten with carbohydrates, it can help slow down the spike of insulin, keeping you feeling full and helping to prevent other food cravings.

Important things to think about:

- You always have a green light to eat non-starchy vegetables. See the sidebar for good choices.
- Just like protein, you should have fiber at every meal.
- To get the most nutrition from your fruits and vegetables, buy organic and local as often as possible.

## Fat

Despite the best efforts of the sugar industry to convince us otherwise, fat is NOT the enemy. In fact, you need fat for good health – and weight loss. Natural fat not only increases immunity, provides energy and stabilizes blood sugar, but it's also an important factor in hunger control. That's because consuming fat prompts the release of a hormone that triggers that "full" feeling.

Your body doesn't let fat go to waste; it uses it in a number of critical processes. For instance, the production of estrogen and other sex hormones begins with one key thing: cholesterol.

Important things to think about:

- Natural fat is what you need. It's best to stay away from man-made and damaged fats. Don't be fooled by labels that claim the food has no trans fats but has the word "hydrogenated" on it!



- Make healthy fats a part of every meal.
- Foods rich in omega-3 fatty acids are particularly good for your health.
- Oils should be stored in the refrigerator to stay fresh.
- Low, even temperatures are best for cooking fatty meats and fish. High temperatures can damage the fats, and these damaged fats can cause stress in your body. They are also known carcinogens.

## High-Fiber Foods

- Dark green leafy vegetables like spinach, arugula, and kale
- Brussels sprouts
- Broccoli
- Cauliflower
- Bok Choy
- Celery
- Apples, berries, and other fruits

## Healthy Fats

- organic dairy products
- Fish
- Vegetables (especially avocado)
- Nuts, seeds, and their oils
- Foods high in omega 3's including sardines in oil, deep water fish, flaxseed, borage, hemp, sesame seeds and wheat germ.

## Some last words on healthy food choices:

- A food isn't healthy just because the label says so. Be sure to check saturated fat content, salt, and added sugars on prepackaged snacks.
- Chocolate is a big trigger for many women, who find themselves eating an entire bar at once, often without even tasting it. Very dark chocolate (70% cacao content or higher) can satisfy your sweet tooth but stick to just one ounce every once in a while.
- Hidden food sensitivities can make weight loss exceedingly difficult. Many of my patients have seen positive results when they reduce or eliminate gluten from their diet. A great way to assess whether avoiding gluten will make a difference for you is to cut it out entirely for a month. Then add it back to a few meals and pay close attention to how you feel. Does your weight go up? Are you bloated or irritable? If so, you may want to stay gluten free. When avoiding gluten, it's important to know that it hides, just like sugar, in many products. Check labels carefully.
- Cut back on dairy products, until you are having four or less servings per day. Choose organic dairy or try those made from goat's or sheep's milk. If you have noticeable symptoms from dairy, consider using products made with unsweetened almond, coconut or soy milk instead.



Food is the most powerful drug we have, therefore making good food choices that much more important

Remember – the pace at which you make these changes is up to you. If changing everything at once seems impossible, don't push too hard. Take a step (or several steps) back. When you follow your own lead, you'll be able to make sustainable changes to your diet.

# Transform your meals to combat weight loss resistance: healthier choices for a healthier life.

I'm often asked for ideas on how to transform meals with simple substitutions. I asked April, a 42- year old teacher to tell me what a typical day of eating might look like for her. I used that menu to make some suggestions that might kick her metabolism into action, helping her lose the last ten pounds of "baby weight" she's held on to since her first child was born.

Every woman is a unique individual, so every woman will have to find changes to her own typical diet that will work for her body. But my hope is that an example can help you see where you can make changes – even if they aren't the same as April's – to boost your daily nutrition habits.

April's Typical Diet	Healthier Choices
<b>Breakfast:</b> Plain bagel with butter Bowl of fruit Coffee	<ul style="list-style-type: none"> <li>✓ Instead of bagels made with white flour, choose millet or rice bread. Choose a nut butter instead of the dairy variety</li> <li>✓ Instead of a bowl of fruit, choose a hard-boiled egg for more protein</li> <li>✓ Skip the bagel and make oatmeal instead; add spices, or apples and walnuts, for flavor</li> <li>✓ To boost your healthy fat content, add cream to your coffee</li> </ul>
<b>Morning snack:</b> Pretzels or a banana	<ul style="list-style-type: none"> <li>✓ Don't forget the protein. Choose Greek yogurt, cheese, or fruit with a little nut butter.</li> <li>✓ Change it up with a handful of nuts, edamame, or a small salad with seeds</li> </ul>
<b>Lunch:</b> Turkey, ham, or roast beef sandwich (with onion, tomato, mayo) Apple Water	<ul style="list-style-type: none"> <li>✓ Skip the bread and make it a salad instead. If you want some bread, have an open-faced sandwich with just one slice of whole grain millet or rice bread</li> <li>✓ Soup or stir fry are great lunch options – and an easy way to get lots of veggies!</li> </ul>
<b>Mid-afternoon snack:</b> Whatever's in the staff lounge; often sweets like muffins, cookies or coffee cake	<ul style="list-style-type: none"> <li>✓ Keep pumpkin seeds – rich in magnesium and iron – in your desk.</li> <li>✓ Rice or seaweed crackers or lentil chips are a salty, crunchy alternative that you can easily keep on hand, so you don't have to scavenge for snacks.</li> </ul>
<b>Dinner:</b> Pasta with meatballs and vegetables Dessert – small scoop of chocolate ice cream	<ul style="list-style-type: none"> <li>✓ Quinoa, brown rice or sweet potatoes are a healthy substitute for pasta; you can also try spaghetti squash. If you do choose pasta, make sure your portion size is just ½ a cup.</li> <li>✓ Make sure the vegetables include green, non-starchy options. If they don't go well in your main dish, have them on the side.</li> <li>✓ Bake an apple with cinnamon or try some strawberries and cream (without added sugar in either) to satisfy your craving for sweets.</li> </ul>

Your Typical Diet	Healthier Choices

## It's Your Turn!

Use the suggestions in the chart on top to transform your own daily choices - or think of your own healthier options!

## Eating Out

- Don't keep your quest for wellness a secret. Tell the people you are dining with ahead of time that you are making some changes to improve your health. Ask for their support before you even sit down.
- Substitute extra vegetables for starchy sides. Decline the breadbasket.
- If you don't see certain vegetables on the menu, ask if they are available. Don't be shy about what you need, especially when it comes to preparation. Even if stir-fried, steamed or sautéed vegetables aren't on the menu, most restaurants can accommodate a special request. All you have to do is ask!
- If you're eating breakfast out, order eggs (with lots of veggies) and ask for a side of cottage cheese instead of potatoes.
- At lunch or dinner, choose salads with protein. If you don't see one on the menu, ask. Be careful about salads with candied nuts, sugared raisins, etc. Those can add a lot of sugar to an otherwise healthy choice. A tossed or Caesar salad with salmon, chicken or shrimp is perfect. And skip the dressing – use a squeeze of lemon or a small amount of oil and vinegar instead.
- Choose simple options without heavy sauces. Grilled, poached, stir-fried or roasted meat and vegetables are a safe bet, especially if you ask them to skip the sauce (or bring a small amount on the side).
- Try an antipasto plate filled with olives, roasted red peppers and cheese for a light meal.
- Cheese or fruit plates make a delicious dessert.

## Eating at Work

- Repeat your favorite meals as many times as you like. Some people like a lot of variety. Others like to eat the same thing every day. While you should vary your vegetables to get as many nutrients as possible, if you have a healthy choice you love, eat it often!
- Make extra soup or chili on the weekend and take it to work with a salad or other veggies.
- Wrap your meat and veggies in lettuce or a thin cheese slice instead of bread.
- Whole grain pitas and corn tortillas are a great option; fill them with nitrate-free meats, fish, cheese, veggies, or egg, tuna or chicken salad. The options are endless!
- Roll up meat and veggies in long, thin cheese slices or wrap them up in a lettuce leaf for a carb-free alternative.
- Enjoy your meal! To make it easy to transport, buy a nice set of containers (glass, preferably), pack utensils and a real plate to make your meal a relaxing, pleasant event.
- Leave your desk! Take a real break from your day and really taste your food.
- Eat outside if weather permits or find a quiet corner to relax and enjoy your lunch.

## Tips for the Whole Family

Double or triple healthy recipes to make meals for large families or have enough for leftovers.

If you or your family prefer a narrow set of choices, don't be afraid to repeat meals often. My meal plan offers variety for those who prefer it, but you can choose meals that work for you.

Get your partner and/or your kids involved. Kids can measure, stir, add ingredients and learn healthy habits early as they help you create delicious meals. And often, when kids help make something, they're more open to trying it!

Grow your own food. Gardening is a great way to teach children how food grows and may entice them to eat more vegetables if they can pick them right in their own backyard.

Take your children to the supermarket or farmer's market and let them choose new fruits and vegetables to try.

## Be prepared when cravings hit

Cravings can be so hard to resist – but there are things you can do to avoid unhealthy cravings. Try these tips to keep cravings at bay:



### IF YOU CRAVE:



**Sweet and creamy**



**Salty**



**Sugar**



**Alcohol**



**Coffee**

### TRY THIS:



**A spoonful of all-natural nut butter or Guacamole**



**Licorice Tea with Ginseng**



**400 mg of chromium before meals**



**1,000 milligrams of L-glutamine daily Kudzu tea**



**Hot water, lemon juice, a sprinkle of cayenne pepper  
A cup of miso soup**

### Super Shake recipes

\*Super Shake powder available at [www.marcellepick.com](http://www.marcellepick.com)

#### The “Apple Pie”

1 Scoop Super Shake Vanilla  
6 to 8 oz. unsweetened almond milk

1 tsp apple pie spices  
no blender necessary

#### My Darling Clementine

1 scoop Super Shake Vanilla  
8 oz. unsweetened almond milk  
1 clementine or mandarin orange (seedless)  
1/4 cup unsweetened Greek Yogurt  
best if made in a blender

## Tip #3: Lifestyle Changes That Make a Difference

Lifestyle factors influence weight more than you know! When you take small steps, you can create powerful change that lasts a lifetime. Shifting your habits helps maintain weight loss: no more yo-yo dieting!

This section of this e-book will help you learn how to make small but impactful lifestyle changes in four critical areas:

1. Exercise and physical wellness
2. Emotional well-being, including stress reduction
3. Sleep
4. Detoxification

Forming healthy habits in these areas can make a big difference to your weight loss goals! Change is hard, so don't forget to reward yourself along the way – but not with food! Give yourself praise and take plenty of time for self-care as you experience success.

## Exercise and physical wellness for successful weight loss

There are so many ways to get your body moving. There is a wealth of research that shows that exercise is a key component in maintaining a healthy weight.

When you exercise, you boost your metabolic rate which helps your body burn fat for energy. Some research has shown that your metabolic rate stays higher for hours after exercising! Sweating helps cleanse your lymph system as it expels toxins and excess hormones from your body as well.

Here are a few ideas that you can try if you're looking for new ways to stay active. If you haven't been exercising at all, start with walking and build from there. There's no wrong way to get more active – even taking the stairs instead of the elevator counts.

Try adding more movement to your life with a combination of the following ideas to boost that metabolism and keep muscles strong, fending off stubborn weight gain.



## Aerobic Exercise

You don't have to do a high-impact cardio class reap the benefits. Biking, Zumba, Running or brisk walking, swimming, dancing, or hopping on an elliptical machine all get your heart pumping, giving you that aerobic boost.

## Stretching and Flexibility Training

Stretching is so beneficial – and all too often ignored in a regular exercise routine. Yoga and Pilates both build muscle and can be quite invigorating, and when you're done, you'll have a sense of relaxation and peace. Research shows that stretching through yoga poses may help reduce stress – and less stress means easier weight loss. There are many forms of yoga, so it's easy to find one that works for you.

## Strength/resistance training

Strength training is another essential component in a balanced exercise regimen. When you have more muscle, you'll burn more calories, which is why keeping yourself lean and building muscle helps maintain an ideal weight.

## The importance of breathing deeply

One of the easiest, most important things you can do for your health is to pause several times each day to take deep, cleansing breaths. The beauty of deep breathing is you can do it anywhere, and it only takes a minute. A routine that includes regular stretching and exercise can be augmented by regular, deep breathing. Try using a counting method, such as 7-7-7 breathing, where you breathe in for seven, hold for seven, and then release for a count of seven. Whatever method you choose to do your deep breathing, try to both inhale and exhale through your nose as often as possible.



## Finding the motivation to stay active

When you are exhausted and irritable, getting yourself to a gym, class or just out of your house can be difficult. Here are some suggestions to help you find the motivation you need.

- If you aren't active at all, try making a commitment to yourself to do something active once or twice per week for 20-30 minutes. You can work your way up from there, until you are participating in physical activity three to five times each week, for at least 30 minutes.
- If you don't care for running or other aerobic exercise, remember that you don't have to do high impact movement to feel results. In fact, sometimes, less strenuous exercise is just what your body needs to balance essential hormones. T'ai chi, qi gong, yoga and Pilates are gentle and effective for both physical wellness and reducing stress.
- If you've always thought that exercise is boring, you need to change your idea of what exercise is! Choose something you enjoy, or you won't keep doing it. If you don't like doing the same thing day after day, try rotating your exercise so you get a balance of cardiovascular exercise (such as swimming, running, or an aerobics class), strength training (with weights), and stretching/flexibility work. Another great way to make physical activity interesting is to jump into something new, like Irish step dancing, learning a new sport, climbing a mountain, or jumping rope. There are myriad possibilities – so find something that brings you joy!
- If time is limited, remember you don't have to exercise for long periods of time to feel the impact. Burst training is an especially effective way to fit in a workout that boosts fitness quickly. During cardio routines, increase your speed to twice what your usual pace is for 30 to 60 seconds. Return to your normal pace for a few minutes, then burst again. Just 20-30 minutes of a burst workout a few times a week is all you need to feel some real benefits.
- Another great thing to remember is that your activity doesn't have to happen all at once to count. Park ten minutes from your office and get a brisk walk in both before and after work.
- Getting started is often the hardest part. Make a commitment to yourself that regardless of how tired you feel, you will exercise for at least ten minutes each and every day. Often, once you begin to move, you'll feel a surge of energy and end up exercising longer than you planned. You can also pay attention to the time of day you feel the most energy and try to plan your exercise for then.





## The role of emotional well-being and stress reduction in symptom relief

When I helped found the Women to Women clinic, we already knew that emotional wellness played a big role in over health. We were talking about it long before it was a mainstream idea. I have known for decades that the emotions we experience day-to-day and the unresolved emotions we are holding on to may have more impact on our physical health than anyone knew.

It turns out, I was right. The groundbreaking Adverse Childhood Experiences study brought the importance of dealing with past trauma to the forefront, and these days “trauma informed practice” is a term used in many fields, including health care. Often, this trauma from your past can have a big impact on weight, since you may be using fat as a protective layer or food for comfort. Understanding what’s going on inside can allow you to take the important steps necessary to combat the effects of this internal stress.

### Steps to take starting NOW

Write your feelings down to help you identify emotions that you may be holding back – or have buried deeply. Journaling can help you recognize patterns in your behavior and reactions as well.

Try meditation. Even ten minutes a day can bring great physical and mental benefits. There are many apps these days that can lead you through guided meditation, but you don’t have to go that route. Get yourself started by simply sitting or lying in a comfortable position and staying totally quiet and still. Focus on your breathing. Notice your thoughts, and then let them go while you come back to your breathing.

You must find time for relaxation and joy every single day – no matter how busy you are. True self-care is not a massage or mani/pedi. It’s recognizing that your wants and needs matter too and making sure these are met.

Do something that makes you happy, whether that’s a dance party in your living room, reading a book while sitting in the sun, walking on the beach, playing with children or pets, or simply taking a few minutes to daydream. If you are a primary caregiver for someone else, it’s even more critical that you make this time for yourself.

Try using positive affirmations. When you are repeating these statements, you can focus on the things you want in your life – not what your life is missing. Use the present tense to state your affirmations. Acting as if they are already real and present in your life can attract these desires, helping you find what you are seeking.

Start using affirmations right now.

Think of three things you like about yourself and your life and say them out loud.



### Sample Affirmations

- I am strong and powerful.
- I have control over my own life.
- I am living each day fully.
- My life is full of people who care about me.
- My body is beautiful

## The connection between detoxification and weight loss

When I say detoxification, I don't mean doing anything radical. I'm simply referring to the natural detoxification your body does. Your body comes equipped with natural processes to eliminate waste and toxins that you take in through the air you breathe, the food and drink you consume, the environment, and, believe it or not, your emotions.

Toxins come in many forms. Both chemicals and organisms that cause disease put an immense amount of stress on your body. That means that the process of getting rid of them can also cause imbalances that make weight loss difficult. When you support your body through the process with supplements, probiotics, fiber, purified water, exercise and reducing stress, balance can be restored, helping you detoxify properly for weight loss.

### Try these tips for quick detoxification:

- Breathe Deeply. Incorporate taking 3-5 deep breaths into your daily routines. I like to make time for deep breathing before each meal, at bedtime, and when I first wake up each morning.
- Promote healthy lymph flow with massage or lymph drainage by a trained professional.
- Ditch the processed foods. Clean out your kitchen cupboards. Toss anything that contains refined flour, sugar, high-fructose corn syrup, trans fats (anything with "hydrogenated" should go), and anything artificial – sweeteners, dyes, flavorings and preservatives.
- Choose organic, local, fresh foods as often as you can. Be sure to wash/rinse fruits and vegetables well.

## Find relief from weight loss resistance with quality sleep

I have never seen more exhausted women than I have in recent years. The stress of trying to keep up with all of the demands of daily life is interfering with sleep more and more often. Why is this so?

Difficulty sleeping often stems from the way your body is interpreting your daily activities. So much of what you, including things you enjoy, is perceived as stress. And your body responds to all stress in the same way – as a possible threat to survival. For instance, you might think a roller coaster is an exciting thrill, but your body thinks you're plummeting towards death. Your stress response is activated, which keeps you on high alert, ready to respond to danger, for several hours. This disrupts your circadian rhythm, the natural sleep-wake cycle of your body.

Sleep is also when your body repairs and rejuvenates damaged tissues, so getting the proper amount of sleep is essential to the detoxification process, reducing stress, and soothing symptoms of weight loss resistance. Research is showing more and more connection between getting enough sleep and losing weight!

To be sure you are getting the sleep you need, try setting a regular bedtime routine that is calming and peaceful, to let your body – and your parasympathetic nervous system – know that it's time to settle down and get ready for sleep.

## Factors that may be preventing quality sleep

One of the easiest ways to determine what could be disrupting your sleep is to keep a sleep log for one week. Look for patterns in these areas:

- Consumption of caffeine, nicotine or alcohol
- What you are eating – and when.
- Your bedtime routine – including what time you go to bed
- Stress and anxiety levels
- Any medications, vitamins, or supplements you take – and when
- When you exercise, and what you are doing
- Menstrual cycle patterns
- Sleep environment (temperature, light, sound, bedding)

Once you recognize certain patterns, you can try simple changes (such as eliminating caffeine by a certain time of day or changing the time you exercise) that might lead to better sleep.

### Establish a relaxing bedtime routine:

- Go to bed at the same time each night
- Turn off electronics at least an hour before bedtime.
- Try some gentle stretching or meditation to help your body wind down.
- Have a warm cup of herbal tea (be sure it doesn't contain caffeine) to help yourself relax.
- Listen to soft music rather than watching television before bed.

## Tips to promote quality sleep

It's crucial to get quality, restful sleep every night. Here are some guidelines to follow all the time to be sure you are getting the rest you need:

### What – and when – you eat matters

Your last full meal should be several hours before you try to go to sleep. That doesn't mean, however, that you should ignore signs of hunger or dropping blood sugar levels. If you are waking up in the middle of the night hungry, try a small snack that includes protein, carbohydrates and/or fiber an hour before bedtime. Don't choose starchy food, sweet treats, or products made with white flour for this snack.

### Design a soothing sleep environment for yourself

- Your bedroom should be a calming retreat. Choose bedding that is comfortable for you, not too heavy or light, and soothing colors that you love.
- Block out distracting noise with earplugs, a fan, or a “white noise” machine.
- Use blackout curtains or shades to keep out light.
- Don't put your office where you sleep. If you have no alternative, separate work areas from your bed with a divider screen.

### Unplug

- Turn off electronics – including cell phones, computers and televisions, an hour before bedtime.
- If watching TV is part of your evening routine, choose comedies. Laughter helps you relax.

### Examine your routines to be sure they meet your sleep needs

- Exercise early in the day is usually best, so you aren't too energized in the evening.
- Know how much wind-down time you require. Some people can be ready for sleep in 10 to 15 minutes; other people require at least an hour. Understanding your own needs can help you set an ideal schedule for yourself.
- It's best to use your bedroom (particularly the bed) for sleep and sex only.

### Pay attention to your emotions, and the impact they have on your sleep

Dreams can bring buried emotions to the surface. If your dreams are causing anxiety, keep a dream journal. Write out your dreams and explore the emotions that are behind them. Taking time to reflect and write things down can release those emotions and allow for more restful sleep.

Do you tend to lie in bed running through your to-do list for the following day? Keep a notebook and pen on your bedside table, and if this begins to happen, turn the lights on and make yourself a list. If there's a simple task that can be completed quickly, it might help to simply get up and do it.



# Targeted Tips to Reduce Weight Loss Resistance

As I said before, weight loss resistance can be caused by a number of different issues. Three very common factors include hormonal imbalance, thyroid issues and adrenal dysfunction. There are some specific actions you can take to battle weight loss resistance when you have any of these root causes. Let's take a look at these now.

## How hormonal imbalance impacts weight loss resistance:

All of your hormones are tied to each other along the same brain-body axis, from those that impact your reproductive system to the hormones that impact how your body uses and stores calories.

Hormones, particularly estrogen, can be produced by fat cells. That's why you gain more weight when your hormones are imbalanced. Your body is desperately trying to regain hormonal balance.

When your hormones are working well and properly balanced, your body can release extra weight. Following are some diet, exercise and lifestyle tips to help women struggling with hormonal imbalance.

## Creating a hormone-balancing diet

The best eating plans for healthy hormones include a balance of protein, quality fats and vegetables – especially veggies containing phytoestrogens.

Your body needs both protein and fat to produce hormones. Vegetables with phytoestrogens gently change your hormones at a cellular level, but don't raise estrogen levels. My nutritional guidelines (available on my website) and the chart on the following page can help you create an individualized hormone-balancing diet plan.

## Foods/Beverages that Promote Hormonal Balance

These foods/beverages are rich in phytoestrogens, which help bring hormones into balance:

Raw celery, broccoli and carrot sticks.

Roasted soy nuts, non-GMO with natural seasonings like sea salt.

Old-fashioned oatmeal. Top with 3 tablespoons freshly ground flax seeds and soy milk.

Chamomile tea, either iced or freshly steeped.

Top salads with broccoli sprouts, or add them to a whole grain wrap or omelet.

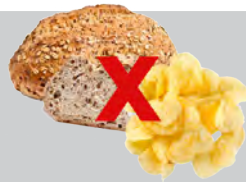
Soy smoothie. Blend with ice and your choice of berries.





**INCLUDE**  
these foods for  
hormonal balance

- Non-starchy vegetables, especially broccoli, cabbage, and Brussels sprouts
- Leafy greens
- Alfalfa beans and sprouts
- Complex grains
- Lean, hormone-free animal protein
- Soy protein
- Hormone-free dairy, 2% or full fat
- Eggs
- Legumes
- Sea kelp
- Nuts and seeds
- Lemons and Limes
- Basil, cardamom, cinnamon, cumin, fennel, garlic, ginseng, oregano, pepper, sea salt
- Balancing teas like ginkgo, ginseng, green, fenugreek, dandelion, red raspberry, dong quai



**AVOID**  
these foods for  
hormonal balance

- Alcohol (including wine and beer)
- Sugar, fructose, high-fructose corn syrup, maltose, dextrose, honey, and maple syrup
- Refined flour, grains and breads
- Baked goods
- Chocolate and candy
- Crackers, chips, and salty snacks
- Dairy products that contain added hormones

## Restore hormonal balance with exercise

Any type of exercise helps keep your body healthy and hormones balanced. The most important thing you can do for yourself is find a form of exercise that you love! Movement of any kind – dancing, running, biking, hiking, skating, yoga, even taking a brisk walk – assists your body in building bone and muscle, controlling insulin (one of the major hormones which is very connected to weight loss resistance) and maintain a healthy weight.

Try these yoga poses to balance hormones and relieve symptoms\*

Fatigue: Supta Baddha Konasana

Hot flashes: Ardha Halasana (half plow pose)

Anxiety, sleep issues, and irritability: Uttanasana (standing forward bend), Prasarita Padottanasana (wide-legged standing forward bend)

Depression, mood swings, and fuzzy thinking: Setu Bandha Sarvangasana (bridge pose)

\*adapted from: Gura, Trisa. The Graceful Change. Yoga Journal. URL:  
<http://www.yogajournal.com/health/1139>

## Lifestyle choices that promote hormonal balance

Avoid plastics and other endocrine disruptors as much as possible. You may not realize how many synthetic chemicals are in your body – many women don't. But the information is compelling and startling – your body is full of unnatural chemicals! Where do these come from? The truth is, everywhere. They're in the air you breathe, the makeup you use, the detergents you wash clothes with, the products you clean your house with, and the containers you store leftovers in. While you can't do anything about what's in the air you breathe, you can take steps to avoid other toxins, by being aware of the products you choose. Check labels for BPA, phthalates, parabens and PCB's.

These all impact the thyroid, reproductive system, and brain health. It's also important to avoid the use of pesticides whenever possible – that's why organic food is so important.

Take steps to control cortisol and insulin levels. Both are major hormones in your body – and when out of balance, they each have an effect on the minor hormones, including estrogen, progesterone and testosterone. Diet is one of the best ways to maintain proper insulin levels by eating balanced meals and avoiding simple sugars. Healthy cortisol production results when you make a conscious effort to reduce both physical and emotional stress in your life.

## Calm your adrenals to reduce weight loss resistance

Let's talk more about stress. What is it about stress that can so quickly lead to weight gain? There's a lot more to it than just eating more because you're stressed out – though that certainly is a contributing factor. More importantly, though, is the fact that when your body experiences long-term stress, it goes into protection mode and holds on to extra fat. Stress of any kind also triggers the production of cortisol and adrenaline, which in turn produce natural carbohydrates cravings. Carbohydrates are an important piece of recovery for truly taxing events. But problems arise when your body constantly perceives stress that isn't actually life threatening, and continues to pump out excess hormones, meaning those cravings never subside.

As if that weren't enough, stress and adrenal dysfunction can actually change the way you experience the pleasure of eating simple sugars, creating increased desire for even more sugar. Following are some easy changes to diet, lifestyle and exercise routines that can help balance out that stress response.

### Boost Energy Naturally

If energy is lagging, try these tips:  
Grab a handful of dried figs and almonds  
Take a power nap – just for 20 minutes!  
Do the yoga bridge pose  
Drink a cup of warm, energizing herbal tea, like ginger, rosehip or ginseng. Or try green tea.

## Diet Tips for balanced adrenals

### Avoid sugar and caffeine

When your adrenals are imbalanced, the resulting fatigue often makes us seek out extra sugar or caffeine just to get through the day. And the way cortisol amplifies the satisfaction you feel when you consume sugar keeps you coming back for more!

Caffeine can absolutely keep you going when your body needs rest, but at what cost?

When you use caffeine to ignore the cry for rest, your adrenal glands work even harder – making the need for rest even greater!

A better way to rejuvenate when your energy is waning are some of the ideas in the “Boost Energy Naturally” box on the previous page. Better yet, listen to your body and give it the rest it needs!

### When you eat matters

Good nutrition habits aren't just about what you put in your body – timing can also be important. Cortisol is released based on your circadian rhythm, which is why when you eat matters. When eating coincides with this curve, less pressure is put on your adrenal glands and natural cortisol levels decline more gradually. Eating at specific times also helps reset that curve if needed. One surefire sign of a dysregulated cortisol curve is if your sleeping patterns are irregular



**INCLUDE**  
these foods for  
adrenal balance

- Asparagus
- Avocados
- Cabbage
- Celery
- Cucumbers
- Fruits
- Garlic
- Ginger
- Lean protein
- Sunflower and sesame seeds
- Salt, especially if adrenal function is low



**AVOID**  
these foods for  
adrenal balance

- Alcohol
- Caffeine
- Gluten and grains like wheat, barley, spelt, kamut, rye, triticale, oats (unless gluten-free)
- Refined and processed sugars, including corn syrup
- Packaged, processed junk foods
- Overly spicy foods

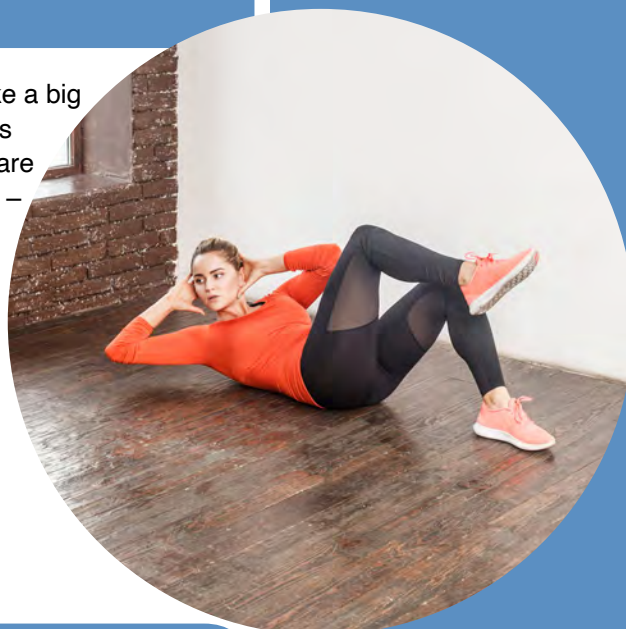


## Best Exercise for Adrenal Balance

There's no doubt that exercise is an important part of health and can make a big difference in weight loss. However, adrenal imbalance means your body is already under a great deal of stress, so it's important to look at what you are doing if you are dealing with adrenal imbalance. Sometimes, less is more – especially when you need to combat the effects of chronic stress.

Vigorous exercise may be increasing stress (and cortisol) levels – which means your body holds on to calories instead of burning them!

Pay attention to how you feel as you work out. If running exhausts you completely, try walking instead. Yoga can be a perfect option for adrenal health, since it is a gentle workout that combines flexibility, strength, balance, and relaxation while also making the important mind/body connection.



## Lifestyle tips to support balanced adrenals

Remember, adrenal support is all about reducing stress. There's so much pressure in our daily lives to keep pushing forward, stay busy, and get things done. But you must find ways to slow down and relax if you want your adrenal glands to heal.

While you are working towards better balance, these small actions can make a big difference. Choose at least one thing that feels calming each day. The following suggestions can get you started:

- Stop and take several deep breaths, through your nose.
- Play music that helps you relax and feel calm.
- Try affirmations. Place your hand on your heart and say: I am relaxed, confident and ready to handle my life.
- Relax in a warm bubble bath.
- Embrace the humor in life and laugh!
- Put your feet up and sip on a warm cup of tea.
- Enjoy the sunshine. Read or take a quick nap outside.

Each of these stimulates your parasympathetic nervous system which can help your body rest. When you are in the “fight or flight” mode caused by chronic stress, on the other hand, your sympathetic nervous system is activated. Short-term stress relief is a great start, but it's not enough. When you are able, think about setting long-term goals for stress relief. This may mean digging deeper into unresolved past emotional issues, changing negative relationship patterns, learning to say “no” (and mean it), and putting your own needs first.

**Try these  
adrenalfriendly  
yoga poses  
to restore health  
and recover from  
stress:**

**Viparita Karani  
(legs up the wall)**

**Supported Setu Bandha**

**Sarvangasana  
(supported bridge pose)**

**Savasana  
(corpse pose)**

## Boost your thyroid to reduce weight loss resistance

The thyroid gland controls your metabolism, impacting how your body metabolizes food and stores and uses calories. But your thyroid also impacts the way you think, talk, sleep and so much more! One of the earliest symptoms of an underactive thyroid is unexplained weight gain.

If you've discovered that your weight issues begin with thyroid imbalance, give the following dietary, exercise and lifestyle tips a try to support this essential gland.

### Dietary tips for a balanced thyroid

Nutrients are so important to thyroid health, especially iodine and selenium. Eating foods rich in these minerals helps boost healthy thyroid function. Other nutrients that are important to thyroid health include iron, copper, zinc, B vitamins, and antioxidants, including vitamins A, C and E. The chart on the next page can give you some ideas on how to incorporate more thyroid supporting foods into your diet.

Other foods can impede thyroid function, including sugar, alcohol, trans fats, preservatives and artificial coloring. It's best to limit these for optimal thyroid function. Some foods also contain naturally occurring chemicals, called goitrogens, which make hormone production more difficult for the thyroid gland. Limit the foods to the right, which can all contain goitrogens, to support your thyroid.

### Support thyroid health with exercise

Research demonstrates that moderate aerobic exercise can boost thyroid hormones, which is why it's so important to have a regular exercise routine in place. The general exercise guidelines in this e-book are a great place to begin. The following yoga poses are also beneficial to thyroid health:

- Halasana (plow pose)
- Sasangasana (rabbit pose)
- Balasana (child's pose)

### Limit these foods to support your thyroid

**Millet**  
**Peaches**  
**Peanuts**  
**Spinach**  
**Strawberries**  
**Radishes**



Cruciferous vegetables which haven't been cooked. These include broccoli, Brussels sprouts, cabbage, cauliflower, kale, kohlrabi, mustard, rutabaga, and turnips). All of these are healthy choices in general, so don't give them up altogether – just steam or roast them to eliminate the goitrogenic effect.

Gluten can be very hard on your thyroid. If you are having thyroid difficulty, consider switching to a gluten free diet.

# Foods that support your thyroid

## Iodine

Primary sources: sea vegetables (kelp, dulse, hijiki, nori, arame, wakame, kombu) and seafood (clams, shrimp, haddock, oysters, salmon, sardines), as well as iodized sea salt. Secondary sources: eggs, asparagus, lima beans, ushrooms, sesame seeds, summer squash, Swiss chard (steamed), garlic

## Selenium

Tuna, organ meats, halibut, beef, Brazil nuts, mushrooms, soybeans, sunflower seeds (Note: selenium content of plant-based foods is contingent on soil substrate selenium levels.)

## Zinc

Fresh oysters, sardines, beef, lamb, turkey, soybeans, split peas, whole grains, sunflower seeds, pecans, Brazil nuts, almonds, walnuts, ginger root, maple syrup

## Copper

Beef, oysters, lobster, shiitake mushrooms, dark chocolate, crab meat, tomato paste, pearled barley, nuts (limit peanuts), beans (soybeans, white beans, chickpeas), sunflower seeds

## Iron

Clams, oysters, organ meats, soybeans, pumpkin seeds, white beans, blackstrap molasses, lentils

## VITAMIN A (beta-carotene form)

Clams, oysters, organ meats, soybeans, pumpkin seeds, white beans, blackstrap molasses, lentils

## VITAMIN C

Guava, peppers (chili, Bell, sweet), kiwifruit, citrus, papaya. Broccoli, cauliflower, Brussels sprouts, kale, turnip, collard, mustard greens (steamed)

## VITAMIN E

Whole grains, almonds, soybeans and other beans, sunflower seeds, asparagus, liver

## VITAMIN B2 (riboflavin)

Brewer's yeast, almonds, wheat germ, wild rice, mushrooms, egg yolks, organ meats

## VITAMIN B3 (niacin)

Brewer's yeast, rice bran, wheat bran, liver, poultry (white meat)

## VITAMIN B6 (pyroxidine)

Brewer's yeast, sunflower seeds, wheat germ, beans (soybeans, lentils, lima beans, navy beans, garbanzos, pinto beans), walnuts, brown rice, bananas, fish (tuna, salmon, trout), liver

## Healthy lifestyle choices to support your thyroid

### Reduce stress.

Are you beginning to understand how important it is to pay attention to stress? Cortisol impacts so many areas of health, including thyroid hormone production. When the body calls for constant production of cortisol, other hormones suffer. Reducing stress will help heal your thyroid gland, your adrenal glands, and so much more! The tips in the adrenal section above are relevant here as well.

### Let your voice be heard.

Holding feelings in can impact health negatively in a number of ways – so discover ways you can talk, laugh, sing and even scream (though not at people) can release tension and improve health. One of the concepts of ayurvedic medicine is that voice vibrations can activate the thyroid due to its proximity to the throat and vocal cords. It's time to find your voice!



# Choose foods from these lists to live a healthier lifestyle

This section is designed to make it easy for you to follow my nutritional and lifestyle guidelines (available at [www.marcellepick.com](http://www.marcellepick.com)) and make food choices that support your healing and weight loss goals. Use the following lists to develop meal plans and grocery lists so you can plan ahead for your entire week.

Don't be afraid to make large batches of your favorites, and eat them frequently throughout the week. The internet is full of healthy recipes to try. Just be sure your ingredients are whole, unprocessed foods as often as possible.

## BREAKFAST

### Eggs any way you choose:

Hard- or soft-boiled; Scrambled; Omelet; Frittata; Fried, sunny-sideup or over-easy; Poached

### Cheese, such as:

Mozzarella; Swiss; Goat cheese; Feta; Camembert; White cheddar; Cream cheese

### Nitrate-free meats or fish, such as:

Bacon; Ham; Sausage; Turkey; Chicken; Beef; Pork; Shrimp; Wild Pacific salmon

### Unlimited amounts of non-starchy veggies, such as:

Peppers; Mushrooms; Onions; Tomatoes; Asparagus; Eggplant; Lettuce; Zucchini; Bean sprouts; Green beans; Garlic; Cucumber; Broccoli; Celery; Snow peas; Shallots

### One choice from below:

1 orange  
1 cup cantaloupe  
1/3-cup roasted potatoes (feel free to add onions, peppers, veggies)  
1/2 grapefruit  
3 oz carrot juice  
6 oz veggie juice

## LUNCH

### Made to order salad with:

Unlimited non-starchy veggies with oil and vinegar dressing (or organic bottled dressing)

Your choice of nitrate-free meats or fish: Chicken, egg, or tuna salad (with meat, mayonnaise, celery, and Dijon mustard to taste)

Any of the following: Hard-boiled eggs; Cheeses; Olives; Salsa (without sugar) or sour cream

### Select one carb choice:

1 six-inch corn tortilla; 1/4-cup brown rice; 1/3-cup quinoa; 1 orange; 1 cup cantaloupe; 1/2-cup roasted potatoes (feel free to add onions, peppers, veggies); 1/2 grapefruit; 3 oz carrot juice; 6 oz veggie juice; 1/2 baked potato; 1/2 roasted or baked sweet potato; 1/4-cup mashed potatoes; 1/4-cup brown rice; 1/3-cup quinoa; 1 corn tortilla; 1/2-cup polenta; 1/3-cup lentils

### Grass-fed or organically raised meats such as:

Chicken; Turkey; Pork; Steak; Pot roast; Lamb (leg or chops); Tofu; Meat loaf (without bread crumbs); Kebabs; Any fish of your choice

### Broil, roast, bake, sauté, poach, stir-fry or grill (preferably on an electric grill)

### Vegetables (unlimited unless specified):

Broccoli; Mixed veggies; Green beans; Asparagus; Brussels sprouts; Squash; Zucchini; Cauliflower; Cucumbers  
Tomatoes; Artichoke (one)

## DINNER

### Protein: (Meats should be grass-fed and organic)

Chicken; Turkey; Pork; Steak; Pot roast; Lamb (leg or chops); Tofu; Meat loaf (without bread crumbs); Kebabs; Any fish of your choice

### Broil, roast, bake, sauté, poach, stir-fry or grill (preferably on an electric grill)

### Vegetables (unlimited unless specified):

Salads with non-starchy veggies of choice; Broccoli; Mixed veggies; Green beans; Asparagus; Brussels sprouts; Squash; Zucchini; Cauliflower; Cucumbers; Tomatoes; Artichoke (one)

### One carb of your choice (with butter if desired):

1/2 baked potato  
1/2 roasted or baked sweet potato  
1/4-cup mashed potatoes  
1/4-cup brown rice  
1/3-cup quinoa  
1 corn tortilla  
1/2-cup polenta  
1/3-cup lentils



# Snacks

Snacks can be an important part of a healthy, balanced diet - as long as you are choosing wisely. Instead of sweets or simple carbs, choose one thing from each list, twice per day, in the mid-morning and mid-afternoon.

## List 1: Celery sticks with:

- 2 Tbsp almond butter
- 1-1/2 Tbsp cashew butter
- Cream cheese
- 1/3-cup hummus with carrots, celery and pepper sticks
- 1/2-cup cottage cheese with carrots and celery
- 1/2-cup ricotta cheese or soy cheese
- 1/2-cup strained Greek yogurt, sweetened with 1/2-Tbsp unsweetened applesauce, or Stevia or Xylitol to taste
- Olives, with or without cheese



## List 2: Cheese or a hard-boiled egg, with any of the following:

- 1/2 small apple
- 1/2 orange
- 1 tangerine
- 1/2-cup melon
- Handful of grapes
- 1/4-cup raspberries or blueberries
- 1/2-cup cherries
- 1 apricot
- 1 plum
- 3/4-cup strawberries
- 1/2 peach
- 4 rice crackers
- Handful (10) of nuts or seeds (pumpkin, sunflower, cashews, pistachios, walnuts)



Non Starchy  
Vegetables  
are permitted  
any time