

# Ten Tips for Weight Loss and Optimum Health

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1. **Eat whole foods** - Foods that are closer to their natural form are more nutrient dense and do not have chemicals/additives that can be toxic and affect metabolism.
2. **Identify potential food allergies/sensitivities** - We can be sensitive or allergic to some of the foods we eat. This can slow down metabolism as well as cause water retention.
3. **Eat small, frequent meals** - Eating every 2-3 hours helps keep blood sugar levels stable. Unstable blood sugar can affect insulin sensitivity, resulting in fat storage.
4. **Go primal** - Eating mostly vegetables, fruit, nuts and some meat (**fish**, beef, poultry, pork, and wild game) is a healthy way to boost your metabolism and keep insulin levels stable.
5. **Drink green or black tea** – Tea contains polyphenols and caffeine which provide numerous health benefits including improved immune function, weight loss and reduced cholesterol.
6. **Sleep/recovery** – Getting enough quality sleep helps with stress levels as well as hormones responsible for regulating eating (leptin and ghrelin)
7. **Stress management** - 15 minutes a day of meditation can help balance your nervous system and affect stress hormones (e.g. cortisol). Elevated cortisol can slow metabolism and increase sugar cravings, blood sugar and fat storage.
8. **Lift weights** - Weight lifting increases testosterone, growth hormone and insulin growth factor, which will increase lean body mass and metabolism.
9. **Interval train** - High intensity short bursts of activity (e.g. sprinting, stairs) can increase exercise post oxygen consumption (EPOC), leading to increased fat burning for up to 72 hours (much more efficient than conventional aerobics).
10. **Stay cool** – Keeping cool (e.g dressing in fewer clothes; turning down the heat), can potentially promote weight loss by increasing metabolism in order to raise body temperature.

There are numerous weight loss supplements available. While some can be beneficial, following the top ten tips will likely yield the most long-term results.

If you have been trying to lose weight and have been diligent about your diet, exercise and sleep, there may be a medical condition affecting your results. A medical doctor or naturopathic physician can often identify potential obstacles to optimum weight loss and health.

Dr. Lecovin is a naturopathic physician, chiropractor, acupuncturist and certified strength and conditioning specialist. He provides primary care and naturopathic specialty care utilizing natural therapeutics (e.g. diet, physical medicine, exercise and nutritional supplements). He specializes in treating musculoskeletal pain, integrating dry needling/trigger point acupuncture, soft tissue

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