



Medical Bariatrics of Lexington

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Reasons for not progressing in weight loss

HOW

Calories in vs. Calories Out

WHY

Nutrition, Metabolism, Behaviors, Psychology

Nutrition

1) One multivitamin; **#1:** urination should be clear for good hydration

2) 2000mg fish oil tabs a day

3) Minimum of 3 meals a day

Control calories: Women: 1000-1200
Men: 1500-1600

4) 4 palms of protein a day

Men: ~30g each, women: ~20g each

5) Tsp of sugar = (Total carbs – fiber) then divide by 5

Goal: 10-15 tsp total a day (a difference of 5)

(~50-75g Carbohydrates/day)

Remember: "If it's a carb and it's white, it ain't right!"

Behaviors

- Social or Alcohol Calories
- Secretive Binge eating
- Skipping meals
- Inadequate exercise
- AMNESIA CALORIES
 - Boredom
 - Stress (Comfort)
 - Habit
 - Traditional
 - Social
- AMNESIA CURE "The 3 R's"
 - Recognize (Journal food)
 - Remind
 - Replacement
 - List 10 things to do in <15 min. that you like

Metabolism

Common

IR

Thyroid

Sleep Apnea

PCOS

Other meds

Uncommon

Acromegaly

Vit D. Deficiency

Prolactinoma

Cushings

Psychology

- Depression/Anxiety/Stress
- Night Eating Syndrome
- Binge Eating
- PTSD
- Guilt (Fat as protection)
- Fear of Failure
- Fear of Success
- Control Issues
- Lack of Support Issues
- Not Important (no motivation /wrong time)