

ANTECEDENTS

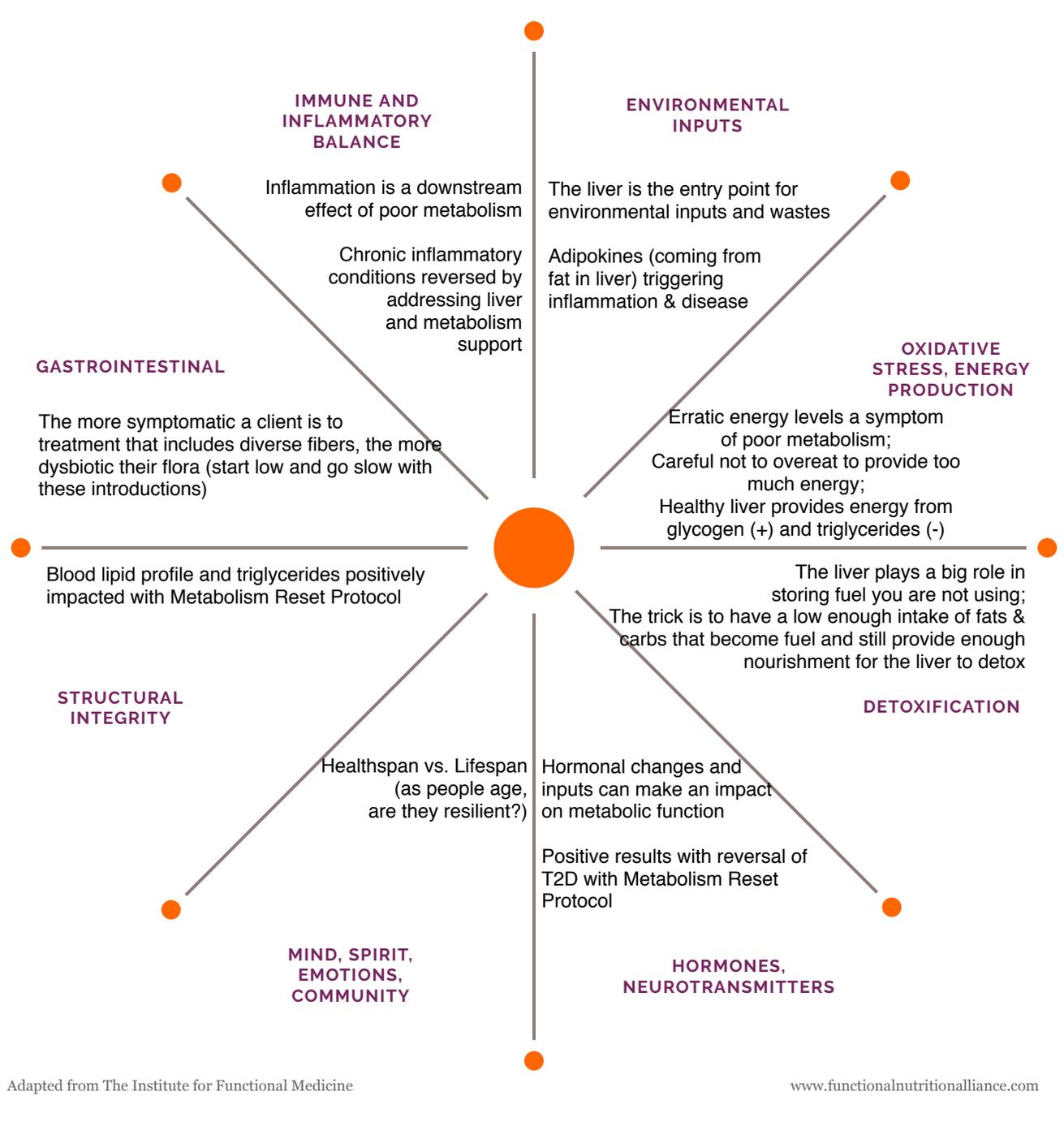
Metabolism = how your body stores and uses energy (when metabolism is working well, you don't store energy as toxic harmful fat)

TRIGGERING EVENTS

Past dieting, especially low carb diets
Changes in thyroid function
Perimenopause, Menopause, Andropause (for men)

MEDIATORS

+ Resistant starch = boiled, cold white potatoes and white beans, under ripe bananas and plantains
+ Prebiotics feed to good bacteria
+ Balanced fat and carbs with ample proteins
- Too low carb can be problematic
+ Key vegetable intake
+ Liver support!



SLEEP/RELAXATION

EXERCISE/MOVEMENT

Engage in healthy movement

NUTRITION/HYDRATION

Diverse category of fibers
Lots of different plant sources, cuciferous, APACA veggies
Good amounts of clean protein
Resistant starch
Good hydration

STRESS/RESILIENCE

Easier to keep metabolism stable than to restore dysfunctional metabolism

RELATIONSHIPS/NETWORKS

Patients can be frustrated with lack of sustainable results; support the slow change and introduction of key food groups