

**ANTECEDENTS**

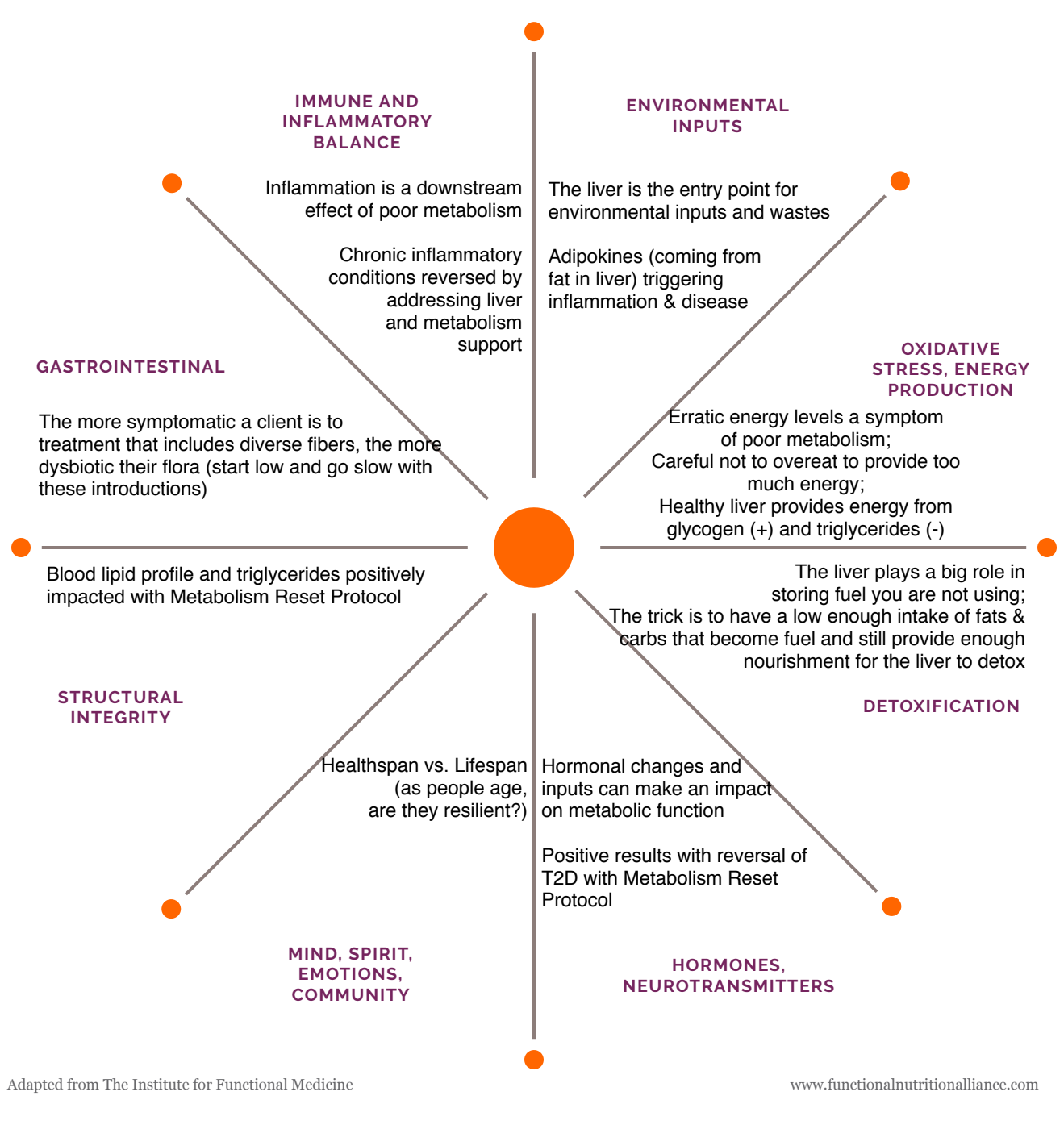
Metabolism = how your body stores and uses energy (when metabolism is working well, you don't store energy as toxic harmful fat)

**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