

# HOW TO MANAGE YOUR WEIGHT IN THE NEW YEAR

And create lasting changes!

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**FREE LIVE WEBINAR WITH DR. DAN**  
WEDNESDAY, JANUARY 12, 2022  
6:00 PM MST





## Presenter Disclosures

I have the following relationships with these commercial interests:

- Founder: Healthcare Evolution Inc.
- Consulting/Contracting Fees: SRx Pharmacy – Calgary, AB; Muse Aesthetic Inc., RemedyRx - Didsbury/Carstairs, AB
- Grant Funding: Canadian Foundation for Pharmacy – Innovation Fund Grant
- Advisory Board: CPhA Board Representative on the Pharmacy Examination Board of Canada (PEBC) Board of Directors

I have received no speaker's fee or support for this learning activity.



## Note

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# Today's Learning Objectives

- Understand the Two Brains
- Explore how to keep the Primal Brain Happy and the Modern Brain Engaged
- Review the basic principles of Weight Management



# Let's First Acknowledge....

Losing weight is challenging but easy

Maintaining weight-loss...this is HARD AF



# Obesity and Weight Management a Chronic Disease?

“Obesity is characterized by excess or abnormal body fat that can impair your health. Many organizations, including Obesity Canada, the Canadian Medical Association, the American Medical Association, and the World Health Organization, consider obesity to be a chronic disease.”

## Obesity

- Not a matter of eating less and moving more
- Complex interplay:
  - Genetics
  - Environment
  - Biology
  - Mental Health
  - Medical Conditions
- Chronic progressive disease – requires lifelong management



# So, should everyone lose weight?

- Visceral Fat
  - Fat around our organs is most concerning
  - Leads to inflammation and can damage surrounding organs
  - Increased risk of cancer, heart disease, diabetes, stroke and cancer
- Subcutaneous Fat
  - Less of a concern
- Think 'Apple' vs. 'Pear' shape



# Benefits of Weight-loss

- Technically not everyone needs to nor should they lose weight
  - Metabolically Healthy: Excess fat tissue but no comorbid complications
  - Problem: May be a matter of when vs. if
- Those with visceral fat weight-loss has the most potential benefit
  - Reduce risk of complications such as diabetes, cholesterol (kinda), high blood pressure, heart disease and stroke

## HOWEVER

- Many of the benefits are hard to distinguish from weight-loss vs. engaging in healthier behaviours and the two tend to go hand-in-hand
- It is a combination of both and depends on the individual
  - Ie. Cholesterol - Weight-loss alone not much benefit. Change in diet and less saturated fat and more unsaturated fat will have a greater impact



# Real-Life

- Intentional weight-loss has risks
  - Weight regain
  - Disordered eating
- Health should always be our #1 priority
  - You are allowed to work towards any goals you wish but, if those goals are causing more harm than good it is time to re-evaluate
- There is no best approach - the ONLY approach that matters is the approach that works for you
  - NO BEST DIET



# Before we start anything...we need to know WHY?

- Why do you want to lose weight? Or be healthier? Why is it important to you?
  - Ex. Be present for your kids, travel, less pain, fewer medications, more energy
- What does your future look like? What does it feel like?

## Create a Destination Postcard

- Write a letter to yourself now from your future self
  - What are you doing?
  - Where are you?
  - What do you see, and smell?
  - What do you feel?!



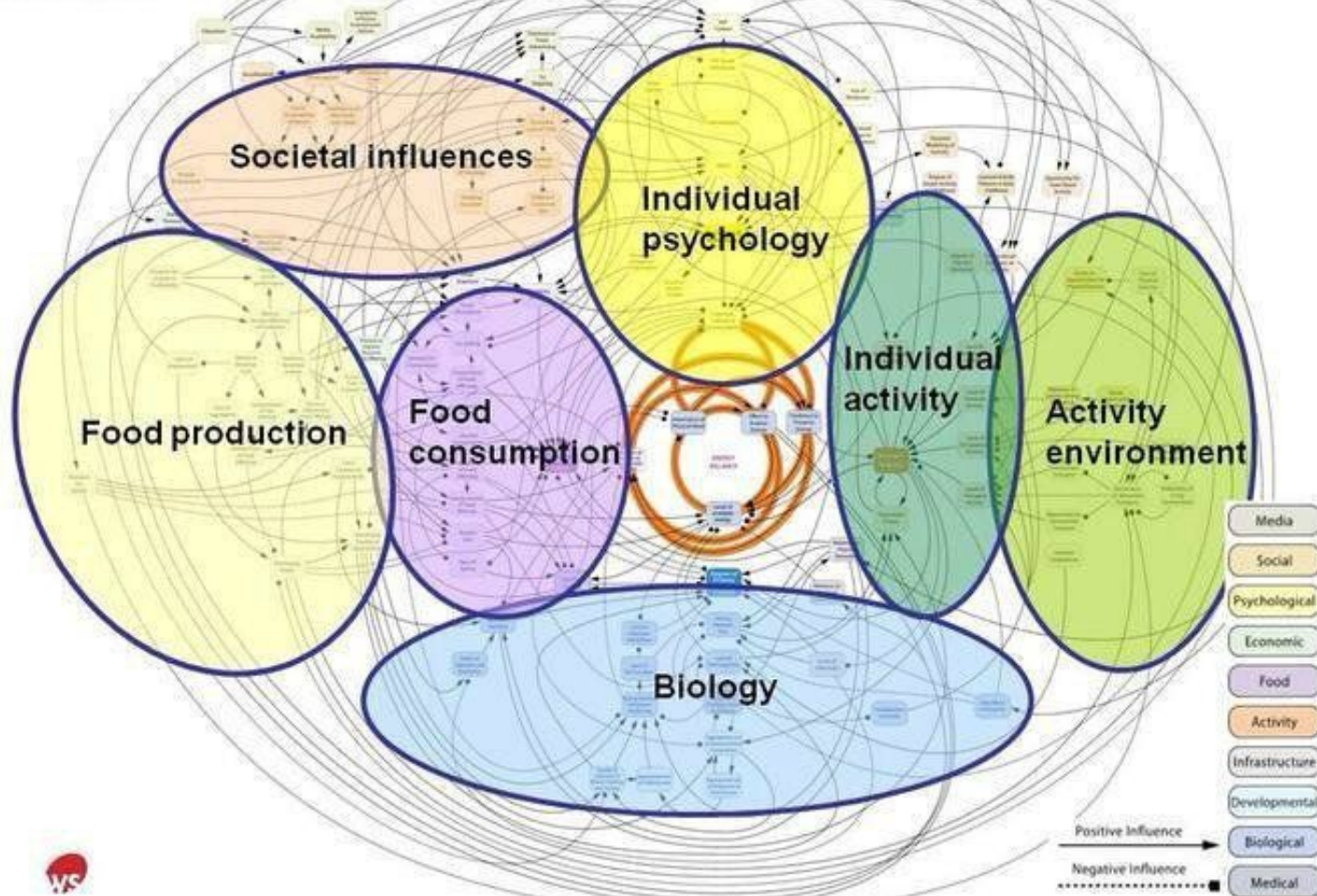
# Destination Postcard

- Write this out by hand.
- The more detail the better.
- Post it up somewhere you can see everyday.

It is giving us a direction for our life and health! Serves of a reminder of what is truly important to us.



**So, what are we dealing with....?**





## So, what are we dealing with...?

- Genetics
- Biology
- Medical Conditions and Medications
- Environment
  - Finances, Processed Foods, Grocery Store Shelves, Urbanization
- Learned Behaviours
  - Mom constantly on a diet or criticizing their own weight
  - Eat all your food because kids are starving in Africa
  - Coping with stress?

A lot of the above we can do eff all about...so what can we change?

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## The Two Brains





# The Two Brains

## Primal Brain

- Sole function is survival
- Hedonist
- Stimulus-Response Behaviour
- Focused on the present

## Modern Brain

- Problem solving, creativity, organization, abstract thinking, existential crisis, etc.
- Goal-Directed Behaviour

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# Primal Brain

- Animals
  - Don't have hobbies
  - Don't contemplate their own existence
- Stimulus-Response
  - Feel Cold - Put on a jacket
  - Hungry - Go eat
- Present Focused





# Modern Brain

- Existential Crises
  - Thoughts about our thoughts
  - Anxiety
- Goal-Directed
  - Hobbies or doing something for the sole purpose to become better at something
- Future Focused?



# Problems

- Primal Brain is powerful
  - Biology always wins
  - Driven by emotions not logic
  - Does not like change
- Modern Brain is lazy
  - Creates habits
  - Tires quickly
  - Keeps the Primal Brain in check?



# Primal is Powerful?

Basically a stubborn old man

- Stubborn
  - Yes this means survival but can be a pain
  - Will always get its way eventually
- Needs to feel or have the illusion of control
- Need to align emotions and behaviour we want



# The Modern Brain is lazy and tires quickly?

Basically the teenager on your couch

- Lazy
  - Creates habits for the primal brain to run
  - Defers to primal brain when it can
- Tires Quickly
  - 'Cognitive Capacity'
    - Capacity for choices, willpower, etc.
    - Limited 'Cognitive Capacity' per day
    - Consumed by stress, work, life, etc.



# Habits

## No Good and Bad Habits

- Every Habit you have solves a problem
- Ineffective Habits
  - Immediate and pleasurable reward
  - Likely bad for our health long-term
- Effective Habits
  - Delayed reward and gratification
  - Likely good for our health long-term



# Goals?

## Primal Brain

- Keep HAPPY
- Maintain Balance or Homeostasis
  - Maintain optimal temperature
  - Adequate nutrition - Hangry = No bueno
  - Provide pleasure?
    - Chocolate
    - Endorphins
    - Doing things you love
- Easier and tangible stuff

## Modern Brain

- Keep ENGAGED
- Effective Habits and Increased Cognitive Capacity
  - Self-care
  - Stress Management
  - Sleep
  - Activity
  - Mindfulness
  - Self-awareness
- All the hard sh\*t



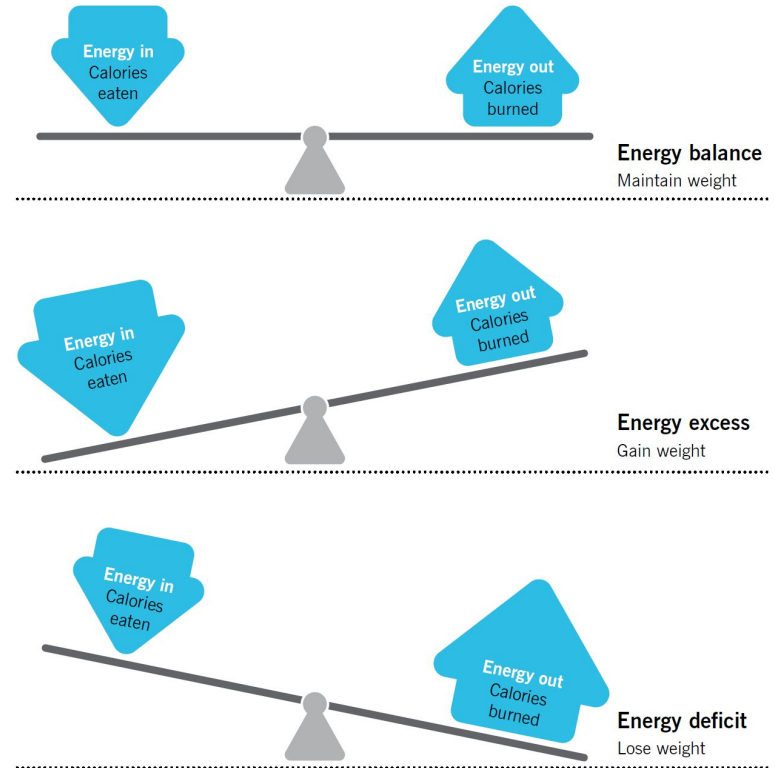
# Let's talk about the easier stuff...

Keeping the Primal Brain Happy

- Calories
- Protein
- Eating Consistently

# Calories = Energy

- 100 calories of donuts = 100 calories of broccoli
  - Different macronutrient composition
- Origin of Calories
  - Food we eat
  - Previously stored energy (Fat and glycogen)
- Calories IN < Calories OUT for weight-loss to occur
- 'Sweet Spot' - Energy intake that moves us towards our goals but also supports optimal health and functioning!



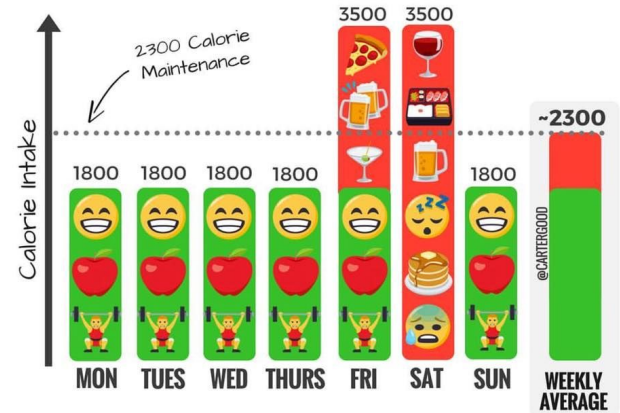
# Two Kinds of People

Eating too MUCH

- Bazooka or Pellet Gun
  - Bazooka - Eat great during the week and blow their deficit on the weekend
  - Pellet Gun - Small incremental unaccounted calories
    - I.e. Salad dressings, sugar in coffee, etc.

## WEEKEND OVEREATING CAN DESTROY YOUR DIET

@CARTERGOOD



# Two Kinds of People

## Eating too LITTLE

- Dieting on and off for years
- Metabolic Adaptation
- 1200 calories per day is not enough food nor is it sustainable
- Starvation mode does not exist



With every successive cycle of yo-yo dieting, weight rises, while metabolic rate drops.

## DIETING HISTORY AND CALORIE NEEDS IN THREE WOMEN WITH THE SAME BODY SIZE

NEVER DIETED



Maintains weight at  
-2,475 calories/day



TRIED HER FIRST  
DIET RECENTLY



Maintains weight at  
-2,225 calories/day



HAS DIETED ON AND  
OFF FOR YEARS



Maintains weight at  
-1,980 calories/day

# How much to eat?

- Start by collecting some data
  - Complete a detailed food journal over two weeks - See [healthcareevolve.ca](http://healthcareevolve.ca)
  - More details the better
  - Be honest there is no judgement
- Data is exciting!
  - Allows us to make informed decisions

WEEKLY WEIGH-IN **182**

**I AM** *Strong*

**MONDAY** MM DD

**TODAY, I'M NOURISHING MYSELF:**

**BREAKFAST** 6:30 *in the truck*

I ate: \_\_\_\_\_ Before I ate, I felt: \_\_\_\_\_  
After I ate, I felt: \_\_\_\_\_

Cals \_\_\_\_\_ Protein (g) \_\_\_\_\_

**SNACK** \_\_\_\_\_

I ate: \_\_\_\_\_ Before I ate, I felt: \_\_\_\_\_  
After I ate, I felt: \_\_\_\_\_

Cals \_\_\_\_\_ Protein (g) \_\_\_\_\_

**LUNCH** \_\_\_\_\_

I ate: \_\_\_\_\_ Before I ate, I felt: \_\_\_\_\_  
After I ate, I felt: \_\_\_\_\_

Cals \_\_\_\_\_ Protein (g) \_\_\_\_\_

**SNACK** \_\_\_\_\_

I ate: \_\_\_\_\_ Before I ate, I felt: \_\_\_\_\_  
After I ate, I felt: \_\_\_\_\_

Cals \_\_\_\_\_ Protein (g) \_\_\_\_\_

**DINNER** \_\_\_\_\_

I ate: \_\_\_\_\_ Before I ate, I felt: \_\_\_\_\_  
After I ate, I felt: \_\_\_\_\_

Cals \_\_\_\_\_ Protein (g) \_\_\_\_\_

**POST-DINNER** \_\_\_\_\_

I ate: \_\_\_\_\_ Before I ate, I felt: \_\_\_\_\_  
After I ate, I felt: \_\_\_\_\_

Cals \_\_\_\_\_ Protein (g) \_\_\_\_\_

**TODAY, I'M HYDRATING MYSELF:**

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺

**TODAY, I'M MOVING MY BODY:**

🏃 + \_\_\_\_\_  
10MINS 10MINS 10MINS

The activities I completed: \_\_\_\_\_

**“Let go of who you think you’re supposed to be; embrace who you are.”**  
- Brené Brown

**WHAT WILL I DO TO MAKE TODAY GREAT?**

\_\_\_\_\_

**TODAY, I FEEL GRATEFUL FOR:**

\_\_\_\_\_

**TODAY, MY BIG WIN WAS:**

\_\_\_\_\_

**OVERALL, TODAY I FELT:**

☺ ☹ ☹

THIS DIARY JOURNAL IS PROPRIETARY TO DR. DAN & HEALTHCARE EVOLUTION - BE SURE YOU BUILD A SUSTAINABLE LIFESTYLE THAT YOU TRULY ENJOY. FIND MORE RESOURCES @ HEALTHCAREEVOLVE.CA



## How much to eat?

- Goal Body Weight (GBW) in Pounds
  - A number you weighed before that was comfortable?
  - Weight that you feel you can maintain
  - Weight where you would be the leanest you wish to be...
- GBW is a starting point
  - Do we have to reach this weight? NO.
  - It gives us a direction
- Not sure?
  - Pick a number and start...



# How much to eat?

Calorie Intake for Weight-loss

- **GBW x 12 = Daily Calorie Intake**

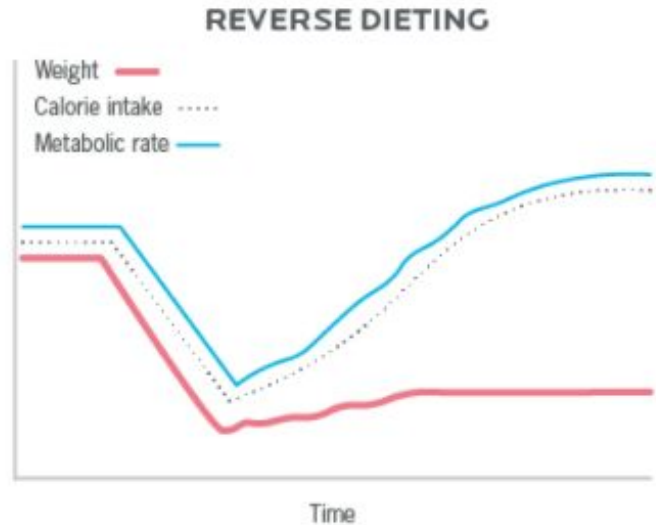
Ex. Goal 200lbs

Calorie Intake =  $200 \times 12 = 2400$  Calories/day

# Too simple....Too many calories?

Key Points:

- This is an estimation/starting point
- We need to mitigate metabolic adaptation
- **Aim for +/- 100 calories around target consistently**
- Keep the primal brain happy!



Reverse dieting helps to maintain weight loss and metabolic rate over time.



# What about protein?

- Protein is KING...
  - Protein is the most versatile and important macronutrient
  - Helps keep you fuller, maintains lean muscle mass, etc.
- **Calculating Protein Intake**
  - **GBW x 1**



# What about protein?

Ex. GBW = 200lbs

- Protein Intake =  $200 \times 1 = 200$ g of protein/day

This may seem high....

- No risk
- Shown to help with weight-loss and maintain muscle
- Keeps the primal brain HAPPY

## Eating Consistently?

- Continuously satiated prevents binges and mindless eating
- Protein pulses - we can't store protein
- Keeps the Primal Brain HAPPY

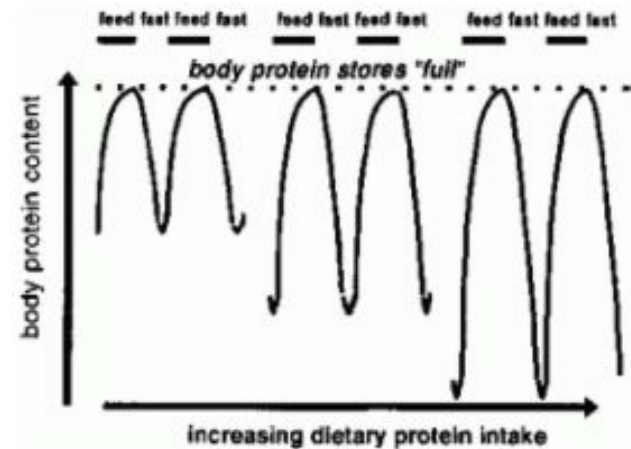


Image source: DJ Millward, *The Metabolic Basis of Amino Acid Requirements*.



# Happy Primal Brain...Happy Life?

- Happier the primal brain = less cognitive capacity consumed
- More mindful choices
- Less reliance on will power/motivation



# Increasing Cognitive Capacity

The hard sh\*t that takes time...

- Identifying emotions, learning to give them space and to let them go
- Mindfulness
- Managing stress
- Managing sleep
- Working through trauma
- Exercise

All easier said than done....



# Start Small

Choose one small thing to change...

- Focus on Behaviours
- Add protein to breakfast or start eating breakfast
- Increase calories by 100-200 calories each week until you reach target
- Do NOT go from 0 to 100 overnight



# Track Progress

- Our weight is a lousy metric
  - Out of our control and will fluctuate
- Pick up a calendar - Mark how many days you have breakfast
- Failed to reach a goal? Maybe we need to re-evaluate our goal



# Goals

## Behaviour and Learning Based Goals

- Behaviour Goal
  - Starting or avoiding a specific behaviour
  - Ie. Eating Breakfast
- Learning Goal
  - Learning about a change or behaviour
  - Ie. Learning what are high protein breakfast meals



# Goals

S = Specific

M = Measurable

A = Achievable

R = Realistic

T = Timely

Starting tomorrow January 13th I will start having breakfast 2x/week on Tuesday and Thursday. I will be successfully doing this by the end of 3 weeks.



# Tips

- Calculations are estimations - further refinement needed for each individual
- Finding a method of tracking that works for you - Do not rely on memory
- Increasing calories there may be some weight gain
  - This is water and glycogen - fat gain will be minimal
  - If this thought is causing you anxiety you are giving too much power to the scale and weight-loss should not be your goal right now
- Hack your environment
  - How can I make this easier for myself later?



## Tips

# CONSISTENCY

None of this matters if you don't do it consistently.

Aim for >80% consistency.



# Final Thoughts

- Balance of keeping your primal brain happy and your modern brain engaged
- Perfection is impossible
- Start with the easy stuff: Calories, Protein, Consistency
- If something seems too complicated it probably is
- Failure is part of the process
- Patience, patience, patience



## Final Thoughts

**Small Tweaks lead to Massive Peaks**



# Resources

PN Calculator: <https://www.precisionnutrition.com/nutrition-calculator>

PN on Protein: <https://www.precisionnutrition.com/all-about-protein>

PN on Metabolic Adaptation: <https://www.precisionnutrition.com/reverse-dieting>



**Questions?!**

# WEIGHT-LOSS MEDICATIONS

Everything you need to know!!

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**WEDNESDAY, MARCH 16, 2022**  
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