

5 Tips to Maintain Weight Loss

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SUBJECT LINES:

1. Scientifically proven methods to keep weight off
2. Are you worried about keeping the weight off after you've lost it?

PREHEADER:

- These I KNOW you've never heard before...
- It's time to get a gameplan. And I've got one for you right here:

BODY:

Have you ever heard of the Biggest Loser Effect, {{first_name|default:'friend'}}?

It's the phenomenon that many contestants of the once-popular show have faced...

Even after massive improvements in weight and body composition,

Somehow those pounds can sneak back on.

One of the most challenging aspects of weight loss is keeping those pounds off for good.

And today I want to share with you **five key tips** that can keep you confident in your weight loss, including a couple **unconventional strategies** you've never heard!

Embrace the Cold

I'm not suggesting you join the Polar Bear Club and start swimming in iced-over lakes...

But spending time in cooler temperatures can actually **boost your metabolism** as your body works harder to keep you warm.

Here's the really interesting part:

Cold temperatures are also known to promote the production of '**brown fat**' cells, which are more metabolically active than other types of fat.

This brown fat helps you **burn more calories at rest**.

Whether you prefer a brisk walk in the chilly outdoors or taking cold showers and baths, integrating 'cooling' activities into your routine could give you a substantial weight loss edge.

Sleep More

Sleep plays a vital role in maintaining weight loss.

For one, a lack of sleep disrupts hormones that regulate appetite, often leading to increased calorie intake.

And just as important, losing sleep can **downregulate your metabolism**.

I always recommend my patients to get 7-9 hours a night, and to start up a relaxing pre-sleep routine at the same time each evening.

Mine involves shutting down computers and TVs an hour before bed and doing some light reading!

Don't undereat for too long

Remember the Biggest Loser reference at the beginning of this email?

One of the key findings researchers discovered about this phenomenon is that your **metabolism adjusts to calorie deficits**.

This is a built-in survival mechanism for times of food scarcity.

But in modern life...it just makes weight loss a little more challenging.

The one way you can **keep your metabolism from slowing down** too much is to plan for regular intervals of **increased calorie consumption**.

The MATADOR study showed that participants who alternated two weeks of calorie deficits with **two weeks of calorie surpluses** were more successful at maintaining weight loss than those who continuously restricted calories. [\[1\]](#)

So whatever your calorie needs are for weight loss...

Add an extra 200-400 calories for your 'off' weeks, depending on your current weight.

Fiber

Fiber is often overlooked, but it's a key player in weight loss and maintenance.

High-fiber foods can **keep you satiated for longer**, reducing the temptation to snack.

They also help **regulate glucose** levels, preventing those sudden drops in blood sugar that can trigger cravings.

To increase your fiber intake, try adding more whole grains, legumes, fruits, seeds, and vegetables to your diet.

Psyllium husk is a great fiber supplement that dissolves in water and supports satiety.

Enzymes

Enzymes are vital for maintaining weight loss in two key ways.

First, enzymes such as lipase break down dietary fats into smaller molecules that are easier for the body to metabolize.

A deficiency in enzymes could lead to fats being **stored** rather than used for energy, contributing to **weight gain**.

These un-metabolized fat particles can also gunk up your mitochondria, reducing your ability to burn fat for energy.

Second, enzymes aid in nutrient absorption.

When your body effectively absorbs and uses the nutrients from your food, you're more likely to experience optimal satiety and **less likely to overeat**.

This is crucial for maintaining weight loss, since overeating is a common pitfall in weight rebound.

Foods rich in natural enzymes include pineapple, papaya, avocados, kefir and sauerkraut.

Don't want to add the extra calories?

[Try Enzyme365 today.](#)

Our unique blend of clinically-studied enzymes and herbs improves nutrient absorption and helps break down fats and proteins for energy.

[Save up to \\$70 when you buy multiple Enzyme365 bottles today!](#)

Whether you've already dropped the pounds or are still on your weight loss journey...

I have full confidence that, with these tips, you're going to be able to keep it off.

Enjoy that cold shower tomorrow morning! ;)

Let's get healthier one day at a time,

Dr. Travis Stork