



Fred Grover Jr. M.D.
Integrative Medicine and Wellness
3400 E. Bayaud Ave., Suite 444
303-355-2385

“Integrative Approach to Weight Loss Strategies” by Dr. Grover

Balance your hormones- Balance thyroid, sex hormones, GH, and keep cortisol levels in optimal range. Those approaching 50 and older are especially at risk. A slow thyroid, low testosterone, and high cortisol will all contribute to weight gain. Imbalances in estrogen, progesterone and growth hormone can also contribute to weight gain. See Dr. Grover to discuss testing and treatment if needed.

Reduce Inflammation- Most importantly balance your gut! Have Dr. Grover screen for gluten/wheat sensitivity if you suffer from bloating, constipation, diarrhea, fatigue, or brain fog. He offers the Cyrex screening blood test for those who have tested negative for traditional gluten screening and desire a double check with higher sensitivity. A gluten food elimination trial for 2 months is reasonable and more affordable option, but is a major lifestyle modification. Consider a balanced pro-biotic at least a few times a week to reduce harmful gut bacteria that can increase inflammation. Pro-Biomax daily by Xymogen is great. Limit exposure to GMO foods, and foods with high fructose corn syrup. Ongoing research is exposing more concerns with both, so play it safe and stay clear as much as possible. If you have a chronic or acute infection get it treated to reduce systemic inflammation.

Lifestyle- Keep stress low and tolerable when possible. Connect with family and friends often. This will keep cortisol levels in check and prevent it from causing fat storage. Add mindful activities such as meditation to reduce stress. Check out inner balance for iphone/ipad <http://www.heartmath.com/innerbalance/> Sleep needs will vary for everyone, but the traditional eight hours is a good number to aim for. If any concerns of poor sleep, discuss with Dr. Grover and he may recommend a home sleep study or sleep center study at hospital based on your symptoms or lab abnormalities. We have links on our website to meditation instructors and other who can help:

<http://www.revolutionarymd.com/Partnersinhealth-integrative-medicine-denver.html>

Exercise- Aim for daily exercise of 30 minutes or more, but even pulling off 3-5 x weekly will be helpful. On busy day squeeze in a quick 10 min walk! Try to integrate exercise into morning routine or lunch so that if you are fatigued in evening you will have already gotten your fitness routine in. For overbooked executives, consider a tread desk set up. *Interval exercises* such as run/walk on treadmill or bike path are most beneficial for weight loss and cardio. This can be done on bicycles, elliptical and other devices as well. Look for cross fit and other programs promote this modality. Shoot for your target heart rate during the run aspect of interval work. Heart rate monitors may be helpful. Fitness tools such as the Nike Fuel, Fitbit and others can be helpful to keep you on track. *Resistance exercises* are also critical to wt loss. Lifting weights or using resistance bands to build muscle three times a week will enhance your resting metabolic rate and enhance your weight loss. Dr. Grover can test your resting metabolic rate if still struggling to determine best caloric intake and exercise regiment.



Fred Grover Jr. M.D.
Integrative Medicine and Wellness
3400 E. Bayaud Ave., Suite 444
303-355-2385

Consider a personal trainer if you need that extra element of motivation and more coaching on your work out regiment. Variety is key to sustaining interest and hopefully recreational interests in skiing and other activities will provide some of this.

Nutrition- A low glycemic index diet (low carbohydrate) is most effective. Atkins and other more extreme forms of this have been difficult for many of my patients to maintain, so I recommend enjoying the healthy proteins that you enjoy that are low in saturated fats and contain healthy polyunsaturated fats and mono-saturated fats. Try to keep calories to less than 1500 if desiring more aggressive weight loss. Caloric intake can of course be increased if you are exercising more. Use on-line guides or apps to get gross calculations of caloric expenditures with activities if desired. As mentioned, we can test your metabolic rate very accurately in office with the Korr Reevue device.

Optimal Supplementation to enhance weight loss:

Bergamet Pro- an Italian citrus based product that has high levels of polyphenols which aid in weight loss, and also cholesterol lowering benefits.

CM Core (Berberine)- lowers blood glucose and further aids in weight loss.

Alpha Lipoic Acid A powerful anti-oxidant that augments weight loss when taken prior to major meals and has additional benefits for brain health via improving glutathione levels. Alamax by Xymogen best.

Trans- Resveratrol- A complex derived from grape skins which assists with weight loss, anti-aging, anti-cancer pathways through SIRT-1 activation and other beneficial modulations. Designs for Health, Xymogen formulations best

Metabolic Synergy- A great balanced multivitamin by Designs for Health that has co-factors added to help with weight loss. Consider changing to this multivitamin in future to augment weight loss.

Additional supplements to consider

Integra Lean Irviginia- helps support leptin and insulin sensitivity aiding in weight loss.

Medical Foods to aid in weight loss-

These are beneficial by providing additional support and variety to a low glycemic index diet. For example, instead of having eggs every morning you can do a low glycemic index protein shake (Optimetabolix or Whey Cool) with blueberries or other anti-oxidant rich fruit a few times a week.

Optimetabolix protein powder- A balanced protein by Xymogen that has co-factors to aid in weight loss. Available in Vanilla or Chocolate. Great for breakfast or lunch. Can add anti-oxidant rich fruit, coconut milk for addition benefits.

Whey Cool protein powder- A whey based balanced protein powder by Designs for Health, that can be blended with healthy fruits as well.

Paleo Bars- Great for snacks or meal replacement with low glycemic level and higher protein level. By Designs for Health.



Fred Grover Jr. M.D.
Integrative Medicine and Wellness
3400 E. Bayaud Ave., Suite 444
303-355-2385

How to order- You can purchase in office or order Designs for Health, Xymogen, Metagenics online on our wellness page at: <http://www.revolutionarymd.com/wellness-providers-resouces-supplements-denver.html>

We can ship Bergamet Pro, CM core, Integra Lean and others if needed directly from our office as we don't online ordering for these. Call or email us.

Thank you!

RevolutionaryMD Team