

Weight Loss Tips for Success.

Diet

Follow a Mediterranean diet; this diet offers a flavorful journey to better health, celebrating the vibrant color and rich flavors of fresh fruits, vegetables, whole grains and heart-healthy fats. Study Source: [Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts - The New England Journal of Medicine.](#)

Avoid Gluten.

If you drink coffee or tea in the morning, make sure is black coffee and only add stevia as a sweetener.

Meal Timing

Limiting meals to two a day, this can simplify your eating routine, allowing for more focused, satisfying meals while potentially reducing calorie intake.

It's essential to ensure these meals are balanced and nutritious to support overall health and energy levels throughout the day. Source: [Intermittent Fasting: What is it, and how does it work? | Johns Hopkins Medicine](#)

Hydration

Staying hydrated is crucial for overall health, and aiming to drink half your body weight in pounds in ounces of water each day can help maintain hydration levels, support digestion, promote clear skin, and enhance cognitive function. Source: [How Much Water Do You Need Each Day? - Penn Medicine](#)

Supplementation

We offer a carefully chosen selection of vitamin supplements to help you achieve your health and wellness goals: B12 shots, Glutathione shots, Hormone Replacement Therapy. Source: [How Do Glutathione Injections Work? - Ross Bridge Medical Center](#)

Exercise

Taking a 30-minute easy walk each day not only boosts your physical health but also provides a mental refresh, offering a break from daily stressors while improving cardiovascular health, mood, and overall well-being. Source: [American Heart Association Recommendations for Physical Activity in Adults and Kids](#)

Sleep 8 hours daily.