

A close-up photograph of a person's hand holding a silver fork over a dark, speckled ceramic bowl filled with a healthy meal. The meal includes chickpeas, a piece of chicken, and fresh green leafy vegetables. The background is a blurred blue fabric. A semi-transparent white rectangular box is overlaid on the center of the image, containing text.

ry
RACHEL JUSTICIA
COACHING

*Do you feel like you
have tried everything?*

MY 5 STRATEGIES TO
ACCELERATE WEIGHT LOSS
& LOWER INFLAMMATION!

I understand what it feels like to know that “traditional modalities” or a “one size fits all approach” just doesn’t work for you. Even if you feel like your particular situation is more challenging or complicated than the average person, I want to offer you my 5 strategies that will help you lower inflammation and accelerate weight loss!

- 1 **Wait 4-5 hours in between meals.** (This includes coffee and drinks that contain calories). This allows enough time for your body to digest your food and lower insulin levels so your body is able to efficiently burn fat. In addition, because of this, your body’s inflammation levels drastically decrease providing an insane healing response.
- 2 **Start each meal with 2-3 bites of protein.** Why? When the stomach receives protein first, the pancreas secretes the hormone glucagon. This hormone helps to block insulin production and triggers a feeling of satiety. So this equals lower insulin levels which stimulates fat synthesis and helps prevent hunger!
- 3 **Vegetables for breakfast....and lunch and dinner.** Traditionally we compliment our lunch and/or dinner with a few vegetables, but in my practice I encourage LOTS of veggies at ALL meals! This helps your body receive a variety of nutrients (which most people are lacking) and therefore lowers inflammation allowing the body to let go of excess weight more easily.
- 4 **Eat within an hour of waking.** And I should also state, eat WITH your coffee. Most people’s metabolisms are sluggish due to their lifestyle. When we wake and our cortisol levels are at their highest and we do not fuel our bodies (and instead drink coffee all morning) we put more stress on our bodies and create further inflammation making it extremely challenging to lose weight.
- 5 **Protein, Carbs & Fat at every meal.** The saying “don’t eat your carbs naked” rings very true! That is why combining protein, carbs and fat with every meal is crucial to health, weight loss, hormone and inflammation levels. Doing this helps to regulate spikes in insulin, discourages “constant snacking”, and creates satiety.