



**Metabolic Code**<sup>®</sup>  
unlock your healthiest you

# Maintenance

Strategies for Long Term Success

**Weight Loss - Week 12**





### Maintenance

The Metabolic Code® Program gives you all the tools you need for weight loss and optimized health and wellness. A diet that is customized for you, a new commitment to exercise with improved ability to do it, and most importantly metabolic balance achieved with good stress management, sleep, attention to intestinal health, thyroid function, and even support for ability to detoxify.

For those whose program was weight loss focused- as you shift your focus to weight maintenance, our goal is to arm you with the education and tools you need maintain that weight loss. Where some programs promise maintaining your weight loss will be a breeze, our program emphasizes the need to continue to support your weight with daily good choices, but shows you how to allow for occasional splurges, so life can feel normal again.



### Patients Who Succeed Long-Term:

- Continue to control of their food, as needed. Starch servings management, and intake of food allergens as tolerated.
- Are adventurous with different protein and vegetable options. Since these are still the mainstay of the diet, it's important to look for new recipes that you like.
- Drink water
- Love vegetables and understand their filling benefits.
- Limit sugar intake and use of artificial sweeteners, but use natural sweeteners, and low sugar dessert options.
- Enjoy eating and cooking with others.
- Weigh themselves at least once a week.
- Exercise 4-5 times per week.
- Choose anti-inflammatory foods such as spices, beans, dark chocolate (greater than 70% cocoa) and unsweetened green tea.
- Avoid people and situations that routinely involve pressure to eat unhealthy foods.
- A few times a year have pizza, pasta and birthday cake at weddings and birthday parties as they explain the secrets to their weight loss success to admirers.
- Understand the value of support and follow-up. Use Metabolic Code™ staff and resources to stay on track and motivated.







### Patients Who Struggle to Maintain their Weight:

- Don't like vegetables and don't experiment with types or different cooking techniques.
- Don't enjoy their meals and force themselves to eat bland, unappetizing food just for the sake of weight loss.
- Eat out often, thereby losing control of food ingredients.
- Don't drink water and drink calories or use sweeteners in beverages daily.
- Skip meals.
- Don't exercise.
- Don't plan ahead and just eat 'whatever.'
- Eat too many starches too often (bread, potato, pasta, cereal, crackers, breadcrumbs, rolls, wraps).
- Have friends, family and coworkers that apply negative food pressure. Do not disown your mother or boss, but learn to just ignore them, while being consistent with your clean dietary choices. Eventually as you lose weight, they might want to learn how to do it for themselves.
- Think "I know what to do, I just don't feel like doing it." If you find yourself, losing the will to be healthy, ask yourself if you have been under increased stress and are falling into depression. Dietary supplements and food allergen elimination are 2 of the best ways to turn that low mood back around. and resources to stay on track and motivated.

You've learned a lot while doing your Metabolic Code program. One of the worst mistakes to make is to think that weight loss and other health outcomes will last, even if you stop doing your customized diet and other parts of your program. While our goal is to reduce your need for supplements over time, working to things needed just for maintenance, eventually symptoms and weight will return if you go back to old eating habits.

**Our Phase 3 Maintenance Diet guidelines** are designed to show you how you can return to more normal living without totally blowing your diet and regaining weight.

**Read them today!**

