



**DOC's OFFICE**

HEALTHCARE CONSULTING

SHORT WEIGHT LOSS GUIDE

# CONTENT

“THIS BOOK IS ABOUT HOW, NOT ABOUT WHY”

- 3. WHAT CAN YOU DO
- 4. WHAT CAN YOU EXPECT
- 5. BASICS
- 6. THINGS TO DO EVERY DAY
- 7. SUPPLEMENTS
- 8. TECHNICAL GADGETS
- 9. DIET
- 10. EXERCISE
- 11. PRODUCTS WE LIKE
- 12. SOME NUMBERS
- 13. LINKS
- 14. NOTES
- 15. NOTES
- 16. CONTACT

# WHAT CAN YOU DO

"IF YOU CAN DREAM IT, YOU CAN DO IT"

schedule  
your **first free**  
consultation, call  
me or write me

1

get your  
**lab results**  
(glucose, HbA1C,  
liver enzymes,  
creatinine,  
electrolytes)

2

visit me  
**once a week**  
to check on your  
progress and to  
adjust you diet  
and exercise

3

subtract  
**300-500kcal**  
from your basal  
metabolic rate, to  
get your daily  
caloric intake

4

eat according  
to your personal  
**diet plan**

5

**exercise**  
regularly

6

take your  
**supplements**

7

reduce your  
**stress**

8

improve your  
**sleep**

9

do all the **small**  
**things**

10

**call me or write**  
**me** if you need to

11

don't take things  
**too seriously**

12

# WHAT CAN YOU EXPECT

“ACT WITHOUT EXPECTATION”

you will  
lose approx.  
**0.5%-1.0%**  
of your **body**  
**weight** per week

1

your **body**  
**fat percent**  
will drop, but  
at slower pace  
as your body  
weight

2

your **blood**  
**glucose level** will  
stabilize

3

your **basal**  
**metabolic rate**  
will slowly drop

4

your **endurance**  
**and strength** will  
improve

5

your **BMI**  
**and waist**  
**circumference**  
will drop

6

your **blood**  
**results** should  
slowly improve

7

quality of your  
**sleep** will improve

8

your overall  
**quality of life** will  
improve

9

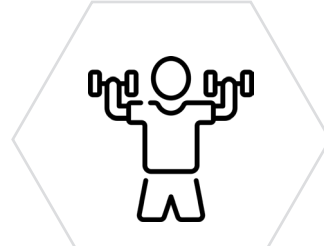
# BASICS

“EXERCISE IS KING. NUTRITION IS QUEEN. PUT THEM TOGETHER AND YOU’VE GOT A KINGDOM”



## DIET

eat in caloric deficit according to your personal diet plan



## EXERCISE

exercise regularly, cardio and resistance training



## SUPPLEMENTS

use high quality supplements in your diet



## STRESS

try to reduce your daily stress as much as possible



## SLEEP

get 8-10 hours of good, uninterrupted sleep

# THINGS TO DO EVERY DAY

“YOU DON'T HAVE TO BE EXTREME, JUST CONSISTENT”



## WATER

drink 2000-3000ml of still water a day



## WALK

walk at least 10.000 steps a day (approx. 6-8km or 40-50 minutes)



## VEGETABLES

eat 350-400g of vegetables a day, preferably green, leafy ones



## BERRIES

eat 150g berries a day, convenient way is a frozen mix of different berries



## SUN

expose your face and hands to direct sunlight for 10-15 minutes a day



## SLEEP

get at least 8-10 hours of good, uninterrupted sleep



## FIBER

eat one small avocado (100g) a day



## FLAXSEEDS

consume one tablespoon (7-10g) of grounded flaxseeds a day



## OLIVE OIL

consume 20-30ml of high quality virgin olive oil a day



## APPLE VINEGAR

consume one tablespoon of high quality apple cider vinegar a day



## SALT

consume 5-10g of salt a day



## COFFEE

drink 2-4 cups of coffee or green tea daily

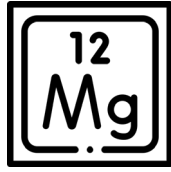
# SUPPLEMENTS

“FRIENDSHIP IS LIKE VITAMINS, WE SUPPLEMENT EACH OTHER’S MINIMUM”



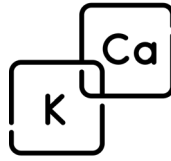
## OMEGA-3

add high quality omega-3 capsules to your diet (360mg EPA, 240mg DHA)



## MAGNESIUM

take 400-500mg magnesium daily



## ELECTROLYTES

in first weeks of your diet add electrolytes to your diet



## FIBER

supplement your diet with enough fiber (in total 25-35g a day)



## PROTEIN

should your diet be not sufficient in protein add protein concentrate



## PROBIOTICS

add probiotics to your diet



## TURMERIC

add turmeric/curcuma supplement to your diet



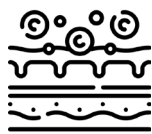
## AMINO ACIDS

take 5g BCAAs or EAAs before or during sport activity



## VITAMIN D3/K2

add vitamin D3 to your diet, always in combination with vitamin K2!



## COLLAGEN

add collagen capsules to your diet



## MELATONIN

consider taking melatonin to improve quality of your sleep



## METFORMIN

ask your doctor about metformin indications

# TECHNICAL GADGETS

“TECHNOLOGY IS USEFUL SERVANT BUT DANGEROUS MASTER”



## ELLIPTICAL

get an elliptical or another cardio machine for your exercise



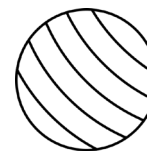
## SMART WATCH

get a smartwatch to monitor your daily steps, heart rate and sleep



## TAPE MEASURE

get a tape measure to check on your weight loss, better alternative to scale



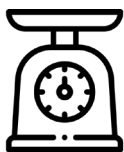
## FITNESS BALL

use fitness ball as alternative to sitting



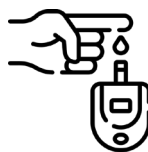
## STANDING DESK

standing desk is a much better alternative to sitting



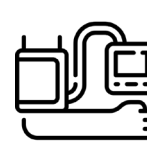
## KITCHEN SCALE

get a kitchen scale to prepare your foods



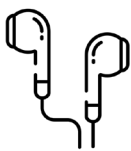
## GLUKOSE METER

monitor your blood glucose regularly when you are diabetic



## BLOOD PRESSURE

monitor your blood pressure regularly



## HEADPHONES

get good headphones for your sport and walking activity



## WATER BOTTLE

get a nice bottle with markings to check on your daily water intake



## PERSONAL SCALE

get good personal scale to check on your weight loss once in two weeks



## SHOES

get a comfortable pair of walking/ trail shoes for your daily walks



# DIET

“ONE MUST EAT TO LIVE, NOT LIVE TO EAT”

eat in caloric  
**deficit 300-500kcal** under  
your basal  
metabolic rate

1

cut all  
**processed food**

2

cut your  
**carbohydrates**  
intake

3

eat **healthy  
fats** coming from  
avocados, nuts,  
seeds and olive  
oil

4

eat plenty of  
green leafy  
**vegetables**

5

add 100-200g  
of different  
**berries** to your  
diet

6

eat at least 25-  
35g of **fiber** daily

7

restrict  
your eating to  
**6-8 hours a day**,  
leaving you with  
16-18 hours  
without food

8

drink plenty of  
still **water**

9

consume **high  
quality protein**,  
at least 1-1.2g  
per 1kg body  
weight

10

get your **carbs**  
mainly from  
vegetables, sweet  
potatoes and  
wild rice

11

drastically  
cut down your  
consumption of  
**alcohol**

12

# EXERCISE

"EXERCISE IS THERAPY"

do your cardio training **2-4 times** a week (bike, elliptical, fast walking)

**fasted** before first meal of the day, for 30-50 minutes a session, with 60-70% of your maximal heart rate (105-120 beats/min)

you can consume 5g of **amino acids** before the training, don't forget the hydration

eat your **first meal** of the day your cardio training

alternatively, you can do your cardio training for 20-30 minutes **after** your resistance training

## CARDIO TRAINING

hit the gym **2-4 times** a week to prevent muscle mass loss

train each muscle group to **failure** once per week

you can concentrate your **carbohydrates** intake before and after the gym exercise

take 5g of **amino acids** (BCAAs or EAAs) before or during the training

don't forget the **hydration**, get **high quality protein** and good sleep the night after the workout

## RESISTANCE TRAINING

# PRODUCTS WE LIKE

“CONSUMERS DON'T BUY PRODUCTS, THEY BUY PRODUCT BENEFITS“



**FLAXSEEDS**



**SALMON**



**QUARK**



**BROCCOLI**



**MAGNESIUM**



**VITAMIN D3/K2**



**OMEGA-3**



**MELATONIN**



**NUTS**



**MINERALS**



**OLIVE OIL**



**APPLE VINEGAR**



**ORGANIC EGGS**



**GREEN BEANS**



**ORGANIC CHICKEN**



**CINAMMON**



**BERRIES**



**PROTEIN BAR**



**AMINO ACIDS**



**PROTEIN**

# SOME NUMBERS

"NUMBER DON'T LIE..."

## BMI (kg/m<sup>2</sup>)

Low	Normal	Overweight	Adipositas I	Adipositas II	Adipositas III
<20	20-25	25-30	30-35	35-40	>40

## WAIST CIRCUMFERENCE (cm)

Men			Women		
Normal	Risk	High	Normal	Risk	High
<94	94-102	>102	<80	80-88	>88

## BODY FAT (%)

		Men			Women	
Age	Normal	Risk	High	Normal	Risk	High
20-39	8-20	20-25	>20	21-33	33-39	>39
40-59	11-22	22-28	>28	23-34	34-40	>40
60-79	13-25	25-30	>30	24-36	36-42	>42

## LABS

		Units	Men	Women
Glucose		mmol/L		3.3-5.5
HbA1c		%		<6
TSH		μIU/mL		0.35-4.94
Lipase		U/L		<60
Amylase		U/L		<100
ASAT (AST, GOT)		U/L	<40	<32
ALAT (GPT, ALT)		U/L	<41	<33
Gamma GT		U/L	<60	<40
Total bilirubin		μmol/l		<21
Direct bilirubin		μmol/l	<6.5	<6.0
Creatinine		μmol/l	<104	<84
Uric acid		μmol/l	200-420	142-340
Cholesterol		mmol/L		5.2-6.2
LDL		mmol/L		<3.0
HDL		mmol/L	>1.45	>1.55
Triglycerides		μmo/l		<1.7

## CALORIES (kcal/g)

Protein	Fat	Carbohydrates	Alcohol
4	9	4	7

# LINKS

“IF IT’S ON INTERNET, IT MUST BE TRUE”

[OMEGA-3 FATTY ACIDS](#)

[BASAL METABOLIC RATE \(BMR\) CALCULATOR](#)

[INTERMITTENT FASTING](#)

[SUPERFOODS](#)

[VITAMIN D3/K2](#)

[HEART RATE CALCULATOR](#)

[WAIST CIRCUMFERENCE](#)

[BODY FAT PERCENT](#)

[BODY MASS INDEX](#)

[FLAXSEEDS](#)

[AVOCADO](#)

[CARDIO TRAINING](#)

[RESISTANCE TRAINING](#)

[MELATONIN](#)

[NUTS](#)

[APPLE CIDER VINEGAR](#)

[REVERSE DIETING](#)

[TURMERIC CURCUMIN](#)

[ALCOHOL](#)

[METFORMIN](#)

# ■ NOTES

# ■ NOTES



## CONTACT

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VIBER

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