

## **Event Title:** Designing a Successful Weight Management Program

**Course description:** Help your patients achieve lasting weight loss by creating a comprehensive, science-backed weight management class. In this course, you'll explore the essential pillars of sustainable weight management, from personalized nutrition and targeted exercise to advanced strategies like fasting and detoxification. Gain a deeper understanding of how hormones, metabolism, the microbiome, and emotional eating influence weight loss, and learn how to educate patients on the benefits of a structured purification program to accelerate results. Walk away with the tools and insights to develop a compelling, effective class that empowers your patients to reach their health goals.

### **Learning objectives:**

- Develop a structured weight management program that integrates personalized nutrition, exercise, and lifestyle strategies.
- Explain the roles of hormones, metabolism, the microbiome, and emotional eating in weight management.
- Incorporate evidence-based approaches such as fasting, detoxification, and purification programs to enhance patient outcomes.
- Equip patients with practical tools and education to sustain long-term weight loss and metabolic health.
- Design an engaging and effective class format that maximizes patient participation, adherence, and success.

### **Hour-by-hour outline:**

#### 1st Hour

- Craft a compelling introduction grounded in personal and clinical experience.
- Compare and contrast dietary strategies, including calorie restriction and low-carb approaches.
- Examine the roles of insulin, cortisol, and thyroid hormones in weight management and strategies for blood sugar balance.
- Analyze the effects of steady-state cardio vs. resistance training on weight loss.
- Identify lifestyle factors that impair digestion and disrupt metabolism.

\*Break\*

## 2nd Hour

- Explore fasting as a weight loss tool, distinguishing between intermittent fasting and time-restricted eating.
- Review scientific findings on the microbiome's impact on weight and protocols for gut remodeling.
- Address the psychological aspects of weight management, including stress eating and body image.
- Examine environmental toxicants (obesogens) and their role in weight gain.
- Develop a structured weight management class, incorporating formal purification programs.