

# THE DIETSMART PLAN

## CALORIES – HORMONES – BEHAVIORS

### 12 WEEK Program Outline

# OBESITY – DIABETES TYPE 2 – HEART DISEASE

DrPenny Weight Loss Services Inc, Accredited Provider for Weight Loss Grants Organization

[www.weightlossgrants.org](http://www.weightlossgrants.org) and [www.drpenny.ca](http://www.drpenny.ca)

WLGO Contact: 1-866 670 6578 Dr.Penny PhD Contact: 613 968 8100

<p><b>12 Weeks DIETSMART CLINIC</b></p> <p><b>Month 1: Calories</b> <b>Month 2: Hormones</b> <b>Month 3: Behaviors</b></p> <p>Learn how to apply the many metabolic principles for understanding your calories, hormones, behaviors for long term successful weight loss.</p> <p>DIETSMART is a non-medical, common sense, non-dieting approach that is fast, safe, and all natural. It's the newest educational / motivational funded program offered today by a team of weight loss professionals.</p>	<p><b>Tests &amp; Assessments</b></p> <p><b>Included Plus a</b></p> <p><b>3 Month Membership</b> @ a Community Fitness Center</p> <p><b>Includes:</b> DIETSMART Clinic Smart Track Log Workbook</p> <p><b>TOP WINNER</b> Receives a FULL Year Membership plus Makeover</p> <p>Follow up sessions are include after the program is completed</p>	<p><b>Accountability</b></p> <p><b>Monitored and Supervised</b> <b>12 WEEKS of DIET &amp; EXERCISE</b> <b>Coaching / TRAINING</b></p> <p>Bring your Smart Track Log Book to All Nutrition and Personal Training Sessions</p> <p><b>Funding Agreement: 20% minimum at Enrollment. Pay in full or Payment Plan available @MEDICARD for the Balance due by final Weigh-In</b></p>
<p><b>1. Introduction: Complete Enrollment and Official Weigh-In</b> Intro to Degenerative Diseases What is your Obese Classification? What is THE DIETSMART PLAN? Sign for your Club Membership</p>	<p><b>Official Weight In</b> Measurements, BP, Glucose Strips. Health History Questionnaire Hand in Funding Certificate Hand in Health &amp; Weight Diagnosis</p>	<p>Home Assessment: <b>The 7 Day Baseline</b> Complete Health Profile Assessment BMI Guidelines &amp; Goal Setting: Action Plan Read Class Handout:</p> <p>All Payment Plans must submit a MEDICARD APPLICATION @ <a href="http://www.medicard.com">www.medicard.com</a></p>
<p><b>2. Basic DietMATH: Caloric Numbers</b> What is your Daily Caloric Intake? Track and Manage Calories WORKOUT – Club MEMBERSHIP Workout Baseline – Head Trainer Assessing your strength, flexibility, endurance and personal health.</p>	<p>Daily Caloric Intake – Calories IN Daily Caloric Output – Calories OUT Review 7 Day Baseline Food Pyramid Goal Weight – Weight Loss Calories DietMATH caloric formulas for Carbohydrates, Proteins &amp; Fats</p>	<p><b>Receive:</b> 30 Day Smart Tracking Journal 30 Leptin Weight Loss Patches (Optional) Read Class Handout: Workout Assignment:</p>
<p><b>3. Nutrition 101</b> The role of Carbohydrates, Proteins &amp; Fats Types and Classification Nutritional Value WORKOUT – Club MEMBERSHIP Get to Know your Health Club</p>	<p>Reading Labels Tracking with Apps How to balance your Macronutrients? Balance is KEY! Plant Analogy</p>	<p>Take Home Assessment: <b>Hormones Assessment</b> Tree Analogy Fitness Level Baseline – Step Test Read Class Handout: Workout Assignment:</p>
<p><b>4. FATS, FATS, &amp; FATS</b> Good, Bad &amp; the Ugly Fats Dietary Values &amp; Types Heart Disease – cholesterol Fat &amp; Portion Pyramid WORKOUT- Club Membership</p>	<p>Review Home Hormone Assessment Review 3 Day Home Step Test What is your Fitness Level? Review Calories In &amp; Calories Out – Home Assignment</p>	<p>Take Home Assessment – <b>Eating Behaviors</b> Receive the next 30 Leptin Patches Portion Control Containers New Smart Track Journal STOP DIETTING! Read Class Handout: Workout Assignment:</p>

<p>You should have your own personal workout routine that provides all components of fitness for PROGRESSION = Fat Burning</p>	<p>Bring Pedometer or a device to track you step for this Fitness Level Test KEEP OFF THE SCALES</p>	<p>What is your THR?</p>
<p>5. <b>Glycemic Index</b> Sugar and Glucose How does Insulin cause weight gain? Diabetic Meal Planning The Hi &amp; Low Glycemic Foods WORKOUT – Club Membership STOP GAINING WEIGHT IS FAR MORE IMPORTANT FIRST, BEFORE YOU CAN LOSE WEIGHT!</p>	<p>What is Leptin? What are the 5 Leptin Rules? How is it important to appetite? LEPTIN is it the Fat Cell Hormone. 90 Patches are Included – Optional How is the hormone Leptin so important and beneficial for fat burning and appetite control?</p>	<p>Hand in all Journals for Evaluation All Assessments to be handed in Workout Review – are you burning fat? Read Class Handout: Workout Assignment: Program Balance Due: Medicaid Payment Plans are due before 2<sup>nd</sup> Weigh-In. Keep Going you're doing amazing so far!</p>
<p>6. <b>The Fat Burn Zone</b> The F.I.T.T Principle Why is Protein to helpful? Does the Leptin Patch work? WORKOUT CLUB MEMBERSHIP</p>	<p><b>2<sup>nd</sup> Weight In</b> Review ½ way Evaluation Share weight loss results Evaluate your workout Always eat, sleep and workout to be in the Fat Burn Zone – DIETSMART</p>	<p>Everyone receive their ½ way E Diet Evaluation, Measurements, Blood Pressure, Glucose Strip, weight, and mini evaluation to the Provider, and Team and Membership Facility Physical Activity Evaluation - Head Trainer Read Class Handout: Workout Assignment:</p>
<p>7. <b>THE FAT CELL</b> Cellular Metabolization/Oxygen Metabolic Cycles – GI System/Hormones What is a fatty acid metabolism? What are water soluble and fat soluble vitamins? Workout Club Membership</p>	<p>Hormone Habits &amp; Behaviors Plateau, Set Point &amp; Brown Fat Why is oxygen so important for fat burning? Why is are good fats so important to cellular metabolism?</p>	<p>Can you Spot Reduce? Review Journals &amp; Portions Menu's Receive last 30 Day Journal Why are Essential Fatty Acids (Good Fats) so important for a fat burning metabolism? Read Class Handout: Workout Assignment:</p>
<p>8. <b>Inverted Pyramid</b> Hormones: Cortisol, Estrogen, Thyroxin, Leptin &amp; Insulin <b>Metabolic Principles</b> – the heartbeat of the DIETSMART PLAN, Award Winner 2008. Workout Club Membership</p>	<p>Nasty Nutrition, Eating Habits &amp; Behaviors, Stress, Emotions, Trauma and genetic conditions and diseases What hormones burn fat, and what one's store fat?</p>	<p>Receive your last 30 Leptin Patches Metabolic Disturbances: Belly Fat, Cushing's Disease, Diabetes Type 2, Heart Disease; high blood cholesterol, high blood sugar and many more. What is Metabolic X Syndrome? Read Class Handout: Workout Assignment:</p>
<p>9. <b>Motivation &amp; Behavior</b> Modification Techniques Mind over Matter You can do this! You got this! Workout Club Membership</p>	<p>How to stay on track? How to Navigate a DIETSMART LIFESTYLE? No Excuses Positive Thinking Keep of the Dam Scales!</p>	<p>Review Your Plan of Action Long Term Goals How to handle road blocks and set backs Dinning Out – how to stay on track? Healthy Choices Read Class Handout: Workout Assignment:</p>
<p>10. <b>Dietary Supplements</b> Should I, or shouldn't I? Organize your supplements? Be more aware about dietary supplements? What are the must take supplements best for longevity and long term weight loss success? Workout Club Membership</p>	<p>Micronutrients Vitamins &amp; Minerals Essential Nutrients EFA – Essential Fats – Good Fats. Protein Matters! How are you sleeping? Do you move your bowels every day? How much water are you really drinking in a day, is it enough?</p>	<p>Supplements and Drug Interactions Is the Leptin Patch working for you? How do you feel, are you happy with DIETSMART? Clinic Photo's Start your Thank You letter Read Class Handout: Workout Assignment:</p>
<p>11. <b>Putting It All Together – DIETSMART LIFESTYLE = BALANCE</b> <b>Calories – Hormones – Behaviors</b> Workout Club Membership</p>	<p>You did it! Let's review all Principles Cellular Metabolization - BALANCE</p>	<p>2 Club Workout / Club Workouts for your Final Physical Education Evaluation from Head Trainer Review Workout Routine and revise your workout for the next 3 months. Read Class Assignment: Workout Assignment:</p>
<p>12. <b>Congratulations!</b></p>	<p><b>FINAL WEIGHT-IN</b> We are so proud of you! 1 month follow up notice</p>	<p>Provider will Report your weight to WLGO All Applicants must pay for the program in full prior to receiving final weigh-in confirmation.</p>

# YOU WILL LOSE WEIGHT WITH DIETSMART!

**The DIETSMART PLAN** – the most educational weight loss experience ever!

**Author** Penny Forrester PhD Nutrition/Copyright April 24 2008 @ the Canadian Intellectual Property Office.

**Business Achievement Award** / Service Professional October 25 2008 – The DIETSMART PLAN

**THE DRAGON’S DEN**, CBC TV SHOW session #5 for Business Growth and Development

**IN COMPLIANCE WITH THE FOLLOWING GUIDELINES:**

- U.S.A Department of Agriculture
- U.S.A. Department of Health and Human Services
- U.S.A. The Food Guide Pyramid
- HEALTH CANADA - Canadian Body Weight Classifications

## THE DIETSMART EDUCATIONAL WEIGHT LOSS PLAN

3 STEPS TO SUCCESSFUL LONG TERM WEIGHT LOSS AND WELLNESS

### YOU WILL LOSE WEIGHT WITH DR PENNY’S DIETSMART PLAN

<b>STEP 1. Metabolic Health Profile</b> <b>Monitor Metabolic Specifications</b>	<b>STEP 2. Diet MATH/Smart TRACK</b> <b>Monitor Calories In &amp; Out / Daily Recommended Allowance</b>	<b>STEP 3. HORMONE Principles</b> <b>Balance Metabolic Hormones</b>
<b>Testing and Assessments:</b> <ul style="list-style-type: none"> <li>• Body Mass Index</li> <li>• Body Fat Percentage</li> <li>• Glucose / Keto Urine Strips</li> <li>• Body Measurements</li> <li>• Blood Pressure / Pulse</li> <li>• 7 – Day Baseline Assessment</li> <li>• Hormones Assessment</li> <li>• Eating Disorders Assessment</li> <li>• Ph/Balance – Acidic/Alkaline</li> <li>• Pedometer Fitness Test</li> <li>• Home Thyroid Test</li> </ul>	<ul style="list-style-type: none"> <li>• Determine <b>Goal</b> weight</li> <li>• Determine <b>Ideal</b> weight</li> <li>• Determine your <b>DRA</b></li> <li>• Determine you <b>Weight Loss Daily Caloric Intake</b></li> <li>• Balance <b>Macronutrients; Carbohydrates, Proteins, and Fats</b></li> <li>• <b>Micronutrients</b> / purpose</li> <li>• Convert <b>Calories to Grams</b></li> <li>• <b>Adapt labels</b> to your Goal</li> <li>• Manage <b>Calories In &amp; Out</b></li> <li>• <b>Track Your Success</b></li> <li>• <b>Diet Smart, Eat Smart</b></li> <li>• <b>Fat Burning Metabolism</b></li> </ul>	<b>Hormonal Principles:</b> <ul style="list-style-type: none"> <li>• Obese Classifications</li> <li>• Diet MATH</li> <li>• Carbs, Proteins &amp; Fats</li> <li>• Good Fats – EFA’s</li> <li>• 80/20 Factor</li> <li>• Fabulous Five</li> <li>• Metabolic Cycles</li> <li>• Inverted Pyramid</li> <li>• F.I.T.T &amp; THR</li> <li>• Fat Burn Zone - Insulin</li> <li>• Leptin 5 Rules</li> <li>• Supplements</li> <li>• Behavior Modification</li> <li>• Set-Backs &amp; Plateaus</li> </ul>

**LEPTIN:** leptin plays a key role in metabolism and the regulation of fatty tissue. It's released by your fat cells in amounts to coincide with over-all body fat stores. In other words, the more body fat you have, the higher your leptin will be. Leptin acts as a signal to the brain that allows us to determine when we are full or when we should continue eating - when we respond to it properly.

Gregory Morton, assistant research professor of medicine at Harborview Medical Center in the University of Washington, has investigated how leptin works on our hypothalamus to influence blood sugar metabolism and the stability of energy in the body. He found a direct relationship between insulin, leptin levels and body fat stores. In fact, his work has shown the proper leptin signals in the brain effectively reduce our food intake, keep body weight down and improves insulin sensitivity.

Because leptin levels naturally increase while we sleep, sleep deprivation can cause a significant drop in leptin levels. This depletion causes us to feel excessively hungry, which in turn leads to overeating. Along with getting a good night's sleep, we can improve leptin production and our cellular sensitivity to leptin with regular exercise, sufficient caloric intake, and consumption of healthy unsaturated fats,

### **Benefits of Just the Right Amount of Leptin**

- lowers body weight
- lowers percentage of body fat
- reduces insulin
- increases metabolic rate
- increases body temperature
- increases our activity level
- reduces cravings
- reduces overeating
- reduces night eating

Although balanced leptin offers many health-promoting, anti-aging benefits, too much of this hormone is not a good thing. Excessive saturated fats and sugar intake and obesity can lead to soaring leptin levels and ultimately to leptin resistance. Under these conditions the brain no longer responds to leptin's appetite-suppressing signals.

In the absence of controlling mechanism, appetite can surge, even when plenty of leptin is present. Leptin resistance is linked directly to obesity, insulin resistance and inflammation, which means it must be addressed right to the outset of an effective treatment plan to allow for optimal weight loss results.

**The Patch** – if you want to give them a try, here how: [order at www.drpenny.ca](http://www.drpenny.ca)

- ✓ Join a Weight Loss Clinic – included in all 3 month Clinic's
- ✓ Special – Buy 60 Patches and Get 30 Patches Free (Very Popular)
- ✓ Leptin Weight Loss Kit – 90 Patches + Leptin Diet Book and Portion Containers FREE
- ✓ A single Month of 30 Patches are \$69.97

