

TROUBLESHOOTING WEIGHT LOSS

with **Yates** Naturopathic 

What makes the **Yates** Naturopathic approach *uniquely effective*? We understand why people struggle on most weight loss programs so we've addressed the most common issues and designed a program for optimal results and optimal health.



WEIGHT RETENTION

Many weight loss clinics focus on calorie intake, food quantity, abstract point systems and social support to help you to lose weight. And while these approaches can certainly work, the reasons for weight-gain and retention are often much more complex and require individual assessment to resolve.

The **Yates** Naturopathic Approach

At Yates Naturopathic Clinics, we understand that complications like an underactive thyroid, hormone imbalance, constipation and chronic stress can really slow your progress if they're overlooked. That's why our Naturopathic Doctors will assess your medical history and current health status during your initial consultation so that you get a customized plan that works for you.



DIZZINESS

In the initial stages of a ketogenic style diet for weight-loss, it's not uncommon to experience symptoms of dizziness or light-headedness as a result of electrolyte deficiencies. Insufficient Potassium is usually to blame but this problem can be easily corrected and prevented.

The **Yates** Naturopathic Approach

Our Detox Protein Shake has been specially formulated with Potassium and other micronutrients you need to make each day of your weight-loss journey symptom free. We have recipes with high-Potassium containing foods like avocados, wild salmon and dark leafy greens, and we can provide extra supplementation if required.



BRAIN FOG

Brain Fog - commonly described as forgetfulness, clouded thinking, and difficulty focusing and communicating - is usually the result of eating foods you're sensitive to. Determining which foods are causing you grief and repairing the damage, however, can be easier said than done.

The **Yates** Naturopathic Approach

The Yates Program diet already has many of the major food allergens eliminated (i.e. corn, wheat, dairy, shellfish) to reduce the kind of inflammation that can lead to brain fog. If you have other sensitivities, we can help you to identify and eliminate the offending foods with diet rotation and antibody testing. We can also treat the digestive issues that may be at the root of the problem.



INSOMNIA

If you regularly have trouble falling asleep, staying asleep or getting back to sleep after waking in the night, there's a good chance you're experiencing some form of insomnia. Sleep issues are quite common even if you're not overweight.

The **Yates** Naturopathic Approach

The Yates Program provides you with the calming, sleep-promoting properties of Magnesium in your Detox Protein Shake, injections and optional supplementation. We have dedicated sleep capsules and tinctures and we can assist you to transition off of prescription drugs that could be making you restless. Don't forget to practice good sleep hygiene!



MUSCLE PAIN

You may experience muscle pain in the form of spasms or cramps while adapting to a ketogenic style diet for weight-loss. These symptoms are especially common in the feet, lower back and legs but they can be prevented.

The **Yates** Naturopathic Approach

Our Detox Protein Shake has been specially formulated with Magnesium and Potassium to ensure you don't become deficient in the electrolytes that can cause muscle cramps and spasms. You can also increase your Potassium and Magnesium by consuming spinach, nuts and avocado or by supplementing with our capsules.



HEADACHES

Headaches can be caused by a number of different factors. Depending on the type of headaches you suffer from, chronic stress, nutrient deficiency and/or constipation may be contributing to the onset and intensity of your pain. It's important to drink plenty of water too.

The **Yates** Naturopathic Approach

Magnesium is one of the most deficient and beneficial minerals Dr Yates uses to treat clients. By lowering blood pressure, relieving inflammation and calming the nervous system, the Magnesium in the Detox Protein Shakes, injections and optional supplementation can help you to prevent migraine headaches while reducing muscle tension as well.



GAS / BLOATING

Gas and bloating are telltale signs of indigestion that are often neglected or misunderstood. If you're trying to lose weight, you'll want to make sure these symptoms aren't contributing to the kind of inflammation that can make your situation worse.

The **Yates** Naturopathic Approach

The Yates Program diet already has many of the major food allergens eliminated (i.e. corn, wheat, dairy, shellfish) to facilitate your digestion from the very start. And in addition to food intolerance testing (IgG), we offer chiropractic adjustment, acupuncture and supplementation to repair any internal damage or obstructions that could be at the root of your discomfort.



GALLSTONES

Gallstones are quite common for women over 40 who undergo intensive weight loss programs. A poor diet, hormone imbalances, and cholesterol issues can also make you susceptible.

The **Yates** Naturopathic Approach

Our Detox Protein Shakes and herbal formulas are designed to prevent gallstones from forming by improving the bile flow that is often compromised in overweight people. And since the Yates Program diet consists primarily of fresh whole foods, you'll benefit from reduced inflammation with every meal.



STIMULANTS

Many weight-loss programs and supplements use stimulants to help you shed unwanted pounds. The problem is that they can be hard on the heart and liver and interact with many medications.

The **Yates** Naturopathic Approach

The Yates Program uses no stimulants. Our herbs work to safely support your adrenal glands and thyroid in a natural way.

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FATIGUE

Fatigue is a common concern that can definitely impact your weight-loss goals if left unaddressed. Chronic stress, a sedentary lifestyle, depression, dehydration, nutrient deficiencies and a poor diet are just some of the factors that could be contributing to your low energy.

The **Yates** Naturopathic Approach

If your fatigue doesn't resolve as a result of our nutrient-dense whole foods diet, energy-boosting injections, and supportive Detox Protein Shakes, we can test to see if an underlying hormone imbalance, underactive thyroid, or adrenal dysfunction may be causing your symptoms. We also offer personal and group fitness training to help you stay active without overdoing it.



JOINT PAIN

Bone and joint pain can be caused by a number of factors that are often exacerbated by obesity and weight retention. And although it is more common with age, there are a number of ways to reduce and treat the painful swelling through diet, supplementation and low impact physical activity.

The **Yates** Naturopathic Approach

In addition to starting you on a hypoallergenic diet and providing you with the anti-inflammatory nutrients in our Detox Protein Shake, our team can help you to pinpoint potentially aggravating foods that may be causing your joint pain to flare up. We also have dedicated herbal formulas to reduce the painful swelling and inflammation at the source.



CRAVINGS

Although somewhat inevitable, carb cravings are likely to be strongest in the early stages of ketogenic style weight loss diet. Once your body becomes adapted to using fat as fuel it's much easier to manage cravings by consuming more fat, using natural sweeteners like Stevia and making calculated indulgences.

The **Yates** Naturopathic Approach

As a member of the Yates Naturopathic Weight Loss Program, you'll get instant access to our client portal where you can browse delicious recipes, preview approved packaged foods, research menu options at local restaurants and much more! If that's not enough, our onsite Nutritionist, Matt, can make personal recommendations so that you have options the next time cravings strike.



DIARRHEA

Diarrhea can drain you of the electrolytes you need for energy and basic metabolic processes. Add to that the possibility that your digestion is weak and in need of serious support and your weight loss journey just got a lot harder.

The **Yates** Naturopathic Approach

During your initial consultation, Dr Yates can assess for any underlying food intolerances, bacterial infections, pharmaceutical side effects, or bowel conditions that may be causing your digestive distress. Believe it or not, addressing and treating this symptom can go a long way to helping you lose weight.



IRRITABILITY

Many people don't even realize the degree to which foods affect their day to day moods, for better or worse. If you don't know the common pitfalls it's easy for stress, anxiety, fatigue and inactivity to rule your daily food choices, especially if you're also trying to lose weight at the same time!

The **Yates** Naturopathic Approach

Similar to cravings, irritability can be the result of hypoglycemia, nutrient deficiencies and inadequate fat consumption. Fortunately, The Yates program limits the likelihood you'll experience feeling "hangry" thanks to the nutrient dense Detox Protein Shake, no calorie restrictions and judicious use of fat in their recipes and recommendations.



CONSTIPATION

We should all be having bowel movements everyday but stress, dehydration, a lack of fiber and inactivity can make some people struggle to go at all. Because ketogenic style weight-loss diets can make you more constipated, it's crucial that you consume enough of the right minerals.

The **Yates** Naturopathic Approach

The Detox Protein Shake is essential to your weight-loss journey because it provides your body with the nutrients, like Magnesium, required to keep your digestion working efficiently and effectively. In addition to getting 160mg of constipation-relieving Magnesium in every shake, you get 500ml in every injection (x2 weekly) and more with the option of additional supplementation.



HEART PALPITATIONS

Heart palpitations can occur from high stress, smoking, high caffeine and alcohol consumption and as a side-effect of certain medications. Additionally, there are underlying health conditions which may make you predisposed to irregular heartbeats.

The **Yates** Naturopathic Approach

It should come as no surprise that the Yates Weight Loss Program limits caffeine consumption, restricts alcohol intake, and highly discourages smoking - 3 substances that can negatively affect your heart health. Following your initial assessment, our ketogenic style weight loss diet, and calculated supplementation, can help to sufficiently overcome this symptom for good.



ACNE / SKIN ISSUES

Many people who suffer from acne and skin issues don't realize the impact that dietary changes can have on their dermal health. Typically, a ketogenic style weight-loss diet is enough to improve skin quality on its own but there are instances when extra care and attention are required.

The **Yates** Naturopathic Approach

Hormone fluctuations, bacteria imbalances and a diet high in sugar can all contribute to acne and skin issues. Fortunately, adequate testing and troubleshooting can ensure that these factors don't hinder your weight-loss progress. Our herbal formulas, hormone creams and custom dietary recommendations can correct the inflammation and imbalance that aggravate your skin.



HAIR THINNING

Some ketogenic dieters report observing hair loss 3-6 months into their weight-loss journey. Not consuming enough calories, exercising too intensely too often and not getting enough of the right minerals can be to blame. Fortunately, this problem is easy to treat.

The **Yates** Naturopathic Approach

In rare instances when Dr Yates observes hair thinning in his weight loss clients, his Super Mineral supplement and Complete B Vitamin Complex can correct the underlying deficiencies at the root of the problem (pun intended).