

KEEP WELLNESS SIMPLE

KWS Weight Loss Bootcamp Safety Guide

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Safety First

Your health and safety are our top priorities.

Led by a pharmacist. Grounded in wellness. Focused on YOU.

Bridging the Gap Between Medicine and Wellness

www.KeepWellnessSimple.com



Safety First

This guide is designed to support wellness, not replace medical care. If you notice changes that concern you - especially related to blood sugar, blood pressure, or how you feel overall - contact your healthcare provider.

Before You Begin

- Let your healthcare provider know you are participating.
- Share any medical conditions or concerns.
- Ask questions - advocacy is part of safety.

Disclaimer

- This program is for educational purposes only.
- Information shared is not intended to diagnose, treat, or cure disease.
- Content discussed is not FDA-approved.
- Always follow guidance from your healthcare provider.

Mission & Vision: Safety Is the Difference

Our mission is to bridge the gap between medicine and wellness by teaching people how to use food as medicine - while keeping them safe with their medications and supplements.

As a pharmacist-led program, safety is what sets us apart. By prioritizing education, monitoring, and collaboration with healthcare providers, we help many participants reduce their need for medications over time - safely and responsibly.



Medications & Monitoring

Medications Matter

- Continue taking all prescription medications unless directed otherwise by your provider.
- **Do NOT stop or adjust medications on your own.**
- Supplements and food can interact with medications - safety first.

Monitor How You Feel

- Pay attention to energy, mood, digestion, sleep, and symptoms.
- Use your 7-Day Detox Journal and Bootcamp Workbook.
- Write it down - patterns matter.

Contact your healthcare provider if you notice concerning changes in your symptoms, blood sugar, blood pressure, or overall well-being.



Diabetes & Blood Pressure Safety

If You Have Diabetes

- Closely monitor blood sugar levels.
- Fasting glucose goal: **80-130 mg/dL**.
- After meals: **Less than 180 mg/dL**.
- Contact your healthcare provider if readings change significantly.

If You Have High Blood Pressure

- Closely monitor your blood pressure (120/80).
- Monitoring is especially important during the Bootcamp.
- Track readings consistently.
- Report dizziness, lightheadedness, or low readings.

Remember: Changes in eating patterns, activity, and weight may affect blood sugar or blood pressure. Keep your healthcare provider informed.



Protein: Why It Matters & How Much You Need

Protein helps keep your muscles strong, helps you feel full longer, and helps control hunger and cravings.

- Eat some protein with each meal.
- Choose healthy protein foods.

Good Choices

Chicken • Turkey • Fish • Eggs • Greek yogurt • Beans • Lentils • Tofu

How Much Protein Do I Need?

Aim for 25-30 grams of protein at each meal.

Breakfast: 25-30 grams • Lunch: 25-30 grams • Dinner: 25-30 grams

Why Spread It Out?

- Helps you feel full longer.
- Helps protect your muscles while losing weight.
- Gives your body protein throughout the day.

KEEP IT SIMPLE: Protein + Healthy Eating + Movement = A Stronger You!

Protein needs are different for everyone. A general range often studied during weight loss is 1.2-1.6 g/kg/day. Talk with your healthcare provider before increasing protein if you have kidney disease or other medical conditions.

Resource: Leidy HJ, et al. *American Journal of Clinical Nutrition*. 2015;101(6):1320S-1329S.



Stay Connected

Questions about the program or your participant materials? Use the contact information below.

Email: info@KeepWellnessSimple.com
Website: www.KeepWellnessSimple.com

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