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Augusta Anti-
Aging
Medicine
Medical
Weight
Management

*Information & Guide
to a Healthy Lifestyle*



AugustaA2m.com

— Table Of Content —

02. Table Of Content
03. About Us
04. Factors that Impact Weight Loss
05. Commonly meds for weight loss?
06. Dietary Recommendations
07. Decreasing Inflammation
08. Decreasing Inflammation Continued
09. Intermittent Fasting
10. Recipes
11. Reasons to Consider Medical Weight Loss





About us *A2M*

Welcome to Augusta Anti-Aging Medicine. I am Dr. S. Tojino, DNP. I am a Doctorate Nurse Practitioner, board certified in family practice, specializing in the management of sexual, menopausal, pelvic, and anti-aging/integrative health care. I am passionate about women's health and healthy life style approaches to self-care. I have a BA in Psychology and hold a national certification in family practitioner, a Fellow with the International Society for the Study of Women's Sexual Health, and a Diplomate with board certification in Anti-Aging and Integrative Medicine through the American Academy of Anti-Aging Medicine and the Metabolic Medical Institute. My 30 years of clinical experience includes family practice, urology, oncology, women's health, Integrative medicine, and urogynecology.

At Augusta Anti-Aging Medicine (A2M), we realize that every person has an individual journey with weight loss and treatment is not merely to reduce caloric intake and exercise more. We approach healthcare and weight management from a bio-psycho-social approach that includes a comprehensive evaluation of hormones, dietary and exercise habits, mineral and vitamin excesses or deficiencies, and internal inflammation. We partner with patients to actively participate in their weight loss journey and achieve superior health goals.

Our goal at A2M is to help women achieve optimal health and "Get their groove back after menopause"!



Factors that impact weight loss...

METABOLIC DYSFUNCTION

When hormones are out of balance, weight loss can become more difficult, belly fat increases, the basal metabolic rate slows, and muscle mass is lost. This is why a holistic approach to weight loss is the most successful approach for long term physical and metabolic health. Metabolic dysfunction is triggered by hormone changes, inflammation and lifestyle factors. Examples of metabolic disorders include diabetes, thyroid dysfunction, insulin resistance and cortisol imbalance. Symptoms can include fatigue, weight loss or gain, and nausea and vomiting. Metabolism is a term describing the biochemical processes that allow people to grow, reproduce, repair damage, and respond to their environment.

SYSTEMIC INFLAMMATION

Inflammation in the body is responsible for symptoms like joint pain, fatigue, depression, and more. Unchecked systemic inflammation leads to autoimmune and chronic diseases including high cholesterol, diabetes, and heart disease. Inflammation also has a profound impact on weight loss.

HORMONE IMBALANCES

When hormones are not insufficient, weight loss can become more difficult, core weight increases, the metabolic rate can slow down, and muscle wasting occurs.

STRESS

Stress and how we perceive a situation and has a major impact on hormones, inflammation, and our body's ability to let go of excess weight. Stress management is one of the most important therapies to hormone optimization and weight loss. Stress can worsen insulin resistance, increase cortisol production, and even lead to weight gain.

DIET

Food choices, timed eating, and gut rest are important factors in promoting healthy weight loss. The elimination of environmental toxins/chemicals is anti-inflammatory and helps promote healthy metabolic function and healthy enzymatic activity that helps hormonal turnover. I always say, "Let your food be your medicine and your medicine be your food."



What are the most commonly prescribed medications for weight loss?

Semaglutide

Semaglutide mimics the effects of insulin. This increases satiety and reduces appetite. Semaglutide is a peptide that functions as a GLP-1 receptor agonist and acts on ghrelin receptors in the brain. Ghrelin is the hormone responsible for increasing hunger when other hormones like leptin do not block it. Since Semaglutide blocks ghrelin, you feel less hungry throughout the day. Further, a typical meal takes 60-90 minutes to pass through the stomach. With Semaglutide, a meal can remain in the stomach for up to 7 hours with ongoing gastric stretch and sensation of fullness.

Tirzepatide

Tirzepatide is a similar medication to semaglutide, but is the first dual GIP/GLP-1 receptor co-agonist and has been found in studies to be even more effective with regards to weight loss and glycemic control. It is therefore typically more expensive.

Lipotropic Complex B Injections

The Lipo-B (MIC) injection is a product that contains a combination of compounds that have been shown to exhibit lipotropic effects. The lipotropic effects facilitate the burning of adipose tissue within the human body which may, consequently, result in some degree of weight loss. Lipo-B injections are typically used as fat loss supplements, in combination with diet and exercise, in weight loss plans. The combination of products that make up the Lipo-B (MIC) injection are methionine, choline, and cyanocobalamin (vitamin B12). In cases of MTHFR, methylcobalamin.



Dietary Recommendations



Exercise

Beginners- Starting your exercise program should begin low and slow at 15mins twice per day and add 5 mins each week to a goal of 1-hour per day, at least 5 days per week, as per the American Heart Association Guidelines. Toning and strength training for beginners should start after the 1st month of cardio at 3 days per week.

Experienced- Strength training at least 3 days per week in combination with 1hr cardio, 5 days/week is recommended.

Hydration

As a rule of thumb, individuals should drink $\frac{1}{2}$ their body weight in ounces of water each day. If this is over 64 ounces, add mineral drops to your water to reduce mineral deficiencies and excessive fluid loss.

Natural Sugar Substitutes

Allulose, Monkfruit, Stevia, and “Small” amounts of Maple Syrup or honey are good options for sugar substitutes. Erythritol is no longer a recommended substitute due to recent research that shows increase platelet aggregation that may lead to cardiovascular issues. After a week, your taste will acclimate to desiring less sweetness to potentially not desiring sugar at all.

Chocolate Alternatives

Lillies chocolate which is made with Stevia, & Russell Stover’s (while they are made with sugar substitutes and do not have a glycemic impact, they do contain calories). You can also make your own chocolate out of cocoa, milk, and a sugar substitute listed above.

Macronutrient Goals

Decrease Carbohydrate intake to 50-75 grams/day.

Increase Protein intake to 50-75 grams/day. ($\frac{1}{2}$ your ideal body weight in grams of protein)

Consume at least 30 grams of soluble fiber each day.

Pillars to decrease inflammation and maintain blood sugar balance; the keys to optimal health and weight loss.

Inflammatory Foods

Dairy, Gluten, and Sugar are the main inflammatory foods that can lead to hormonal imbalances, and autoimmune disorders. It is key to reduce to eliminate these foods from your diet. Refined carbohydrates, such as, boxed foods, white flours, meals, and produces that have a prolonged shelf life. Also foods that are highly processed can impact internal inflammation. Reducing to eliminate these foods can improve weight loss and the sustainability of keeping off the weight long-term. This is a lifestyle food approach not a short-term diet.

Mediterranean Diet

- Meals should consist of healthy lean proteins with green leafy veggies.
- Fruit servings: consider berries to lower glycemic impact. berries: black, blue, raspberries, or strawberries.
- Avoid fruits high in glucose: bananas, grapes, or oranges.
- Do not drink your fruit-eat it: Do not consume fruit juices, they increase insulin production and cause more fat storage.
- Nutritional labels: please focus on carbohydrates, sugar, and protein.
- The goal with nutritional labels are to have a higher protein content and lower sugar/carbohydrate content per serving.
- Eliminate breaded and fried meats from diet. Instead consumed broiled, grilled, air-fried, or baked without breading.

Nuts and Seed Basics

Many nuts and seeds are a good source of polyunsaturated and monounsaturated fats, which lower cholesterol and reduce heart disease risks that are higher in people with auto-immune conditions.

Anti-inflammatory nuts: Walnuts, Almonds, Pistachios, Flaxseed & Chia Seeds.



Pillars to decreasing inflammation & maintaining blood sugar; the keys to optimal health & weight loss.

A2M utilizes an integrative approach to our medically supervised weight management program, to help you achieve your weight and health goals.

- Each meal should include at least 20g of protein, a healthy fat, and a low plant-based complex carb.
- Avoid inflammatory oils and saturated fats; focus on olive oil, avocado oil, and nuts & seeds.
- Decrease and manage the symptoms of stress! Stress impacts blood glucose and triggers insulin resistance, leading to weight gain.
- Remove hormone disrupting chemicals from your environment as much as possible; this includes plastics, teflon cookware, perfumed personal care products.
- Avoid or limit processed foods and alcohol consumption as much as possible.
- Avoid diet trends, this is a lifestyle modification program that should be sustainable!
- Avoid diet trends, loads of supplements, or wild workouts.



Potential Anti-Inflammatory Foods that potentiate weight loss.

Turmeric

Use as a spice in food or to make a golden latte with turmeric and milk of choice

Fatty Fish & Olive Oil

Foods rich in Omega 3 fatty acids are naturally anti-inflammatory and can improve metabolic health.

Antioxidant rich fruits & vegetables

Blueberries, cherries, peppers, spinach, kale, avocado, walnuts, & broccoli

Coffee

Multiple studies support that coffee consumption increases metabolic activity and Bifidobacterium, one of the most active health-promoting bacteria in the gut. Studies suggest coffee leads to a more diverse bacterial microbiome in long term drinkers and a healthy gut. A healthy gut promotes hormones balance and efficient immune system regulation. However, individuals with significant anxiety should consider limiting caffeine. Mindfulness of additives to coffee, such as, heavy cream and sugars impact may weight gain.

Intermittent Fasting

- To start, Consider an 8/16 eating window: 8-hours of eating time and 16-hours of fasting for the 1st month. Then consider a 6/18 eating schedule. 6-hours of eating time and 18-hours of fasting.
- If no diabetes or diabetic medications, may consider 2 meals per day with one protein snack in between, if needed.

Timed Eating

- 10 AM and 3 PM OR 11AM and 4 PM.
- Benefits of intermittent fasting: increased human growth hormone production by 140%, and increased apoptosis (self-destruction) of senescent cells (cells that are no longer functioning and leach energy from the mitochondria of healthy cells).

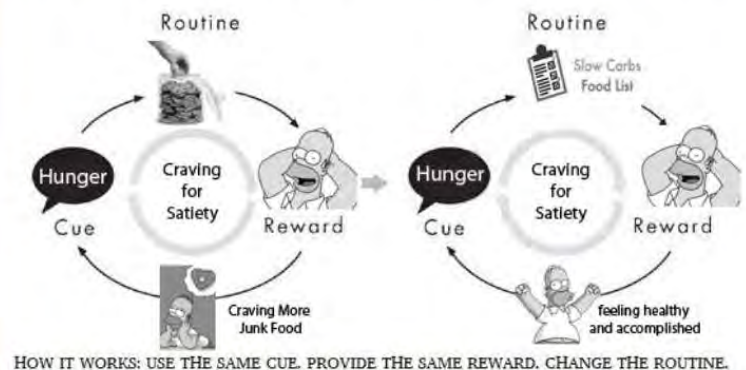
Weighing

Weight should be measured weekly, ideally, you should weight every day to promptly respond to any amount of weight gain.

Clinical weigh-ins: Every 30-days, if no improvement we will consider advanced weight management with Semaglutide or Tirzepatide for weight management or increase the current dose of Semaglutide if already on this therapy.



You Can't Extinguish a Bad Habit, You Can Only Change It.



Developing New Habits

All habits are formed in a habit loop. A habit is an automated behavior that the brain repeats because it found it rewarding. Habits have the power to change behaviors. Focusing on creating an effective system to achieve your goals is more important than focusing on your goals. Goals are transient but habits are sustainable. 4 stages to establishing good habits to replace bad ones can develop a feed-back loop for a life-long system of healthy lifestyle choices.

1. Cue
2. Craving
3. Response
4. Reward

Cashew Milk

Soak cashews overnight or in hot water for 30 minutes before making the milk.

Drain and rinse the cashews and blend them in a blender with 3-4 cups of clean water.

Strain the milk using a cheesecloth, a fine mesh strainer, a napkin or a nut milk bag .

You may add dates, honey or maple syrup in small amounts for sweetness.

Enjoy your cashew milk hot or cold!

Tips

Use raw unsalted cashews is the best option, but you can use roasted cashews instead.

You may replace cashews with any other nut and make a different type of plant milk.

To make this homemade cashew milk, use just 3 cups of water (750 ml), try it first before adding more water to obtain the texture you're looking for. Use a bit less water for a creamy texture and a bit more for it to be more liquid.

Use a high-powered blender or a regular blender.

You can also incorporate some other ingredients like vanilla extract, cocoa powder, ground cinnamon, or sweetener (dates, sugar, maple syrup or agave syrup, etc.) for dairy-free milk full of flavor.

Cashew Cheese

Ingredients

- 1 1/2 cups raw cashews*
- 1 garlic cloves
- 1/4 cup nutritional yeast
- 1 cup unsweetened almond milk, plus more to thin if necessary
- 1 Tablespoon, Durkee RedHot hot sauce
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon paprika or pimentos, 1 small jar for color
- 1/2 teaspoon onion powder
- 1 teaspoon dijon mustard
- 1 teaspoon salt, to taste
- Freshly ground black pepper

For firm cheese, use 3 Tbsp Emes Kosher Gelatin

Instructions

- *Soak cashews in 4 cups of water for at least 2 hours or you can speed up the process by boiling raw cashews in water and placing over high heat then turn off the heat; let the cashews sit for 30-45 minutes in the warm water, then drain.
- Once the cashews have finished soaking,: add drained cashews, garlic, nutritional yeast, almond milk, hot sauce, turmeric, paprika or pimentos, onion powder, dijon mustard, salt and black pepper to a high powered blender. Blend until a thick sauce comes together. If you want a thinner sauce, add a bit more almond milk. Taste and adjust seasonings as necessary. Enjoy! Serves 6-8.

Dairy-Free Recipes

Health Salad Dressing

1 Cup Cashews

1/4 Cup Lemon Juice or one fresh squeezed lemon

1 Cup Olive Oil (Extra Virgin) Strain the milk using a cheesecloth, a fine mesh strainer, a napkin or a nut milk bag .

Pinch or Salt & Pepper

Blend in a blender or with a hand emersion blender until smooth.

Enjoy over salads or use for chicken salad mayo base!

Tips: Use a bit less water for a creamy smoother texture.

Use a high-powered blender or a regular blender.



Sweet Nothings

Ingredients

- 6-8 Dates, pitted.
- Cashew or other nut butters
- Favorite Nut (peanuts/almonds/cashews)
- Lillies Unsweetened Chocolate
- Kosher Salt granules



Instructions

- Roll our dates between 2 pieces of wax paper with a rolling pin until it forms a thin date sheet.
- Fill one end with nut butter and place nut along the butter.
- Roll date sheet with nut butter and nuts into a roll, "like Sushi"
- Once rolled, cut into 2 inch long pieces
- Melt Lillies Chocolate (sweetened with stevia)
- Dip each date/nut piece into chocolate and place on wax paper and sprinkle top with a small amount of kosher salt and place in frig until hard.
- Enjoy no more than one piece per day with hot tea to satiate that sweet tooth without refined sugar.

8 *Reasons to Consider a Medically Supervised Weight Loss Program*

- 1 Safety:** Medically supervised weight loss programs prioritize your safety above all else. Trained medical professionals closely monitor your progress, ensuring that the weight loss methods and strategies used are safe and appropriate for your specific health needs and conditions.
- 2 Personalized Approach:** Medical supervision allows for a tailored approach to weight loss. Healthcare providers consider your unique medical history, current medications, and any underlying health conditions, designing a program that aligns with your individual needs and minimizes potential risks.
- 3 Professional Guidance:** With medical supervision, you benefit from the expertise and guidance of healthcare professionals who specialize in weight management. They provide evidence-based strategies, nutritional advice, exercise recommendations, and behavioral counseling to ensure you make informed decisions and maintain a healthy approach to weight loss.
- 4 Comprehensive Evaluation:** Medical supervision involves a thorough evaluation of your overall health, including assessments of body composition, metabolic rate, hormone levels, and potential underlying factors contributing to weight gain. This comprehensive evaluation helps identify any potential barriers to weight loss and allows for targeted interventions.
- 5 Monitoring and Adjustments:** Regular check-ins with medical professionals allow for ongoing monitoring of your progress. They can make necessary adjustments to your program based on your body's response, ensuring that you continue to progress safely and effectively towards your weight loss goals.
- 6 Addressing Underlying Health Conditions:** Medical supervision is particularly important for individuals with underlying health conditions that may affect their weight loss journey. Healthcare professionals can identify and address these conditions, such as hormonal imbalances, thyroid disorders, or metabolic syndrome, to optimize weight loss outcomes.
- 7 Medication Management:** In some cases, medication may be prescribed to assist with weight loss. Medical supervision ensures that these medications are administered safely, with close monitoring of potential side effects and interactions with other medications you may be taking.
- 8 Long-Term Success:** Medically supervised weight loss programs prioritize sustainable lifestyle changes rather than quick fixes. Healthcare professionals provide ongoing support, education, and behavioral counseling to help you develop healthier habits that can be maintained in the long run. This comprehensive approach increases sustainability and long-term success in maintaining a healthy weight.

Taking medications alone will not yield in substantial weight loss, therefore your program must integrate behavioral modification, exercise, and caloric restriction to achieve success. With A2M's tailored programs and support, reaching your goals is realistic and enjoyable. Augusta Anti-Aging Medicine offers a comprehensive medical evaluation, adaptogens, nutraceuticals, and prescriptive medications to take your weight loss to the next level. With knowledge, guidance, and a holistic approach, weight loss does not have to be an unpleasant experience, but instead a time of personal growth, attention, and increased vitality. It is our passion that our clients are well informed and empowered during their journey and can rely on accurate information from medical experts in the field of hormones, anti-aging and metabolic health.

Thank you for trusting us with your care! I hope you have found this information valuable and empowering to promote lifelong changes to excel in your weight loss journey.

Make an appointment today to get started and let us partner with you in meeting your health goals!



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