Unlocking Weight Loss 360: A Comprehensive Approach to Lose Weight | Dr. Kendrick Heywood | Ep. 12 Transcript

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Weight Loss 360 Overview

Weight loss 360. The first step for the weight loss, 360 will be getting a history and physical. What are we trying to figure out on the lifestyle assessment?

You're going to get medications, any past medical history, their lifestyles, what kind of foods they're eating, how they exercise. And the main key ones you're looking into would be a person's metabolic health.

South Florida, we had one of the most fit populations in the U. S. I was in Greece, I ate three times a day, and I lost weight. Wow. No high fructose corn syrup, no processed foods, No added sugars.

You see the Jeff Bezos and Zuckerbergs, trillionaires. They put in so much money into their health. There are fit machines, both of them. Health is wealth, baby.

Welcome to a Healthy Point of View podcast. I'm your host, Sam Tahata, and today's topic is gonna be a fantastic topic. We're gonna talking about weight loss 360. And who do we have here today?

We got him here for the second time. I'm doing great today, Sam, how are you? Pretty good, man, pretty good. So, Dr. Heywood, a lot of people out there are getting their bodies ready for the summer.

They want to get that beach body. Tell me a little bit about this weight loss 360. You and I have been talking, going back and forth on it, and obviously we get a lotta people that come in and they just want the magic pill.

People are like, oh, I wanna get the semi-glutide injection is gonna do the job, or you get the people that are just saying, hey, I'm just gonna eat healthy, Or you got the other people, that start saying I just wanna work out, and that's it.

But truthfully, there's a lot more to that, And that what Weight Loss 360 is all about. So, what's the first step for Weightloss360? I mean, the first step, I think, for the Weight Loss 360 would be getting a history in physical.

And that's going to be the cornerstone of all your weight loss consults. Are you trying to assess a person's diet? Are they exercising? Or are they supplementing?

Lifestyle Assessment and Medical History

And that's going to be like the three pillars of health I call. It's gonna be the cornerstone of all our patients like health, making sure they have the right diet, exercise, and taking the rights supplements.

And then after that, I have an assessment at Likavita and one of our offices will look under the hood and we'll get labs. Right, right. Okay, so first step here, they're doing that lifestyle assessment, which that's part of that medical history and the whole history that we're doin'.

So that Lifestyle Assessment, what does that consist of? Does that consists of how they typically eat on a day-to-day basis? Do they consist their sleep patterns?

What are we trying to figure out on the Lifstyle Assessment? I mean, you get a lot from Lifestyle Assessment. You're going to get medications. Did they have any surgeries?

Any past medical history, which would be very important, especially when we're looking at a person's overall health

and wellness. And we get into their lifestyles.

What kind of foods they're eating, how they exercising, and how often, times a week, what's the quantity of the workouts. Two, three hours a day, five hours.

We try to give very detailed history in our lifestyle assessments, including all their medications, past metabolic health issues, et cetera. See, one thing that you just said is lifestyle, right?

Lifestyle has a huge impact on how much weight you gain or how you can control your weight. So when we do that lifestyle assessment and we talk about lifestyle we're also looking at how often you go out to eat.

What are you eating when you go out to eat? Are you exercising? are your drinking and smoking? You know, all of those things have an impact on one's health in general.

So lifestyle assessment. Okay, so we got lifestyle assessments. Then from there, we're looking at their different symptoms, right? how they're feeling, and then obviously most clients that come in for weight loss 360, they have certain goals that they try to reach.

So let's talk about that looking under the hood. It's a terminology that we use often in liquid Vita, looking into the head. Obviously, we're not mechanics, were not working on a car, but we use that analogy as so, right?

So what are the few steps when we doing looking under the hood and looking at all the different patients' data? Well, you know, the main thing we look into, especially when you got like biomarkers, and we looked at a patient's labs.

And look at Vita, where we run a very, abundant or plethora of lab testing. We run over 100 biomarks. And the main key ones you're looking into would be a person's metabolic health.

So that would with the hemoglobin A1C, which checks a persons average blood glucose over three months, lipids, also their liver function tests, their livers healths.

And we even take a couple steps forward with the serotonin protein, and also a person's kidney function. So we get a very, you know, abundant good look at someone's metabolic health.

And, we look even at the cardiac IQ, looking at genetic markers, because not everyone who eats well, contrary to popular belief, is going to have good cholesterol.

So, we take a good look to see, like, also what genes you have that could be a reason why you had high cholesterol, even if you eat vegan food all day.

So we're looking to people's or persons, you know, metabolic health to se if they have the diseases that they can contribute to, to eat a lot of processed foods or having, facial fat.

which is that kind of toxic fat that kinda wraps around the organs, it comes around to the spleen, the intestines, to liver, and that can be a key to many metabolic diseases.

Comprehensive Labs and Metabolic Health

And we look at the person's other history, too. To see if they have any autoimmune disease, right? Rheumatoid arthritis, lupus, even other inflammatory problems.

So we take a very good look to see they had any cause of anemia to also gain weight by having hypothyroidism. or have a look at a person's testosterone to see if they got low T contributing to them to put on a lot of visual fat and put weight very easily.

Right, right. So we're looking at all of these different biomarkers, and you're naming. Tons of them and I hope everybody's following along and they got a little pencil a notepad and taking some notes here because it is quite a bit and that's why it's called weight loss 360 because It's not just one thing that we're looking at because people that are struggling with the weight Sometimes it's not what people think it is, right?

It could be a hormone imbalance, a thyroid issue while they're gaining all the weight. It can be how you said earlier, it could a certain issue with their glucose, insulin, the hemoglobin A1C.

But actually, just this weekend, I was with my business mentor, which you know, Yadik Tadla, and I see him and he's just like shredded. I'm like, dude, what is he doing?

And he started explaining to me, he has actually been wearing a glucose monitor, right? So, then it's connected to an app. And his personal trainer, which he's done content with us and whatnot, Chris.

So his person trainer has it on his app too. Now he is holding him accountable. And when Yada goes out to eat for dinner and what not, He's not allowed to have any of the crazy desserts because if not, the app starts going crazy.

His personal trainer, even though the personal trainers not there, he starts getting alerts and then he's all on top of them. Like, hey, you can't be eating that.

You need to stop that and it's really worked. So what do you think about those glucose monitors? I think it's amazing. And a lot of the principles that we have at Look-A-Vita, because we're not just like any of these weight loss centers across the country where it is on the phone with you, doing a Zoom.

We actually do a really good job of providing you that 360 weight-loss experience because you're getting you know, instruction with the diet, exercise, and those are the core principles we preach for the patients.

I would tell them like this, Simba Guta gives it off, your lifestyle keeps it up. Ooh, I like that, that's pretty good, it's hot. So the other part is trending these results because I've actually heard like horror stories of people getting on some of these medications and they're losing weight, but they are not even losing fat.

They're actually losing muscle weight. So part of that is the body composition analysis, right? So we have a few different technologies that you use with the patients.

What are those technologies so people have better understanding of When we say looking under the hood, it's not just the blood work and looking at the biomarkers.

It's also looking a body composition analysis to see what your body's made up of, right? And we have some great technologies in the office. My favorite one would be the DEXA scan.

That looks at, you know, uses one day's radiation to look at your bodies composition so it goes through your buddy. And it is probably one of the most accurate breakdowns you can get in this country of a good look into your body's composition, from your muscle, fat composition to water composition.

And think about this. We can take a look at someone and say, hey, you have a pretty, fair level of height to fat ratio. Let's say we have someone like The Rock who comes in, let's see, like 250 pounds.

You know, the BMI, that can throw him off and say he's overweight. But with our instruments, we can look at him and said, hey, you are like at the top 5% in the country, because you have a great fat to height ratio, which is a better look as someone's, um, body composition.

Because I think Bmi throws everyone off. Throws it off, right? And that's the difference between true body composition analysis versus just getting on a regular scale that gives you total weight.

Because you got your bones, you've got muscle, your adipose fat, visceral fat. You got extracellular water,

intracella water. So if you don't have the actual data, that calculation, what are you losing?

Are you loosing 20 pounds of what? 20 lbs of muscle? Or 20lbs your bone? Your bones are becoming fragile? That's not good. And, you know, in South Florida, we have one of the most fit populations in the U. S.

We have won several years in a row of having the more fit population. And it makes sense. we had a lot of Instagram models in south Florida. From Boca, right, to Miami, We know some people personally.

and that's why a lotta people come to our office because we look at these instruments. I tell you all the time, I know the BMI. For like, especially the men, I'll go straight to the body fat percentage.

That's like my go-to test. Right. And see how much. Oh, you got 5%. You like a beast? 10%, 13%? Or you starting to get under 17%. So that's a true look, what I look into to see a person's weight.

and see if they're in a good range or not. Or someone in their 30s or 40%. So the BMI thing is an outdated test that a lot of these people that sit on the scale is a very cheap and easy way to look at it, but I don't think it's the most effective.

Right, right. All right, so we have a few different steps so far. We got lifestyle assessment, lifestyle questionnaire, that's looking at how you're feeling, looking that lifestyle.

Body Composition and Metabolic Testing

Then we're talking about looking under the hood, doing the comprehensive blood analysis, which we doing everything from hormones, look at different inflammation markers, autoimmune issues, micronutrients deficiencies, we also looking certain metabolites like B12, L-carnitine, methanin, inositol, choline, all of those, right?

Then we're doing the body composition analysis with the in body and also the DEXA scan. What's next? What what's the next looking under the hood that we are going to go ahead and run?

And listen, we we haven't even for the listeners, We haven' even got to the treatment. Or we haven't even got to the nutrition. We haven' even gotten to exercising.

This is the first step to figure out what the heck is going on with your body. Why can't you lose weight? Why are you gaining weight. So we're not even to part that everybody just rushes to.

What's next about looking under the hood? Well, look, we do a pretty comprehensive analysis. So we get the labs and the DEXA. There's other tests I like that we run in our office.

We do VO2, and we look at the patient's cardio metabolic health. And one of my favorites would be the PNOA, that one looks into a person's true metabolic rate.

Because, like, a patient with a 1,300-millibiotic rate versus someone with the 2,500-metabolic rate, that's another, you know, good keep there to see, okay, how come this person who's, doing all this activity, not losing weight?

So, and for those people who don't know what the VO2 Max is, right? So most people, once I explain it, they're like, oh yeah, I've seen that. And they typically see it like with an athlete, where they are on a bike, a stationary bike.

They have a mask over their face, that's connected to a system, software. Right? And sometimes they also even run a 12 lead EKG, depending what device they have.

And then what it's doing, it basically increasing the endurance and it putting them through strenuous exercise and then seeing how their body's functioning as they breathe, inhale, exhale.

And that VO2 max, some of the things it looking at, and correct me if I'm wrong, we're looking endurance, right?

Cardiovascular function, cardiovascular health, in fat burning zone.

Absolutely. Okay. All right. So so the vo2 max really good to get a good bird's-eye view of how those three things are going inside of your body Now there's another test that's combined with the pinoy And that which one is that that the the resting metabolic rate, right?

So what what does that do? in that test And you know, that's a good look at a person's metabolic rate at rest, meaning they're doing no activity. They're almost like in a comatose state, they at home all day, being stationary.

And that gonna get a look, get good at how much calories they are going to burn when, you now, their at-rest. Okay, thats cool. So what do I do with that information though?

Yeah, because think about the patient, like let's say, if I got them doing strength exercise or, you know, their dieting, and let's say they're going down to 1,300 calories per day, if the metabolic rate is too low, they not gonna lose weight like that.

And that's what you're talking to see all the patients get frustrated because I have patients that says, I diet and I exercise and eat right, but they don't lose any weight.

and then we put them through our program, you know, they start losing weight. So it really kind of sounds like you're talking about personalized medicine, right?

Right. This sounds, like, precision. Yes. Because if we're taking about figuring out how many calories someone's burning at a rested state, and now you are able to customize their nutritional plan or you're able to customize their exercise plan, like how many calories we want them to burn so they can achieve their goals if they're trying to put on lean mass or lose weight.

I mean, we're diving deep into the individual's data. That's right. And listen, data is king. I always tell people, in God we trust, everybody else produce data.

That's right. And I don't care who it is. The only person I trust is God. Everybody else produces data, so if we're getting that type of data alongside with all the other personal data…

I mean, this is weight loss 360 right here. We're only at like weight-loss 180 so far. Right. But we still got a lot more to cover. Yeah, we don't even touch the whole topic of it yet.

And you think about that, if you intervene in somebody's diet, now you understand how much they can intake, and they're also gonna understand, how they have to burn.

Let's say they do so much cardiovascular activity, or start doing HIIT exercises, right, high intensity. Now you have a good idea of how I need to be in deficit to even lose.

Because it's so, so tricky to lose weight. Think about this, I have lot of patients that you know, that'll work out, they're very active, five days a week, and they still have, you know, a lot of weight to lose.

Because we're still in this area, like, in South Florida, we have so many gyms, not like Indiana or Nebraska or the parts of the country that are very sedentary.

We have a very fit population here, people still need to loose weight. So it's just not this one size fits all. And that's why I think we do a good job at Licca Vita.

Cause I get a lotta cases where people who failed, to you now, lose weight with trainers. Right, right. You know, I was talking to one of my buddies who's a trainer, Danny Pham, and one thing that he mentioned, he says what he loves about working with somebody like Liquivita, a wellness center, is that we truly help bring the word personal back into personal training, right?

Because really, a personal trainer is working on that personalized approach with the client, and what ends up happening is people go the easy route, it becomes a very cookie cutter type of technique or method, that's not really what works for people.

So we got all of the data. Now what are we doing on the clinical side? So I mean, this is where the rubber meets the road. And this when you start to move the needle with your patients.

So after we get like our imaging, that's the scan, we'll get our labs, We get a confrontation.

Personalized Treatment Planning

Now we start going to the interventions to get all patients to lose weight. A lot of people want to go into it one way, but at Lick-A-Vida we do a full 360 model.

One of the cornerstones of our treatments is that we also give out a peptide. And there'll be, like, growth hormones recruited guys like CJC25. No, hold on, there's gonna be people listening.

They're like, peptides. This sounds very scientific. What's a peptide, Dr. Haley? So those are amino acid blends. And what they do in your body, they trigger certain responses.

Like a CJC will stimulate in you body from your pituitary to secrete large amounts of HGH. Okay. When the HGH goes to the pitutary, it goes through your liver.

and at least some allotropins, it ends up turning into IGF-1. And what's that do for you is, that helps you get good lean muscle, recovery, and also helping you inhibit visceral fat production.

Because when you look at growth hormone, when is it highest? in the morning. You understand it helps you sleep. So like growth hormone, you see a lot of folks talking about the benefits of another diet that we recommend.

Intermittent fasting. Because when you have lower fasting blood glucose, your body stimulates IGF-1 production that increases glucose but also helping you build lean muscle and getting good recovery.

That's why you hear all the people talking now, intermittent fasting and its benefits. They'll go 18 hours a day without eating. Oh, yeah. 18 Hours? I have six hours of eating, one to seven.

I've been even hearing people talk about doing, like, 72-hour water fasts. Yeah. And even longer. Seven-day waterfasts? Yeah, I was doing 72 hour water-fast.

Sometimes I would do, even, juice fast for a couple days, but it makes a big difference. Like, chicken now, especially that difficult visual. Helps reset the gut and everything, gut health.

That's right. Which, that's a bit component to gut-health, right? So, okay, so we're at the peptides. Let's talk a bit about the different peptide that are good for the weight loss 360 programs that we do.

So what kind of peptids do we have that a good weightloss? So the first one we recommended for like the maintain muscle weight-lose. Weight loss. So our weight loss, and we look into our peptides, we're looking into like the semaglutide.

Okay. Contrazepotide, We've been writing the medication probably for four years now, And we've probably covered maybe over 10,000 patients, so we have a lot of information on it.

But what we understand is that, you know, it does suppress people's appetite, but you, know with the Iquitin effect, A lot of it is that it helps regulate, you know, insulin, especially when you eat something oily.

Your body's going to regulate insulin and by spiking insulin your body will be able to burn glucose, deplete

glycogen, and go on to something called ketosis.

That's when your bodies uses fat for fuel. And that's the key to weight loss. We all go through it. So I want to touch up on that a bit, because I took the turzipatide and I had amazing results.

And I talk to everybody about it. I tell them all the time about how it worked, and yes, it does suppress your appetite. One of the first things that kind of come to people's mind is they think it's like one of these appetite suppressants, right?

The amphetamines and stuff. What I try to explain to them is not that. It's almost like it takes the cravings away. And when I started doing a little bit of research on it, because obviously I try to research anything that I take, you just mentioned earlier about the insulin secretion, how it actually slows it down, and what happens also when you get that insulin secretion is that it slows the digestive system down.

Right, so slowing that digestive is where you that good feeling that you're full, And that's why you have more of that appetite suppressant, which I like to say more, it's like, you get rid of the cravings.

So if you like walk in by one of these barbecue food trucks, if love barbecue, and you smell it, You're not gonna be like oh, I gotta go have some of it.

Because it just like you feel full, right? And you're talking about how it really works because I remember that phone call, you called me about it the first time.

It was like, I think it was fall 2020. You said, hey, we know about this, brother. We giving this out to everybody. I was kind of mad because you knew about, and you never shared the secret sauce.

He's like Sam, Sam I've been writing this for people already for like six months. and I haven't got the secret sauce yet. But that's what happens, is we get so busy taking care of other people, we actually forget about ourselves.

You was busy, I didn't want to bother you about a new weight loss drug. And then he took it, and like, four, he lost about 30, almost 40 pounds.

Peptides, GLP-1s, and Fasting

We both did. Yeah, it was a lot. And one thing about the Zeppetide, he was right, I felt like minimal side effects on it. And you know, you hear all these rumors about folks talking about, oh how you feel, because one day I want to touch at it, but I got patients that don't eat a lot, part eat like a thousand pounds a day, without taking the Zepetite, and they're still losing weight.

Because you got to understand how does this medications, peptide affect your metabolism? That's the breakthrough, not just like the ACG diet or the fentanyl when you stop you from eating.

It also affects your body metabolism because it regulates insulin and you got the delayed gastric emptying. So that's really a good number on patients even though they don't eat a lot to lose weight.

We see that all the time. With a lotta these medications, these peptides, the GOP ones, like semiglutides or zipotide, and I think they're actually studying a new one that works on three receptors, we'll see what happens with that.

There's a certain thing that people have to take in consideration that I had to taking consideration, which was making sure I'm eating the appropriate foods, because if I eat anything that's too high on carbs or sugar or too greasy, I feel like crap, right?

So why is that? Why do people feel that way when they eat nasty, the bad? Yeah, I think it's part of that effect for the incretins too, because I notice anytime I try to put in too much sugar, my body just really rejects it.

But I do think some of the effects of gastric emptying have to be when you try and eat fatty foods or you take in to much glucose. Especially if it's just sitting there and your digestive system is already slowing down, right?

That wouldn't make sense. So I had the opportunity, so my publicist got me interviewed by News Nation. And I really didn't know, it was like at eight o'clock at night, she just calls me up, and she says, hey, they need to interview a health and wellness expert on semi-glutide and these different GOP ones and whatnot.

you know, what they think about, like, the nutritional side of it. So, as I start having this interview and talking to the host, she starts telling me, hey, we're interviewing because Nestle just went ahead and opened up a whole division in Nestlé to create prepackaged foods for people on semiglutide.

Ain't that crazy? So many people are actually getting on this medication and understand that there's an important component of the nutritional side of it that now you got these big mega companies getting involved and trying to create pre-packaged foods.

Now the scary part about that is what the heck is these companies like Nestle, what are they going to start preparing in these pre-packaged foods? Because if they start putting all the crazy chemicals in everything, now we got all these different toxins going into the person.

That's a problem too. I saw a thing with Weight Watchers. They put a whole blog about how we're past the diet phase of weight loss right now. because I've seen all kinds of diets work, pescatarian, vegetarian, carnivore, keto, paleo.

I seen thousands of times he died work. But they're saying now, we're no longer in the diet phase. We're more into the zympic or the GLP-1 agonist phase right now for weight loss.

And I would say one thing, What I've noticed that's a big game changer for most patients is avoiding processed foods. And that one thing I'm seeing that makes the big difference in my patients' lives, the more they avoid fast food and processed food, that the biggest issue.

Because I was in Greece, I ate three times a day in Santorini. I lost weight. Wow. Why do you think that is the case? Well, you know, no high fructose corn syrup, No processed foods.

I mean, it made a complete difference. No added sugars, right? Even the Coca Cola we get, in the US versus Mexico. It's a totally different ingredient space that in Europe would be century-legal.

Even the McDonald's, the fast foods, a lot of things that they put into these foods in America, we can eat, but overseas, it is bad. Isn't that scary?

Very. When you think about it, where literally their government does not allow them to put certain chemicals in the foods in these other countries because they're bad for people.

But here in The U. S., we're putting everything in it, just mass production of food. Yeah, they made an invention, and the food that they invented, it can handle You know, bugs, it grows super fast, but is that the best for us conventionally?

I told people, I don't even call it organic vegetables, because that's a waste. Because what did the Mayans call, or the Egyptians, did they call organic?

Exactly. Think about that. It's supposed to be called just a vegetable. There you go. Traditional agriculture. That's it. I don't call it organic. If the Egyptian didn't called it, all the Mayans, what'd they have?

I mean, the other day I saw something on the news, even like these ice cream sandwiches. The guy took the ice-cream sandwich out of the freezer and left it on a counter for 12 hours.

And the damn thing ain't even melt. You know why the other day? Because we all grew up in a certain, we also grew in the 80s. I remember when I was a kid, like bread, you had about two, three good days of eating that bread and it was actually soft.

On the sixth, seventh day, You wouldn't touch it between all the mold and stuff. So I had some bread in my fridge, I took it out, seven days, no mold.

Like this stuff's indestructible. Or bananas, remember bananas? These would get really ripe in like a couple days.

Nutrition, Processed Foods, and Food Quality

No way. I know this one thing. Who knows what they're putting in that thing? Uh-uh, we don't shop like we used to. We used be in the store like every two, three days.

Right. Because all the fruits will start rotting in your house. That's crazy. Now it's like you think about it, like your bread don' go stale that fast.

I mean, a day or two still good. Where they have that? Or like even the vegetables, bananas. You can't eat bananas in a week. You have about two, three days on yellow bananas, right?

They better be green coming in to be out like seven days. Yeah, I remember. That's how my mommies do it. So I'm looking like, dude, our food does not get rotten very fast.

But that's the invention of what you're seeing, because it's not organic. And you started thinking about it, it's like, back in the day, what started really helping starvation is like sanitation and refrigeration, right?

So if we have refrigerations, and even like you got things that don't have to be refrigerated and they're lasting that long without being refrigerating, that's something that you need to question, for sure, you know?

Or like for thousands of years you see in all these tablets, We used to fast, or we rationed food. Because it was actually hard to grow good vegetation for thousands of years, because we had crop rotation, nitrates to the soil.

We didn't know how the property would handle agriculture for a long time. So we were rationing our food, so we didn' eat plentiful. The time we're living now, we eating wrong.

we eat because of this. Yep, time, right? We're rushed. Eight, 12, Whatever's quick. Let me grab a bag of chips. I'm gonna grab this. Nah, I can't do why can we eat based on like in a man fashion?

Will you really want to eat? So this is the cool part because we're talking about food So, you know, obviously we both know jack fatale, who does functional fitness Alongside with how D fit does Functional Fitness and you Jack fatali she has an app which what we're working on is the nutritional component that helps with accountability.

And we haven't launched this yet, but this is something we are gonna launch, where the app has basically, for someone who's on semi-glutite, any of the weight loss drugs, instead of them having to go get these pre-packaged foods of whatever's coming out there, it has all of these different things that they can eat.

That's not gonna give them that horrible feeling, the greasy foods and everything. So, for me, nutrition is a very critical part of getting on this Weight Loss 360 program.

And for us, is we're gonna have that app with the Jack Fatali, and it's gonna happen, in DeFit, which we are gonna hit up, the exercise, right? The whole functional fitness side with Defit is the other part that we gotta talk about, because liquid Vita, Yes, we do all the clinical stuff.

We're gonna give you data, but we're not over here working you out. That's not what we'd do. But we got strong relationships. Again, how we said with like- Jack Vitale, D-Fit.

Shout out to them both. So with Dfit, he's a big part of our weight loss 360. Let's talk a little bit about how you work with doing the functional fitness and how important that physical activity is for people on that weight-loss 360? Well, it's everything.

Because a lot of time I think that we get so many referrals for LeukaVida, is that, we just don't give you that one-size-fits-all type medicine. You can go to Facebook, Instagram, and you can call a guy or a physician or MP or PA, you get a semiglutide or you could get tepidide.

Where I think we do a good job is, is that we get you a whole 360 model. So we a do corporate exercising. With Jack Vitaly and with DFIT, we give you personalized personal training programs.

Because you hear all these stories of people like, oh, you're losing so much muscle, which is another myth that we got to combat here, is that all of our patients maintain a good amount of muscle because they're active.

They're not at home all day taking simulutide or zeppetide and just shrinking by not just eating. So we do a job by incorporating exercise with Jack Vitaly and DeFit in these programs.

I also do my consults with a doctor in biochemistry. Because Likavita has like, I'm telling you, one of the most cutting edge programs, not just the, you know, personal training with D-Fit and Jack Fatali, but you got to consult a doctor and you get a consult with a biochemist who's kind of going over your biochemical pathways as well and trying to give you the best plan to also just lose weight, lose fat, also maintain good muscle, give all these peptides.

So we try to get you a whole 360 model getting your micronutrients, exercising, and just giving you a really good wellness console. That's amazing. So Dr.

Heywood, that there is what's going to get everybody ready for that beach body, for the summer bod, right? That weight loss 360. Just to kind of recap.

We're talking about coming in, lifestyle assessment, looking at how people are living, adjusting some of those lifestyle habits. We are looking under the hood, comprehensive blood work, body composition analysis, right?

Fitness, Accountability, and Long-Term Maintenance

Looking at the resting metabolic rate, VO2 max, and looking cardiovascular function throughout that activity, endurance, fat burning zone, then we're looking peptides, different supplementation, right?

The different nutrients, which we got Excite My that got the different fit gummies. That's all part of the 360, Right? Which we just did a podcast earlier on Excitemy.

So, you know, those nutrients are extremely important. And how do you what nutrients you need? We already know. Right. Based off of that data, because we're doing the blood work.

We're looking at the micronutrients deficiencies. And then that's where we start putting everything together with all of the different peptides medications, nutrition, you know, having the app and then also the fitness component where you're training with the DeFit, the Jack Vitaly and making it happen.

And we got also a look at Vita. We also work with fit pros, VIP pros that have a personal training background, too. And they're your personal concierge you speak to on the phone.

Right. So you got to also think about this. What other clinic going to give you these resources? Exactly. And that's why I think what Licavita has that strength is we're not just giving you, hey, come get semiglutide with us.

No, we give you all these resources and knowledge for you to get the best outcome possible. And I that why think of our patients that do lose the weight, We're getting 100% of patients gain all their weight back.

I wish we would, because we'd be double as busy. No. Right? No, we get… But we're here to help people out, help them maintain their weight off. That's right.

Majority of our patients keep their weights off because they do a good job. And that's how I look at success. For me is, I don't want them to keep coming back to me.

I want for them get the weight and keep the weights. I love that. I loved that, and Dr. Heywood, one thing I always tell people is they gotta understand the most valuable currency in their entire life, that this is a currency that they're never gonna wanna go ahead and trade it for anything else.

You're not gonna trade this currency on the stock market, right? And that currency is your health. And truthfully, once you got your heath, health is wealth, baby.

And think about what's going on in the world right now. Who's also taking care of their health? You see the Jeff Bezos and Zuckerbergs, they have the money, trillionaires almost, right?

200 billion these guys are worth. They got the family, but what are they doing right not this time? They're putting so much money into their house. Look at them both.

Yeah. There are fit machines, both of them. And they're putting money into other companies that are researching it because they want to know the next big thing.

That's right. Right. Because think about these guys. And these are high performing men. Only one thing can really sideline these guy or stop them right now in their career.

If they get heart attack, stroke, or some kind of serious medical illness. Exactly. So think of about this. You got the richest men in the world pouring in so much money to your health.

So you gotta kinda put these things in perspective. It's important. Follow them, watch them closely. Those are the guys to watch. That's right, health is wealth.

Health is well. Dr. Heywood, like always, it's a pleasure to have you on the podcast. We're just feeding tons of educational information, making people well, so obviously you're gonna be back on podcast again, some people gotta stay tuned.

Yeah, they need 2.0, I feel like we got a little more to talk about. But you already know, man. Listen, this podcast is going forever. So we got tons of different topics.

People are ready for it. They're hungry for, they're asking for more. I appreciated Dr. Heywood for coming on the podcast. And for all of you guys that are watching, thank you for tuning in to Healthy Point of View podcast, make sure you subscribe, follow, like, share, tune into the next one.