Struggling With Weight Loss Resistance

Do you constantly feel like you cannot Do you constantly feel like you cannot get any results when it comes to your get any results when it comes to your health and wellness and you feel like health and wellness and you feel like you're running your head against the you're running your head against the wall, which is the definition of wall, which is the definition of insanity, severe weight loss resistance.

insanity, severe weight loss resistance. So, no matter what you do, you're going So, no matter what you do, you're going to the gym, you're working out, you're to the gym, you're working out, you're eating right, all the things, right? But eating right, all the things, right? But you just can't move the needle. You're you just can't move the needle. You're just either gaining more weight or you just either gaining more weight or you just have the inability to lose weight just have the inability to lose weight that you've been struggling with for a that you've been struggling with for a very long time. you're starting to get a very long time. you're starting to get a lot of hormonal imbalances. Um, you feel lot of hormonal imbalances. Um, you feel like that brain fog is just taken over like that brain fog is just taken over and you're just bloated and tired and and you're just bloated and tired and you can't show up, right? You can't show you can't show up, right? You can't show up for life and you just want to feel up for life and you just want to feel normal. It gets to the point where like normal. It gets to the point where like it's not even a it's not even about the it's not even a it's not even about the way you look. It's just you feel like way you look. It's just you feel like your body is broken in some sort of way your body is broken in some sort of way and nobody seems to have the answer.

and nobody seems to have the answer. You've gone to the doctors, they tell You've gone to the doctors, they tell you your labs are fine, everything is you your labs are fine, everything is okay. But you know, because symptoms are okay. But you know, because symptoms are your body's way of telling you that your body's way of telling you that something is not right. Okay? As we something is not right. Okay?

Root Causes and Whole-Body Wellness

As we continue to age and we put more and more continue to age and we put more and more constant stress on our body through, you constant stress on our body through, you know, just being a mom and a mom having know, just being a mom and a mom having a job or even a guy, you know, that is a job or even a guy, you know, that is just working their butt off and they just working their butt off and they can't get results either.

can't get results either. What I see is that you have to start to What I see is that you have to start to look at the root cause and you have to look at the root cause and you have to look at it as whole body wellness. And look at it as whole body wellness. And that's what I do with clients. So, we that's what I do with clients. So, we take a look at nutrition, which is the take a look at nutrition, which is the foundation of everything. We get you foundation of everything. We get you strength training. Everybody needs to be strength training. Everybody needs to be lifting some weights. Um, we get your lifting some weights. Um, we get your hormones balanced and we get them hormones balanced and we get them optimized and your liver function and optimized and your liver function and you're detoxing so you're able to poop you're detoxing so you're able to poop again, right? You're not constipated or again, right? You're not constipated or having chronic diarrhea. So, we start to having chronic diarrhea. So, we start to tackle each one of these little things tackle each one of these little things if that whatever each person needs.

if that whatever each person needs. Obviously, everybody is an individual, Obviously, everybody is an individual, so every protocol is a little different, so every protocol is a little different, but a lot of times you do have to tackle but a lot of times you do have to tackle these as a baseline. So, getting these as a baseline. So, getting inflammatory foods out, working on the inflammatory foods out, working on the hormones, looking at the cortisol, hormones, looking at the cortisol, looking at your adrenals, looking at looking at your adrenals, looking at everything that kind of keeps your everything that kind of keeps your system running optimally, and then we system running optimally, and then we customize, right? We bring in all these customize, right? We bring in all these really cool protocols using really cool protocols using supplementation and peptides and things supplementation and peptides and

things like that to help you feel amazing and like that to help you feel amazing and actually move the needle. So, I've been actually move the needle.

Customized Nutrition, Hormones, and Detox

So, I've been doing really really amazing work when it doing really really amazing work when it comes to weight loss resistance. A lot comes to weight loss resistance. A lot of it can involve some peptide work, of it can involve some peptide work, which is really really um the the future which is really really um the the future of health and wellness. So, integrating of health and wellness. So, integrating that has given my my girls especially a that has given my my girls especially a sense of freedom from their health that sense of freedom from their health that I have never seen in my entire life.

I have never seen in my entire life. They feel normal, right? Can you imagine They feel normal, right? Can you imagine just being like you can eat what you just being like you can eat what you want as long as you're healthy, you're want as long as you're healthy, you're lifting weights, you don't feel like you lifting weights, you don't feel like you can possibly have to exercise. All of can possibly have to exercise. All of those things come in this package. Um, those things come in this package. Um, and that is through removing infections and that is through removing infections in the gut, balancing hormones, getting in the gut, balancing hormones, getting detox pathways working, and integrating detox pathways working, and integrating some peptide protocols because I really some peptide protocols because I really feel like those are are the the powerful feel like those are are the the powerful molecule that pushes the needle. You may molecule that pushes the needle. You may have no idea what I'm talking about, but have no idea what I'm talking about, but that's why I do a free clarity call. You that's why I do a free clarity call.

Peptides and Personalized Protocols

You can call, we can talk about all of these can call, we can talk about all of these things. Um, we hear I do a full health things. Um, we hear I do a full health history. I listen to I listen to your history. I listen to I listen to your story, okay? and I take your symptoms story, okay? and I take your symptoms and all those things and I bring it full and all those things and I bring it full circle with what the labs say and what I circle with what the labs say and what I see. And then from there, we get to see. And then from there, we get to customize and we get to play and then we customize and we get to play and then we get you optimized and you're feeling get you optimized and you're feeling good. You're feeling like a good mom, a good. You're feeling like a good mom, a good parent, uh a good sibling, a good good parent, uh a good sibling, a good husband or wife. You show up, you're husband or wife. You show up, you're showing up for work and then we get to showing up for work and then we get to heal the body on a really deep level.

heal the body on a really deep level. And it's just a really powerful thing um And it's just a really powerful thing um to invest in your health in this way.

to invest in your health in this way.

Free Clarity Call and Encouragement

So, book a free clarity call and we can So, book a free clarity call and we can talk about all the things um health and talk about all the things um health and wellness and get you feeling optimized.

wellness and get you feeling optimized. I promise you, promise you, promise you, I promise you, promise you, promise you, there is a light at the end of the there is a light at the end of the tunnel. I know it doesn't feel that way.

tunnel. I know it doesn't feel that way. I've been in your shoes. I've struggled I've been in your shoes. I've struggled with weight loss resistance um a large with weight loss resistance um a large majority of my life. And as you start to majority of my life. And as you start to heal and fix and remove infections and heal and fix and remove infections and you get to just live a life where you you get to just live a life where you almost just feel so passionate about almost just feel so passionate about just upleveling and up like it gets just upleveling and up like it gets better and

better. You know, you you better and better. You know, you you never knew you you could think the way never knew you you could think the way that you think at the age that you're a that you think at the age that you're a your age that you are. So, um I strongly your age that you are. So, um I strongly strongly recommend booking a clarity strongly recommend booking a clarity call. Um it's free. I love to hear call. Um it's free. I love to hear stories. I love to meet people. I'm a stories. I love to meet people. I'm a super extrovert. So, you will be talking super extrovert. So, you will be talking to me and um it's it's fun. So, I look to me and um it's it's fun. So, I look