



Girlfriend,

YOU'RE NOT OVERWEIGHT,

YOU'RE **INFLAMED**

The 'once and for all' weight loss solution



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INTRODUCTION

Does it seem like no matter what you do, your body can't shake the extra weight? Or, that you gain weight for no real reason? Trying to lose weight can be a frustrating journey, especially when you're doing "everything right." Everyone has an opinion about why you are overweight, and what you should do about it!

Every other month, there seems to be a new fad diet with the "key." It works for some, but not for you. Or, it works for a while, but it isn't sustainable because of the price of ingredients, your lifestyle or because it's not actually healthy for you, long term. And isn't that what you really want - to feel healthy and vibrant, and to enjoy the freedom to live your best life?

Achieving optimal health, becoming your strongest, healthiest, most confident self, and learning how to maintain that for life. That's my focus in this Guide.

Hi, I'm Kendall Mackintosh. I know firsthand how difficult it can be to find the answers to health challenges. Food and nutrition have completely shaped my life.

I grew up playing in the dirt on a farm. Big traditional holiday meals, home cooking and weight were all part of my childhood. But I was always a healthy, active girl growing up. I was a dancer, played sports and was a cheerleader. As a result, I have always been very in tune with my own body.

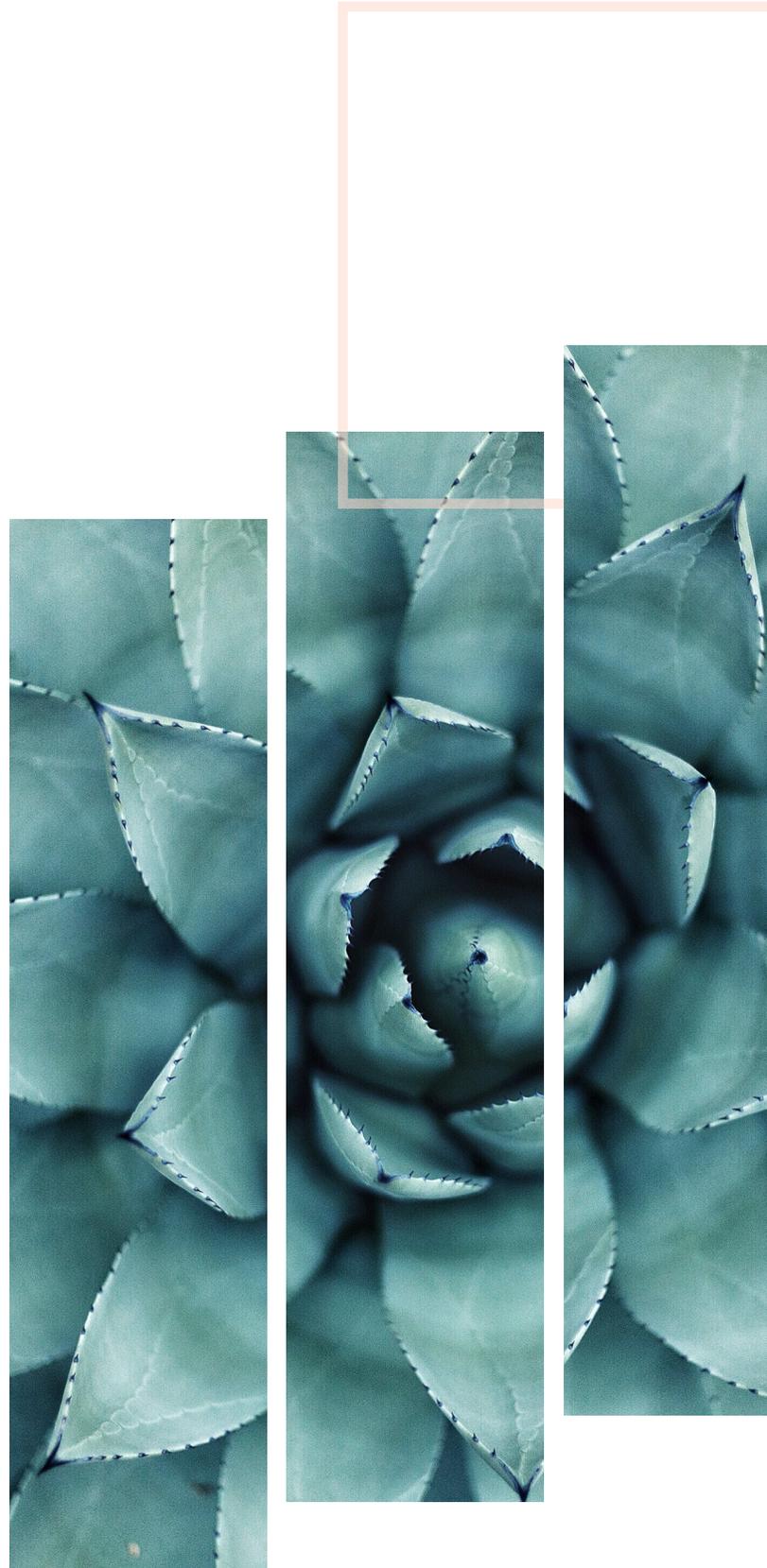
As a little girl in the 80's, I watched my dad totally transform his health with the fad diet of the time, Fit for Life. At a young age, it had a big impact on me to see him turn to healthier food and lifestyle choices, lose a significant amount of weight, and regain his health.

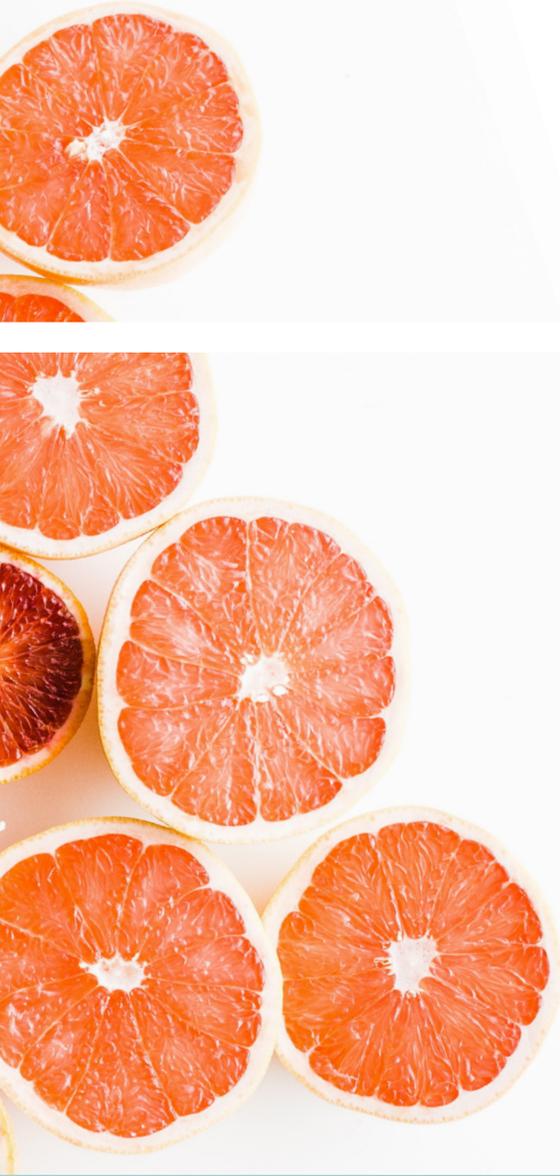


In my 20's, things started to change. I was married and pregnant with my first child when I started to be exposed to harmful chemicals, modified foods, toxins and dangerous products. I started researching, asking questions and learning about everything organic, plant based and chemical free. It bothered me to know my baby's generation would face higher rates of cancer, heart disease, autoimmune disease and many other health problems. I out of 4 people have diabetes. Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. I wasn't ok with this.

That's when I started on my nutrition journey. I have always been fascinated with science and I want scientific answers to everything. Healthy eating and what I put into my baby's body became my obsession. Unfortunately, I was living with a person who was constantly sick. He was always on antibiotics, overweight with heartburn, indigestion, allergies, sinus infections, fibromyalgia, sleep apnea and chronic stress. He ate a Standard American Diet with artificial sugars, consumed copious amounts of alcohol, and got very little exercise. I experienced first-hand how destructive nutritional choices and lifestyle habits can severely affect a family.

And these were not the only toxic elements happening in my life. I silently suffered from severe psychological and emotional abuse for almost 15 years, which led to a clinical diagnosis of depression and anxiety.





In 2011, I was medicated with pharmaceutical prescription drugs. My life was unhealthy and toxic for a long time, and I knew I needed to make a big, life-changing decision. A few years later, I ended my marriage and pursued my passion into integrative holistic nutrition and wellness. Almost instantly, my health completely transformed before my eyes.

I became a certified integrative nutrition health coach in 2015, and knew right away that this is exactly what I wanted to do with the rest of my life. I couldn't go back in time and get those unhealthy years back, but I learned from them, and I became determined to lead the rest of my life and raise my children as healthy as possible. I am passionate about holistic health and the revolution behind a growing field in health, wellness, anti-aging and nutrition called nutrigenomics. Nutrigenomics is the cutting-edge science of how nutrition can change our gene expression and literally slow down the aging process on a cellular level. It truly is the future of our health.

Now, I am medication free. I am a practicing nutritionist who is studying nutrition, integrative health and herbal medicine in the Master of Science program at Maryland University of Integrative Health. I am passionate about working with women to regain their health.

I understand how confusing it can be when it comes to all the conflicting messages about what is healthy and what is bad for you - especially as it relates to weight. I deeply understand the desire to find effective, practical solutions so you can heal, and reclaim YOUR life, too.



I have discovered the key natural herbs and ingredients that can help you:

- Lose weight
- Reduce inflammation
- Balance blood sugar
- Decrease insulin resistance
- Remove harmful toxins & parasites from your body
- Promote healthy digestion
- Build up immunity
- Support fertility and reproductive health
- Boost your energy
- Improve joint function
- Reverse neurodegenerative decline
- Promote optimal brain health

In this guide, I want to share just some of the tips and lifestyle choices that can lead to a rejuvenated, happier and healthier you; in both mind and body ... including helping you to release excess weight. Let's explore the little-known factors that combine to make you gain and keep extra weight, and just a few of the natural solutions you can use to change that.

XO

Kendall



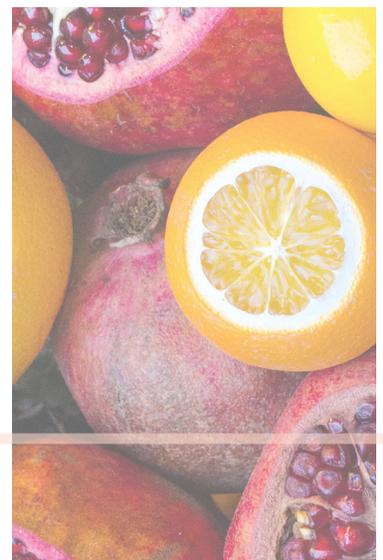
YOU'VE BEEN LIED TO

For a precious few people, maintaining a healthy weight really is a simple matter of calories in, calories burned (out). You've probably heard it all your life: "Eat within the range of your caloric needs, and you won't gain weight." Or, if you want to lose weight, just "eat fewer calories and burn more" through activity and exercise.

The hard truth is that concept does not work for every person's body. Maybe it does work for you - you lose inches, but it's almost impossible to keep the excess weight off long term - without having to "forever" be calorie counting with precision. That's exhausting and unrealistic.

Not to mention, it takes the joy out of eating when you're hungry and stopping when you're full, which is the way our bodies are supposed to naturally function.

Maybe you are one of the many women who have tried diligently counting calories, without results. Or, perhaps you are someone who finds that no matter how healthy you eat, even tons of fresh fruits and vegetables daily, you cannot seem to shake the weight. In fact, you seem to gain even with just a slice of bread or a tiny piece of cake. You may even find you are mysteriously "allergic" to things that the world tells you are healthy, like tomatoes or cucumbers.





Trial and error haven't worked. Your doctor isn't much help, and may even try to prescribe you pills, deciding you have "metabolic syndrome" or insulin resistance. If you've been on those medications, you know how much worse they can make you feel. It would be easy to give up, or think, "Why me?"

If you think that you are alone or unusual in the struggle with weight, you are mistaken. And if you think it's your fault, I've got good news: it's not your fault, and there ARE measures you can take to help your body do what it's naturally designed to do - heal itself and maintain a healthy weight. The best part is, you don't have to "white knuckle" it or starve yourself. It's not about suffering. All you have to do is fully understand the underlying reasons for the excess weight and heal those root issues.

Before we look at precisely what those root issues could be for you, I want to take a minute to show why excess weight is such a concern.

THE DANGERS OF EXCESS WEIGHT

There's a better reason to want to be at a healthy, or "optimal weight" than simply achieving an arbitrary "number" or a dress size. Being at a healthy weight definitely feels better, and in all likelihood, it makes you feel better about yourself. It gives you the ability to regain energy, do more and live a better life. However, an even more important reason is for your long-term health and longevity.

People who are overweight and obese have an increased risk of developing the following health problems.

- Cancer
- High blood pressure
- Heart disease
- Heart failure
- Stroke
- Type 2 diabetes
- Fatty liver disease
- Kidney disease
- Osteoarthritis
- Sleep apnea
- Gout
- Pregnancy problems (high blood sugar, high blood pressure, and increased risk for cesarean delivery)



According to some medical experts, even just a few pounds of extra weight can increase the risk of the top killers - heart disease, stroke, and diabetes. Some experts calculate that thirty pounds of extra weight may increase the risk for heart disease, stroke, and diabetes by 40, 75, and 100% respectively.

In this model, the added risk for breast cancer jumps to 110%. Continuing this model, the estimate is that 55 pounds of excess weight causes the risk of heart disease to jump to 80%, and the risk for both diabetes and breast cancer triples, to more than 300% for each.

The risk of Alzheimer's is also affected by weight. A Swedish study found that people who were around 30 pounds overweight, who also had high cholesterol and high blood pressure, had a 500% increased risk of developing Alzheimer's.

I don't know about you, but I find those estimates very scary. That level of extra risk is far too high for me. Anything that takes away from your ability to live a long, healthy life with those you love is something to avoid.

To me, that makes seeking HEALTH the best motivator to get rid of extra pounds.



SO NOW THAT YOU KNOW WHY IT'S SO IMPORTANT TO TAKE YOUR WEIGHT SERIOUSLY ...

WHAT IS THE BIG SECRET ABOUT BEING OVERWEIGHT?

THE REAL REASON YOU'RE STRUGGLING WITH UNWANTED WEIGHT GAIN

Here's the thing ... yes, eating too many unhealthy foods is, or can become "bad" for you. It's simply not the best fuel for your body, and it affects how well your "engine" runs. Likewise, daily consumption of unhealthy, sugary, fat-laden, preservative-filled, high-sodium, and over-processed foods doesn't make it easy for your body to process the foods and the accompanying toxins well. Our bodies were not made to take in these substances. They start to become a burden, and your body attempts to protect you from the harmful things you're eating.

Consistent overeating doesn't give your body a chance to use all the fuel you are providing. It's taking in more than it needs and too much for it to deal with all at once. Anything that stops your body from being able to properly, thoroughly, and completely process your food creates a problem. A backlog, if you will.

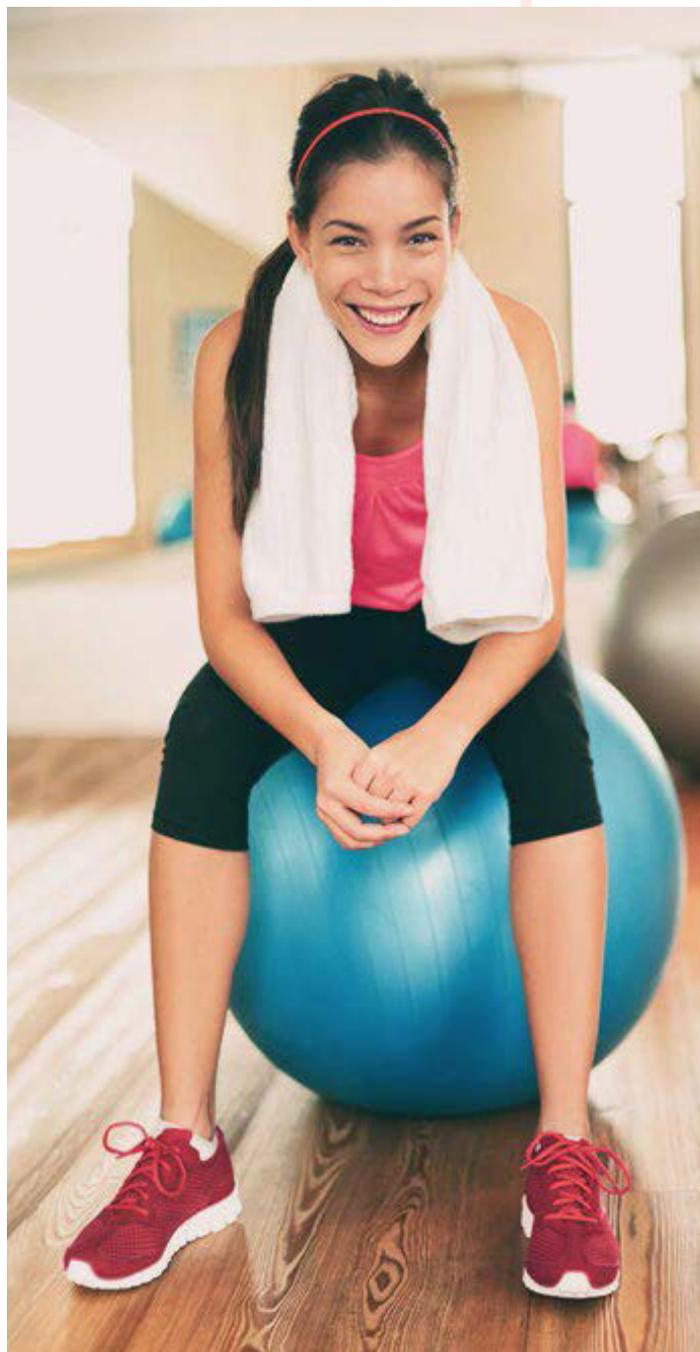


You see, your body must prioritize. If it has toxins to deal with, it must first deal with those in order to protect you. If there are too many toxins to deal with at one time, or if there is a “block” in your detoxification system barring your body from quickly flushing these toxins out, your body essentially wraps them up in a safe little package and stores them as fat, to be dealt with at a later time, when it has more energy.

It does the same thing if there’s too much sugar or excess “fuel” to deal with, or if it doesn’t know “what” to do with something, like the chemical ingredients that make up artificial sweeteners. Your body packages the excess and the chemicals and stores it as fat cells for later processing when there’s more energy.

This is a wonderfully efficient system. However, too often the “later” needed to deal with and remove these little packages of toxins (the fat), never arrives! Many times, this occurs because of one thing: inflammation.

In fact, the biggest barrier to weight loss and the most common cause of weight gain is just that - inflammation.



Unfortunately, more and more stored fat cells will create yet more inflammation. The beautiful system designed to protect you or store your fuel for leaner times (like winter), starts to work against you. Between taking in toxins via foods you eat or your environment, as well as other factors that we'll discuss in a moment, it's actually pretty easy to get to a state of chronic inflammation. This means that your body is always dealing with inflammation of some kind. Modern science is proving what natural medicine has always known: inflammation is at the root of all disease.



Unfortunately, there are a great many ways we can become inflamed and begin this cycle leading to chronic inflammation. But first, it's important you understand why chronic inflammation is detrimental to your health. You see, when you have an inflammatory response, it's like there's a fire inside your body, which it has to deal with immediately. 9-1-1, five-alarm, all stations at the ready, emergency. If your body is always in a state of emergency, it can't take care of the basics, like properly absorbing nutrients, or taking care of stored fat and getting rid of that waste.



Think of it like cooking a meal - if your frying pan is on fire, you are not as worried about the spilled carton of milk on the dining table. Your #1 priority is putting that fire out. Now imagine as soon as you put that first fire out, another starts. Again, the milk spill is not a priority, but now it's getting a little sticky, and dripping onto the carpet. Still not a priority - must put out the fire. The second fire is now smothered, but yet another fire has popped up and it's even bigger! The spilled milk is becoming insignificant at this point. Now a fourth fire ... And so it goes, you have chronic inflammation.

Your body is designed to keep you healthy! But when toxins are present, immunity is compromised, or there is healing to be done from an injury, it's all-hands-on-deck to take care of that. If you have a virus, your body sends out cells to fight the 'invaders'. If you have a cut, your body rushes to heal it and quash any germs that may have made their way inside. In fact, the healing process includes inflammation. A proper inflammatory response is an important part of a healthy body. Inflammation itself is not a bad thing.

Problems arise when inflammation becomes constant. Your body remains in the 9-1-1 state because its balance (homeostasis) has become compromised.

When your body's balance is compromised, processing foods efficiently not only becomes harder, it can take a back seat to survival. Yet, it's not all about food. There are other things that can add stress to your body, creating inflammation, or preventing your body from ever being able to truly "put the fire out." Here are some things that can cause this no-win situation and put your body in a state of alarm that either leads directly to inflammation, or makes it very hard for your body to cease being in a state of constant inflammation.



THE REAL REASON YOU'RE STRUGGLING WITH UNWANTED WEIGHT GAIN

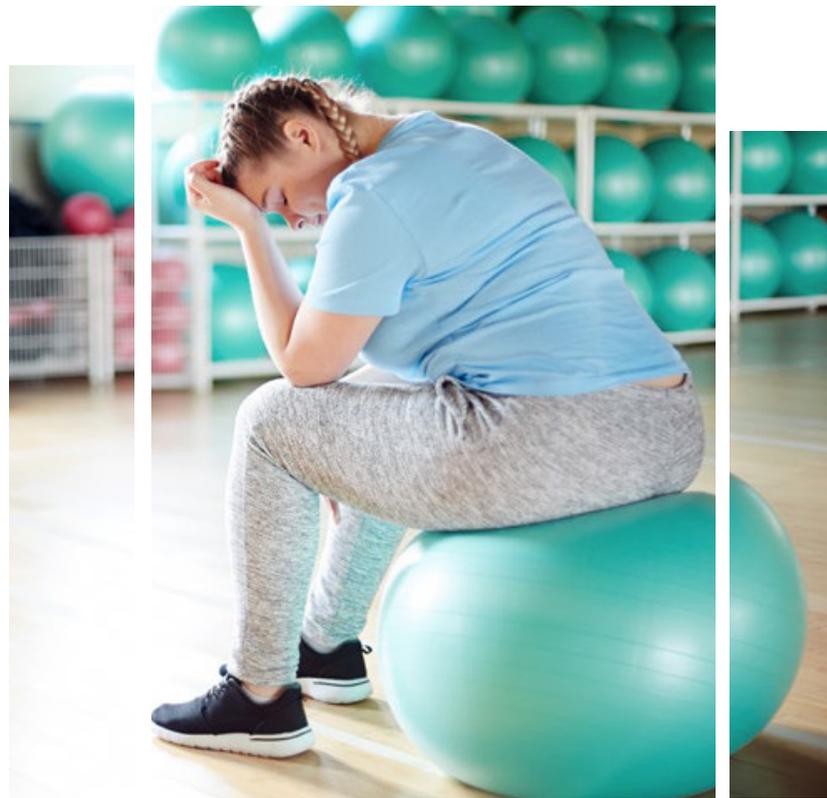
Food

We've discussed it above, but it's #1 on the list. The food we eat definitely affects inflammatory response. If we eat junk food that is full of what our body perceives as toxins (or that truly is toxic, like many chemicals!), our immune system will try to protect us by creating an inflammatory response. If we eat foods that we are sensitive or allergic to, our body will also try to protect us with an inflammatory response. Intolerances can build up over time, without you even knowing it. This is why some people may suddenly find themselves having an intense reaction to foods they previously never had an issue with. Either the tolerance ran out little by little, or other inflammation is taking priority and your body can't protect you as it has before - a bigger fire is taking precedence.

Overweight

As mentioned, fat cells are designed to be fuel that is used when needed, or to protect you from things your body can't deal with right away. Extra fat will mean extra weight. Extra weight creates inflammation.

Several studies around the world have established that increased weight is directly connected to increased "systemic" inflammation. The basic science is that as weight increases, so does the level of C-reactive protein (CRP) - a chemical marker of inflammation (immune response).



The opposite has also been proven -losing weight decreases inflammation. But, as this guide explains, inflammation can make it very hard to do that! However, understanding the relationship between weight and inflammation will emphasize how important it is to do so.

Gut Health

Hippocrates, the Father of Medicine, said, “All disease begins in the gut”. More than 2000 years later, he’s been proven correct! Just as science now accepts that inflammation is at the root of almost all disease, researchers have demonstrated that most inflammation begins with gut health.

Your gut is a delicate ecosystem, containing trillions of microorganisms called microbiota. These microbiotas make up your complete community of gut flora, your microbiome. When your microbiome is out of balance, so is your health.

Candida

Your body naturally contains and requires the yeast *Candida albicans* to function. However, certain conditions can create an overgrowth that can become systemic and be challenging to eliminate. Candida overgrowth is connected to inflammation in at least two ways:

1. Toxins released during its life cycle (like waste it excretes) - the more candida, the more toxins and inflammatory response to them.
2. Inflammation in the gut can weaken the gut lining, leading to leaky gut.

Leaky Gut

This condition is just what it sounds like: your gut’s integrity has been compromised, and things are ‘leaking’ through. It’s also known as “intestinal hyperpermeability”. Leaky gut is when the lining of your gut has been either weakened, or permeated (holes punched in it), allowing pathogens, and even food and food waste particles through it. This creates an inflammatory response. Inflammation can also lead to leaky gut.

Parasites

As much as you would think that if you had parasites you would 'know' ... that's not always the case! In fact, these organisms survive off you, so it's to their advantage that you never discover them. Because of this, they can be quite stealthy, and remain undetected for decades. While hard to detect, even with modern testing, parasites of all kinds do damage and cause inflammation. They can also puncture your gut lining, causing leaky gut. In any case, parasites are both easy to get and common, but if not eliminated may be contributing to your chronic inflammation and making it hard for you to lose weight.

Hormone Imbalance

As a woman, when you read the word "hormones", you probably think of estrogen and progesterone. These are perceived as the two main "female" hormones.

However, your body has over 50 different hormones, each responsible for playing a part in your body function. The "balance" - optimal levels - of these hormones is crucial to health. As one doctor explains it, "Hormones act like traffic signs and signals by telling your body what to do and when and making sure its machinery runs smoothly and maintains homeostasis, or balance."

As with just about every other system or aspect of our body, all of these hormones are designed to work in harmony. Their synergy is vital to your health. As well, hormones are created in multiple areas of your body: your brain, pancreas, gut (microbiome), ovaries - just to name a few!



Probably the most important hormones when it comes to weight loss are insulin and cortisol. Insulin is the hormone that tells your cells how and when to use sugar, and when to store sugar for later fuel. It stops your blood sugar from getting too high or too low. Inflammation can cause insulin to stop working as it should. This is called “insulin resistance”. While this is a key factor in Type 2 Diabetes, you can have insulin resistance without being diabetic, or even prediabetic.



While inflammation can lead to insulin resistance, chronic insulin resistance creates more inflammation and increases the risk of more serious disease. It also makes it very hard to lose weight. Cortisol is your “stress” hormone. It’s part of your ‘fight or flight’ response, designed to save your life in times of peril. It does more than that, though. It also manages the way your body utilizes carbohydrates, fats, and proteins; moderates inflammation, regulates blood pressure, increases glucose (blood sugar - for fuel), and controls your sleep cycle.

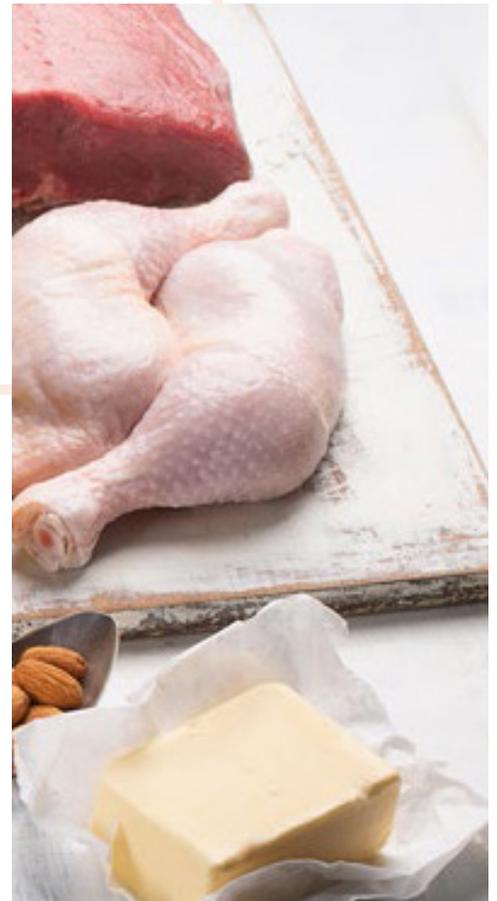
When cortisol levels are too high, your body stays on alert. Just like your cells and insulin receptors can start to function poorly (or shut off), like they do with insulin resistance, so can your cortisol receptors.



The way it is supposed to work is your body releases cortisol for a spurt of energy, to handle stress, run or fight, then the levels should drop, and you calm down. When the emergency button stays turned on, and cortisol levels do not fall, it can lead to problems like insomnia, anxiety, heart disease, digestive problems, weight gain and..... inflammation.

According to Dr. Sheldon Cohen, a researcher at Carnegie Mellon University, "Inflammation is partly regulated by the hormone cortisol. And when cortisol is not allowed to serve this function, inflammation can get out of control."

Ultimately, a prolonged or exaggerated stress response perpetuates cortisol dysfunction and widespread inflammation. Lowering stress and cortisol levels is very important to decreasing inflammation, and your overall health. If you feel you may have insulin resistance, that your cortisol may be too high, or that any of your hormones are out of balance, getting tested by a healthcare professional can be helpful.



Thyroid Problems

Technically a thyroid problem is also a hormone problem. Your thyroid makes two main hormones - Triiodothyronine (T3) Thyroxine (T4) - and controls your metabolism. This tiny gland found at the base of your throat works together with your pituitary gland and your hypothalamus and is responsible for many vital functions. In fact, every cell in your body depends on these hormones to regulate your metabolism. Sometimes your T3 and T4 levels can be too high, which is hyperthyroidism. Too low T3 and T4 is hypothyroidism.

The latter is most often connected to unexplained and difficult-to-shift weight gain.

The frustrating part of having a slow thyroid is you can test normal, but still be having symptoms. Some medical experts estimate that 10% of women have low-level thyroid deficiency, most without being aware.

A slow metabolism can lead to weight gain, and weight gain to more inflammation. Likewise, inflammation can cause thyroid dysfunction. Hashimoto's is an autoimmune disorder where your body attacks your thyroid. It's thought to be caused by and creates more inflammation. One of the results of this inflammation is hypothyroidism. Supporting thyroid health and decreasing inflammation is important to weight loss and hormone balance as a whole.

Other things that can contribute to inflammation and weight struggles include nutrient deficiency, insufficient sleep, free radical damage, not enough omega-3, chronic stress, a sedentary lifestyle, smoking, sugar, saturated fats, trans fats, excess omega-6, refined carbohydrates, gluten, and artificial sweeteners like aspartame.



NATURAL SOLUTIONS FOR WEIGHT LOSS

The overarching goal to resolve barriers to losing excess weight and preventing its gain is to decrease and resolve inflammation. Along with this, and most times part of this process you need to focus on:

- Supporting your hormone balance
- Aiding digestion and absorption
- Boosting energy
- Supporting healthy detoxification pathways
- Enjoying healthy exercise and activity (movement)
- Eliminating toxins (stop consuming, change environment, detox protocols)
- Doing regular anti-parasite protocols

Below are some ways you can do all of these things and ease your path to achieving and maintaining a healthy weight!

FOODS

When it comes to diet, the best thing you can do for your body, whether you want to lose weight or not, is to stop eating processed foods, and foods full of sugars and unhealthy fats.

There are foods that increase inflammation, and foods that combat it. Your body may have specific dietary needs, and you may need to detox or get rid of parasites before some food sensitivities will cease; but in general, here are foods to avoid, and foods to emphasize in order to beat inflammation.



FOODS TO AVOID

Avoid or limit these foods as much as possible:

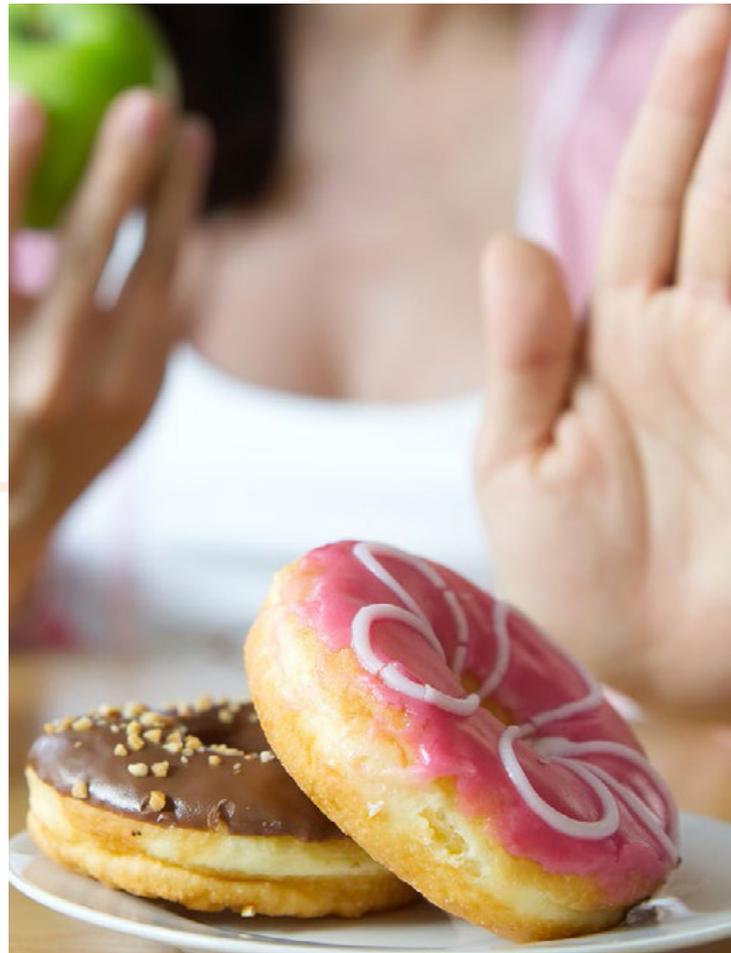
- All wheat products (including organic)
- Refined carbohydrates (white bread and pastries)
- French fries and other fried foods
- Soda and other sugar-sweetened beverages
- Red meat (burgers, steaks)
- Processed meat (hot dogs, sausage)
- Margarine, shortening, and lard
- Artificial sweeteners

ANTI-INFLAMMATORY FOODS

- Avocados
- Fermented veggies
- Berries
- Green/White tea
- Cruciferous greens
- Broccoli
- Mushrooms
- Fatty fish: salmon, mackerel, tuna, and sardines
- Turmeric
- Ginger
- Dark chocolate or (non-dutched) cocoa
- Seeds: hemp, chia, flax
- Garlic
- Nuts: almonds and walnuts

SWEETENERS

Artificial sweeteners like aspartame can actually SLOW your metabolism. Your body just doesn't know how to metabolize them. Too much sugar is a problem, especially if you have diabetes, but at least it's natural and your body knows how to process it.



RECIPES

Here are three delicious recipes that work towards obtaining and maintaining a healthy weight.

1. INFLAMMATION RELIEF JUICE

Sometimes you just need a little help to get you back on track on your healing journey. Turmeric and ginger are great aids in digestion as well as inflammation.

INGREDIENTS

- 3-inch piece of fresh turmeric root
- 3-inch piece of ginger root
- 1 lime, peeled
- 3 carrots
- 1 orange peeled
- 2 individual stalks of celery

INSTRUCTIONS:

- Add all ingredients to an electric juicer and pour fresh juice over ice and enjoy.
- For an extra dose of omega-3s (and to assist absorption), top with chia or flax seeds, or even a splash of avocado oil.



2.

BUTTERNUT SQUASH SOUP

Around the dinner table or beside the fireplace, this soup packs some great health benefits. Butternut squash contains potassium and carotenoids and can fit into a wide range of meals.

INGREDIENTS:

- 1 medium butternut squash, peeled and cubed
- 1 small apple, cubed
- 1 small onion, diced
- 1 garlic clove, minced
- 1-inch piece of ginger, minced
- 2 cups of vegetable stock
- Fresh thyme
- 1 tsp turmeric
- Extra virgin olive oil
- Salt and pepper to taste



INSTRUCTIONS

- Preheat oven to 375° F.
- Place all the veggies and the apple in a bowl - toss in fresh thyme, turmeric, and olive oil.
- Roast for 25-30 minutes until tender and golden brown then place roasted vegetables into a blender with the veggie stock. Blend until smooth.
- Add salt and pepper as needed. Top with sauteed kale and gluten-free bread (optional).

3.

SWEET POTATO NOODLE BOWL

Spiralized sweet potato noodles with sauteed kale, turmeric, and roasted mushrooms is serious goodness in a bowl loaded with protein and B vitamins. It also gives you a delicious dose of gut-healthy fiber and soluble fiber, and anti-inflammatory turmeric.

INGREDIENTS

- Sweet potatoes (spiralized)
- 1 tbsp olive oil
- 6 tsp organic turmeric
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- Kale
- 1/2 cup of cooked beans (your choice)
- 1/4 cup of vegetable stock
- Coconut aminos
- Cilantro
- Avocado
- Mushrooms
- Sesame seeds

INSTRUCTIONS

- Peel and spiralize sweet potatoes to create “noodles”.
- Heat coconut oil in a skillet, cook onion, turmeric and garlic until soft and fragrant - about 3 minutes.
- Add sweet potato noodles and kale to skillet and saute to soften. Add veggie stock, coconut aminos, and beans.
- Lower the heat and cover for 10 minutes.
- Adjust any seasoning to taste, and serve warm with fresh cilantro, sauteed mushrooms, avocado, and sesame seeds.
- These are just a taste of the delicious ways you can help your body to heal inflammation and promote a healthy weight and weight loss.



EXERCISES

Are you one of the women who find exercise does not help you lose weight? Exercise can actually cause MORE inflammation ... leading to gain. It's definitely not a guarantee of losing weight.

Oftentimes, we think that being on the elliptical for an hour or two, going to five exercise classes a day, or pounding the pavement running marathons is the right kind of exercise for weight loss. That's because we get stuck in that calorie-counting mindset. It burns a lot of calories, but if it's causing inflammation in your body you could actually gain weight from it, which is the opposite of what you're trying to do.

Here are two little-known secrets about exercise: keeping your heart rate elevated for long periods actually creates inflammation. Exercising too much compounds inflammation and doesn't allow your body to rest and repair. Instead, you want to do the types of exercise

that support your metabolism. For that, one thing that is very successful is to focus on HIIT -- "high - intensity interval training" workouts. (Sometimes called "Tabata".)

These types of exercise are ideal for many reasons:

- They don't require great lengths of time.
- Even 5-10 minutes is effective.
- You can do them at home. You don't even have to go to a gym.
- You don't have to run.
- You don't need fancy machines.
- You can do them even with injuries or limitations
- They are unlikely to cause inflammation
- You can even start at five minutes, and work your way up to 10-15 minutes, just a few times a week.
- Start with one minute, if you have to!
- Stretching and yoga are also great ways to support your body with movement, for mobility and decreasing inflammation.



SUPPLEMENTS

Supplements support weight loss on multiple levels- decreasing inflammation, reducing oxidative stress, lowering cortisol, balancing blood sugars, increasing insulin efficiency, healing and restoring your gut, eliminating parasites, detoxifying and purifying your digestive system and your whole body, and balancing hormones.

Most women are busy going through life struggling with their health. They are overwhelmed, stressed, not sleeping, not eating well, and not living the life that they hoped for.

For my Complete Guide
to Supplements click

HERE



But it doesn't have to be this way. You can regain health and vitality!

Together, we'll work to reach your weight-loss goals by learning strategies to improve appetite-control, reduce food cravings, implement fitness for optimal fat-burning, enhance sleep quality, and maximize overall energy.

My method makes these improvements easy to implement, and we take it one day at a time to make gradual, sustainable changes. We explore what truly works for you in fun, flexible and rewarding ways.



FINAL WORDS

The single best tip I can share with you for permanent weight loss: Be kind to yourself.

If, like millions of women, you've spent years dieting to lose weight...STOP. Fad diets don't work. Focus on making your body healthy, not skinny.

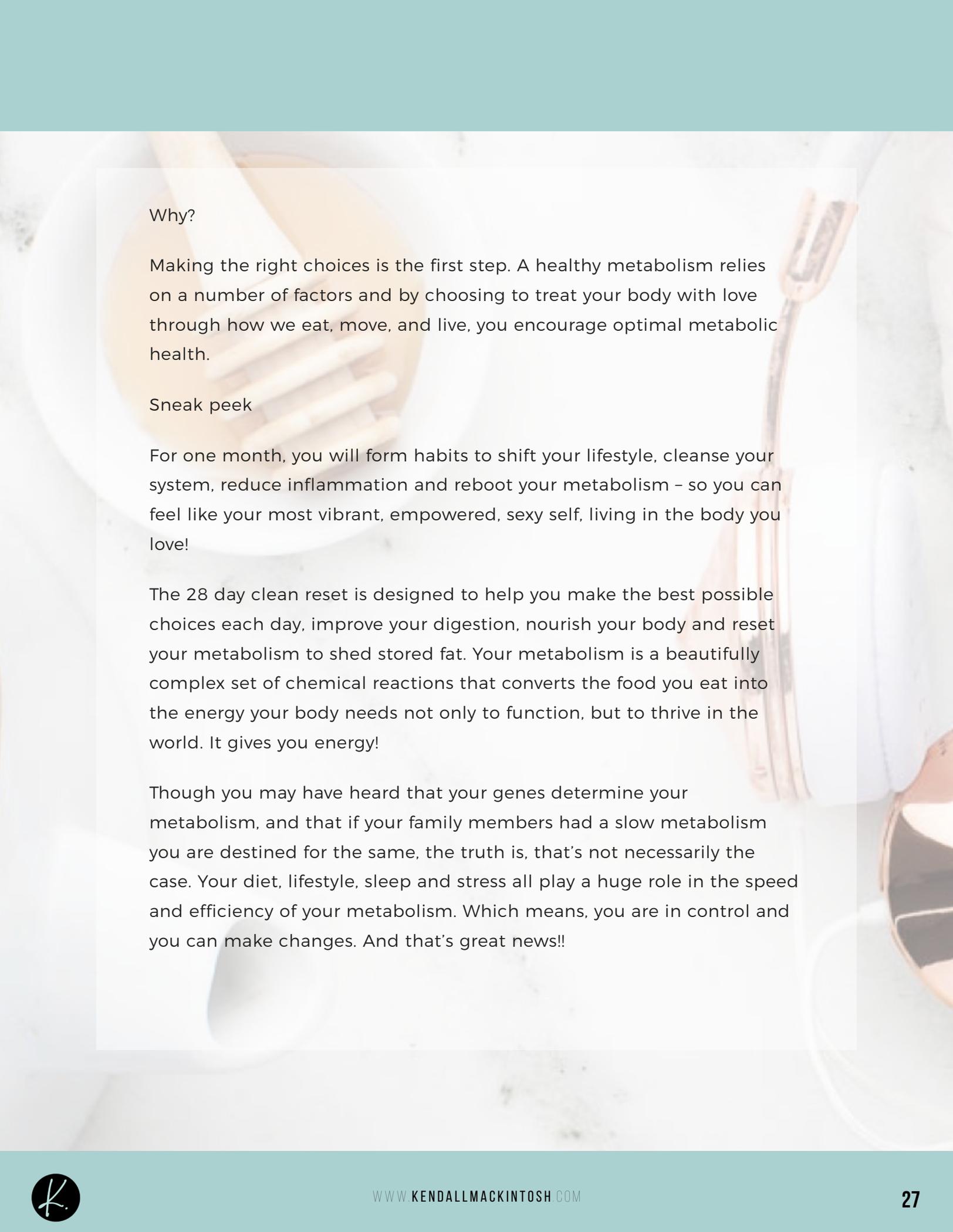
Start with a 'clean reset' by detoxing your body and eliminating anything that could be slowing down your metabolism. Flush out the heavy metals, parasites, and other accumulated wastes slowing down your system. Then, start eating whole foods and cutting out processed foods laden with fat and sugar.

The key to living the life you want to live starts with your metabolism. It's the biochemical process through which your body converts food into essential energy used for breathing and circulating blood; the digestion, absorption and processing of food; and physical activity. It plays a role in how your sleep, handle stress, age, and lose and gain weight. Resetting your metabolism is the crucial first step in creating a healthy, strong and fit body.

Find out exactly why and how all these natural remedies (and others) work to reduce inflammation by booking a one on one coaching session with Kendall Mackintosh today. Together we get to the root cause of the health concerns that matter to you.

If you are ready to prioritize your health and how you feel in your body, I welcome you to join my 28-Day Clean Reset of your health & metabolism.





Why?

Making the right choices is the first step. A healthy metabolism relies on a number of factors and by choosing to treat your body with love through how we eat, move, and live, you encourage optimal metabolic health.

Sneak peek

For one month, you will form habits to shift your lifestyle, cleanse your system, reduce inflammation and reboot your metabolism – so you can feel like your most vibrant, empowered, sexy self, living in the body you love!

The 28 day clean reset is designed to help you make the best possible choices each day, improve your digestion, nourish your body and reset your metabolism to shed stored fat. Your metabolism is a beautifully complex set of chemical reactions that converts the food you eat into the energy your body needs not only to function, but to thrive in the world. It gives you energy!

Though you may have heard that your genes determine your metabolism, and that if your family members had a slow metabolism you are destined for the same, the truth is, that's not necessarily the case. Your diet, lifestyle, sleep and stress all play a huge role in the speed and efficiency of your metabolism. Which means, you are in control and you can make changes. And that's great news!!

If you have been eating the same foods, doing the same activities and you aren't feeling your best - making a few key lifestyle changes can reset and change your metabolism.

The program works. Once you do a full body, clean metabolism reset you will be on your way to a healthier, happier you.

Rely on food as medicine. An important part of resetting your metabolism is eating a clean and balanced diet.

I truly believe in the power of food as medicine because I have seen it work and study it every day.

It's time embrace the uncomfortable.

True change happens when you step outside your comfort zone - the boundaries between who you are and who you want to become. Being uncomfortable is a vital part of any transformation, and this journey will change you, for the better. I promise.

This is a process. There are no 'magic diets' that will suddenly make you thin. But there are real, effective, and permanent solutions to regaining your health and I am excited to help you get there!

Learn more here!

www.kendallmackintosh.com



Interested
in one on
one personal
nutritional
coaching?

CONTACT KENDALL NOW

<http://m.me/kendallmackintoshhealth>

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INSTAGRAM

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TWITTER

https://twitter.com/healthy_kendall

PINTEREST

<https://www.pinterest.com/kendallmackintoshhealth/>

YOUTUBE

<https://www.youtube.com/channel/UCjQi4D2a2KdqImVec0AYDmg>

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