

## DAY 16

Hi All,

Sometimes during the third week of Healthpointe participants may experience a weight loss plateau. This can be up to a week when you don't lose any weight. This is OK and nothing to be concerned about.

It can be discouraging though, if you are doing all the right things and the weight loss is simply not continuing to happen. All sorts of thoughts may enter your brain, but make sure you have the thoughts that you want to have. Maybe a good time to review your affirmations and look again at your goal picture. It is nothing to do with you and you have not been singled out, it is simply your body in protect mode.

A few things to check first

- Are you recording everything?
- Are your carbohydrate levels OK?
- Are you in ketosis?
- Are you snacking adequately?
- Water consumption?
- Exercise, has it gone down inadvertently?

It is only a plateau if all of the above are ticked.

Some people fall out of ketosis due to decreasing exercise or increasing carbohydrate intake. Carbohydrates will need to be somewhere between 50 and 70 g for females and 50-100g for males to stay in a ketotic state. If you are not in ketosis, your body has reverted to carbohydrate burning and you are not burning fats efficiently. You ARE NOT experiencing a plateau. Review your program and get back on track. Also be aware that if you have lost 5% body weight(fat) you need to increase the exercise 5% at least, or start carrying around the weight you have lost in a backpack. Otherwise you are decreasing your exercise without realising.

If you are doing all of the above, you are in ketosis and your weight is stagnant then you are experiencing a plateau. This is usually explained by one of the following.

- Your cells are filling with water, and water weighs more than fat by volume so you may not lose weight until your body gets rid of these cells.
- It may also be due to your body coming across a weight range that you were at for a while in the past. (eg If 5-10 years ago you stayed in a weight range of say 65kgs for a few years and you have just dropped from 70kg and are "stuck" around 65kg then it could be this body "memory".) We will teach you how to use this body memory to your advantage in the long term part of the program later.

Please be aware that if you are experiencing a weight loss plateau your body shape will most likely continue to change.

There is a simple eating regime you can follow for up to 3 days to break your body out of this cycle. I will explain that tomorrow. For the moment double check all of the above!! ☺

Speak then,

Jamie