

For a FREE digital download click [HERE](#) or go to  
[SVELTEMD.COM/SURVIVAL-GUIDE](http://SVELTEMD.COM/SURVIVAL-GUIDE) 

THE DIGITAL DOWNLOAD



# Svelte Survival Guide

*Navigating Weight Loss  
Doesn't Have to Be Difficult!*

**SVELTE MEDICAL WEIGHT LOSS**



# **The Svelte Survival Guide**

**From Sugar burning to Fat burning in no time!**

Thank you for your interest in Svelte medical weight loss!

Since 2008, Svelte has been empowering people throughout Central Florida to get healthy through a unique customized program that centers on insulin stability.

Do you need to lose weight?

This guide will show you that you CAN lose weight on your own without prescription medication, weekly fat burner shots, and coaching visits.

Why would we give away our formula for weight loss?

We believe that Svelte should be accessible to everyone!

Not just our paying customers who take advantage of our excellent coaching, supplements, and physician supervision.

## **Three critical components of Svelte**

"We celebrate our ability to create machines that move as man, yet we take for granted the miracle that is the human body." David Alejandro Fearnhead.

One of our core values at Svelte is empowering our clients through education.

Our program not only focuses on health and wellness to get you to your goal weight, our team is committed you understand your body.

# The Svelte Survival Guide

From Sugar burning to Fat burning in no time!

So we start with how people become overweight which isn't as simple as you may think! Most of our clients say "I eat too much and I eat the wrong things".

Perhaps but there is more to it than that!

The three critical components of anyone's ability to lose weight are:

- Eliminating inflammation
- Optimizing cellular nutrition
- Hydration

Reducing inflammatory process in your body through your diet is essential to turn your metabolism around. At Svelte, our goal is to eliminate inflammation in your body so you will be able to sleep well, move easier, and feel energized!

Next inventory... how is my cellular nutrition?

What kind of vitamins are you taking?

What about your food supply?

Are you getting the recommended daily allowances of essential nutrients for optimal metabolism?

Do you know what your vitamin D level is? Did you know a strong vitamin D level is important to prevent cancers?

# The Svelte Survival Guide

From Sugar burning to Fat burning in no time!

At Svelte we do comprehensive lab work to see where your cellular nutrition sits and of course we are interested in your thyroid test results as well given that so many Americans suffer with thyroid imbalance and poor metabolic process.

Hydration! We've all heard it before about hydration... drink 8 glasses of water a day to help lose weight right? At Svelte we recommend a gallon of fluids a day to optimize fat burning!

Sure you may think you can't do it but what most of our clients discover is, they can!

Your body actually gets used to the hydration and all of your organs function better with proper hydration.

Why is water so critical to losing weight?

The places fat is stored in the body will let go of the fat into the blood stream in the right environment.

We want fat traveling to the liver to be turned back into sugar so stay hydrated to get the fat off!

# The Svelte Survival Guide

From Sugar burning to Fat burning in no time!

## Igniting F'AT Burning metabolism

Most Americans are trapped in a constant vicious cycle of sugar burning metabolism.

When we eat carbs and sugar, we elevate our insulin level & suffer from “rebound hunger”; a condition where too many calories are consumed under a false craving for mainly unhealthy foods.

To interrupt this cycle of sugar burning and rebound hunger, we prescribe a protein only\* diet to initiate Ketosis.

It's no fun of course coming off of a sugar burning metabolism.

Head aches, fatigue, even nausea ensues which is why many people don't ever make it to fat burning.

The headache and nausea come on and we reach for the quick fix, the sugary drink or carb loaded snack.

At Svelte, our B12/fat burner Svelte shot combined with prescribed appetite suppressant make this transition much easier, but anyone can do this!

You just have to be committed to the ketosis phase of protein only.

\*We do not recommend ketosis for diabetic clients

# The Svelte Survival Guide

From Sugar burning to Fat burning in no time!

There are 3 key metabolic factors that set your liver up for powerful fat burning:

- stable insulin level
- adequate hydration
- ketones present

So that is how you ignite your FAT burning metabolism!

Keep the insulin level stable, drink plenty of water, & get into ketosis.

What is ketosis?

A ketone is a byproduct of protein metabolism.

Your body, in the absence of sugar and carbs will metabolize protein for energy if it has to... thus leaving behind a ketone.

This by-product of protein metabolism is basically a useless piece of trash that your kidneys will clear through the urine however the ketone does serve as a signal agent urging the liver to begin gluco-neo-genesis.

# The Svelte Survival Guide

From Sugar burning to Fat burning in no time!

**Gluco-neo-genesis! It's a beautiful thing**

Did you know that your liver can convert stored fat back into sugar for you?

Isn't that amazing?

The human body is absolutely miraculous and the fact that we can trade in our unwanted fat for energy is remarkable!

We won't convert fat into energy if we are consuming high inflammatory foods, sugar, carbs though.

We have to be methodical with our diet to set up a fat burning metabolism.

- Gluco means Sugar
- Neo means New
- Genesis means To create

Once gluco-neo-genesis is occurring in the liver, an amazing experience of natural energy comes over you!

We sleep better, think clearer, and are in a much better mood. It's absolutely thrilling to see the transformation in our Svelte clients when they get into fat burning!

Many Svelte clients haven't been in a fat burning state for years and are surprised how sweet things taste when their metabolism is in gluco-neo-genesis.

Another benefit of fat burning: you start to crave healthy foods instead of sweets and carbs. This makes weight loss easy!

# The Svelte Survival Guide

From Sugar burning to Fat burning in no time!

“How long does it take to get fat burning?” is a common question our new clients ask.

It can vary because everyone has a different genetic and bio-chemical make up but generally 1 to 5 days.

Here is how to manage protein only phase:

- Get some keto-stix from the drug store. Keto-stix are sensitive to light... store in the container they come in with the lid tight.
- Test your second urine of the day on the second day of protein only diet.
- Keto-stix urine dip test will show you if you are passing ketones in the urine.
- If you are not in ketosis on day 2 of protein only, keep restricting diet to protein only and test again the next day.
- After 5 days of keto-stix dip tests, if you still are not in ketosis, the next day you are off protein only, no reason to do protein only more than 6 days!
- Once your ketones are present in urine, you are off protein only phase! Now you can add in healthy veggies and fruit but remember to avoid sweets and carbs... you don't want to interrupt fat burning with an insulin spike!

# The Svelte Survival Guide

From Sugar burning to Fat burning in no time!

## Getting to your goal weight!

Now that you are a fat burning machine, you will want to eat frequent small meals (5 to 6) a day consisting of healthy, low inflammatory foods like low fat meats, cheeses, vegetables, and fruits.

Avoid all breads, grains, pasta & rice! Avoid too much caffeine as it can dehydrate & don't drink alcohol, wine, or beer lest you interrupt fat burning and convert back to sugar burning.

The higher level of integrity you have with your program, the sooner you will get the extra pounds off.

Once you are at your goal weight, you now have a completely different body composition than when you began your Svelte journey.

You can now "afford" to have the occasional sweet, bread, or even glass of wine.

Always try to have one day a week where you return to ketosis through a protein only "carb fast" & remember to drink water everyday.

Dehydration completely interrupts fat burning so do whatever you can to drink water all day.

# **The Svelte Survival Guide**

**From Sugar burning to Fat burning in no time!**

You will discover that maintaining your goal weight is all about your lifestyle habits.

This is why it's actually awesome to have at least 21 days getting to your goal weight because habits take 21 days to stick. This new lifestyle includes being aware of what's in the foods and drinks you consume.

You will be reviewing labels and rejecting anything that has more than 7 grams of carbs.

It helps to "Svelte" your pantry and refrigerator too!

If you don't have the cheat food around the house, your chances of cheating are greatly diminished!

And create a new habit to deal with stress if you have been a stress eater in the past.

Some recommended habits are journaling, music therapy, aromatherapy, and yoga. Remember, the relationship you have to food must transform to maintain your healthy goal weight.

You can do it!

**We can help!**

# The Svelte Survival Guide

From Sugar burning to Fat burning in no time!

## Exercise and Weight loss

We commonly hear our customers say “I know I need to get to the gym more” as if working out were the key to weight loss.

The good news is, going to the gym is NOT the key; your metabolism is! In fact, when you are starting protein only phase of Svelte to get into ketosis, please do not go to the gym.

Go to the gym once you are in fat burning!

Feel free to add in exercise! Fat burning can even happen in your sleep so don't feel like you need to “go hard” with intense aerobic exercise.

Intense aerobic exercise can lead to anaerobic state and a lactic acid build up in the muscles. Although not necessarily bad for you, a rigorous “orange or red zone” cardio workout can leave you in a sugar deficit causing your hunger to intensify.

The thing to remember about exercise is making it a daily habit for best results. Even if only for 15 minutes a day, exercise will improve circulation, metabolism, and overall well-being.

# The Svelte Survival Guide

From Sugar burning to Fat burning in no time!

Cravings after exercise?

Try gulping down 24 ounce of water.

Often the hunger signal from the brain is actually a thirst signal and water can satisfy the belly and the brain.

Try water first! Healthy snacks like pickles, cucumbers, edemame, and celery are ideal when trying to lose those stubborn last few lb's.

Another point to remember is muscle weighs more than fat so pay attention to how your clothes feel on you more than a number on a scale.

## Svelte offers 3 distinct programs:

- **Svelte Rx:** A medical rapid weight loss program that includes prescription appetite suppression & close physician monitoring.
- **Svelte Re-Boot:** An all natural weight loss program for people who cannot take or prefer not to take the prescribed appetite suppression program.
- **Svelte Fast!:** A structured, intermittent fasting program tailored to your schedule and lifestyle.

# The Svelte Survival Guide

From Sugar burning to Fat burning in no time!

Ask for our “Introduction to Svelte” podcast audio file online at <https://sveltemd.com> or call us at (407)804-5200.

Find out about pricing at the Svelte website menu of services: <https://sveltemd.com/menu>

We recommend “[A week in the Zone](#)”, a layman’s guide to the insulin stability theory by *Barry Sears, PhD*.

**Svelte offers bioTE hormone optimization  
at all 3 central Florida Svelte clinics!**

Hormone optimization is not designed to directly cause weight loss however many of our clients have benefited from the energy, better sleep, clearer thinking & sex drive that bio-identical hormone optimization provides.

If you would like more information about the amazing benefits of BioTE hormone optimization, go here:

<https://www.youtube.com/watch?v=skomJrKDt3Q>

More about BioTE:

<https://youtu.be/ryzaVL3xA7U>

Ask for our complimentary hormone assessment today!

<https://sveltemd.com>

(407)804-5200