



DR.CALLY SEYMOUR

WARRIOR'S WEIGHT LOSS

**Video Sessions Outline,
Listening Guides, and
Discussion Questions**

MACRONUTRIENTS PART 1

HYDRATION, PROTEIN, AND FAT

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." James 1:5

WATER

- Hydration for health
- Hydration for weight loss
- How much hydration is optimal?

0.5- 0.8 ounces per lb. of body weight (we typically calculate this by going with 1/2 body weight in ounces, plus 10 more ounces- this keeps you on the North end of this ratio!)...heavy exercisers need more than this...

So: 180 lbs. times .5= 90 ounces + 10 equals 100 ounces of water daily.

* may need less if you have any water retention problems or kidney damage

PROTEINS

Benefits of protein-

Types of protein-

How much protein is optimal for weight loss?

0.5- 0.8 grams per lb. of body weight (we typically calculate this by going with 1/2 body weight in grams)...heavy exercisers need more than this....

So: 180 lbs. times .5 = 90 grams of protein daily.

* may need more or less depending on your muscle mass, kidney health, and overall fitness goals

FATS

Benefits of fats-

Types of fats-

How much fat is optimal for weight loss and overall health?

On average, you need about 50-65 grams of fat per day, with the majority coming from Omega 3 fats, if you are consuming between 1500-2000 calories per day.

HEALTHY FATS

* Omega 3's most beneficial- but Omega 3, 6 and 9 fats are all important dietary fats with health benefits

* Optimal ratio is around 4:1 max (of Omega 6,9: Omega 3)

* Average American consumes closer to 14:1 or 15:1 - eating way too many Omega 6 and Omega 9's, and far too few Omega 3's.

Best sources of Omega 3 fats include- (chia seeds, flax seeds, walnuts, avocado, extra virgin olive oil, fatty fish- being careful of toxicity with fish)

DNA test and Comprehensive food sensitivity testing - helpful for identifying your risks and strategizing your intervention.

**A HEALTHY BODY NATURALLY REACHES
A HEALTHY WEIGHT!**

SESSION #7 | REFLECTION AND DISCUSSION

MACRONUTRIENTS PART 1

HYDRATION, PROTEIN, AND FAT

Your healing is His priority- Embrace and personalize the truth of these scriptures...choose 2-3 to study, meditate on, and discuss..

Psalm 90:12, James 1:5, Proverbs 10:23, 1 Corinthians 10:23-30, Mark 7:18-19

How much water do I currently drink each day? Will this amount be enough to help me succeed in my weight loss and health improvement goals? How will I stay consistent with my hydration moving forward- what system will I use?

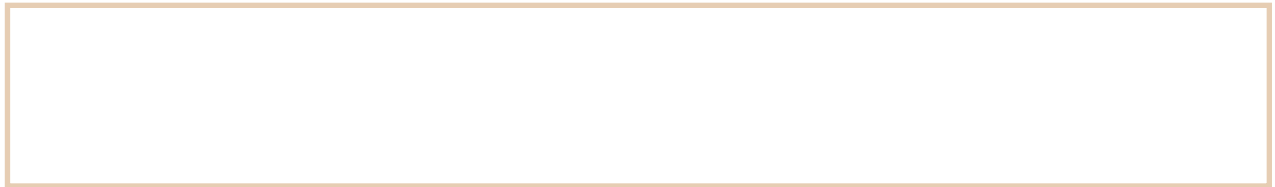
How much protein do I currently consume in either plant or animal form? Will this be enough for muscle repair, improved metabolism and hunger management?

Why is it critical for me to have enough protein in my daily routine? What other long term health and weight loss benefits will I enjoy if I ensure enough protein intake?

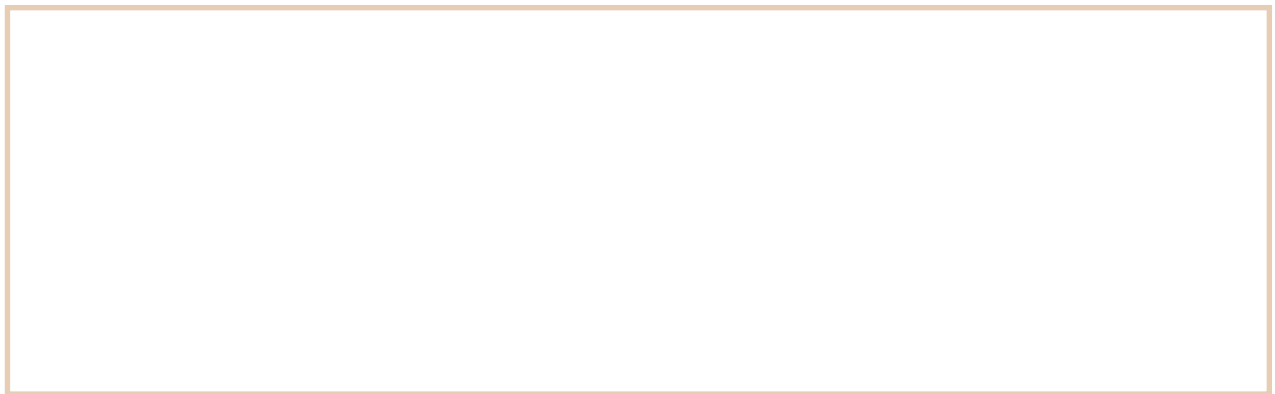
Do I currently get enough healthy fats in my nutrition routine? Do I get the right kind of fats, or am I too high in the more detrimental fats, and too low in the beneficial fats? What are some creative ways I can restructure this ratio for my good health and weight loss?

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Am I currently using Essential fat supplementation or protein replacements to bump up my level of nutrition? Why or why not?

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What has been the most impactful wisdom or eye opening information I have gained from this lesson?

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