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Which Diet is Best for YOU?

Today's diet is about feeling full and healthy, which is contrary to yesterday's diet, which was about feeling deprived. Personalization is very much a trend in today's diets. More interest is also being shown toward cleanse-type diets to help people who want to stop craving certain foods and get on track for eating well. Today's popular diets include Paleo, ketogenic, alkaline, and Mediterranean.

- ◆ Paleo includes lean meats, fish, fruits, vegetables, nuts, and seeds, but avoids grains such as wheat, oats, and barley, legumes, dairy products, refined sugar, and highly processed foods.
- ◆ The ketogenic diet focuses on high fat, high protein, and less carbohydrates.
- ◆ The alkaline diet strives to make the body more alkaline by promoting fruits, vegetables, soybeans, tofu, some nuts, seeds, and legumes.
- ◆ The Mediterranean diet emphasizes plant foods (fruits, beans, nuts, whole grains, seeds, and olive oil), cheese and yogurt as dairy foods, moderate amounts of fish and poultry, and small amounts of red meat.

There is no "One Size Fits All" when it comes to dieting, as each person's body is different. However, there are some general rules that everyone should follow during their personal journey:

- Don't: Starve yourself
- Do: Regularly eat clean, healthy foods
- Don't: Drink a ton of alcohol
- Do: Drink a ton of water
- Don't: Think short-term
- Do: Create a meal plan for each week
- Don't: Completely deprive yourself of indulgences
- Do: Practice moderation
- Don't: Go at it alone
- Do: Call us for help!

References:
Health & Fitness Cheat Sheet
HealthWise, NRI: March 2018 Newsletter