



YOUR LAST DIET IDEAL PROTEIN

OBJECTIVES

- Explain the science and history that supports the Ideal Protein Diet method.
- Describe the risks and benefits of diet participation.
- Give you the details of what Ochsner Ideal Protein Program has to offer.

Diet

- What is a diet?
 - Food restriction or limitation for weight loss or health management
- What are some popular “diets” or weight loss plans on the market?
- Do you agree there are a lot of choices when it comes to weight loss.
- How many have you tried so far?
- So why is Ideal Protein so special? What makes it potentially your “Last Diet”?

Ideal Protein

- Medically designed weight loss method developed by Dr. Tran Tien Chanh, MD, PhD.
- 4-phased program initially developed for athletes in Canada.
- Helps stabilize blood sugar levels by training the pancreas to live off the body's own fat reserves therefore burning fat and maintaining muscle mass.
- Developed in France over 20 years ago.



Why are there so many diet plan choices available?

- OBESITY EPIDEMIC
- ***Centers for Disease Control and Prevention:***
 - More than one-third of U.S. adults (35.7%) are obese.
 - Obesity-related conditions include heart disease, stroke, type 2 diabetes, hypertension, gallbladder disease, respiratory diseases, osteoarthritis and certain types of cancer, some of the leading causes of preventable death.



How did we get this way?

- The US has the largest obesity rate per capita and some of the largest healthcare costs per person.
- Louisiana and the South have the highest obesity rates
- Diets of high calorie nutrient-poor foods combined with a lack of physical activity and stress leads to obesity.



WEIGHT GAIN

- Poor eating habits can result in weight gain but proper eating habits do not necessarily result in weight loss.
- **EATING POORLY=WEIGHT GAIN**
- **EATING WELL  WEIGHT LOSS.**

Pancreas

- The main organ responsible for converting sugars into fat and storing fat in the body.
- The pancreas produces the hormone insulin when stimulated by simple or complex carbs.
- Insulin has 2 roles:
 - Lower blood sugar
 - Store fat in the body
- When you eat sugar the pancreas produces insulin in order to lower your blood sugar.



Insulin Dysfunction



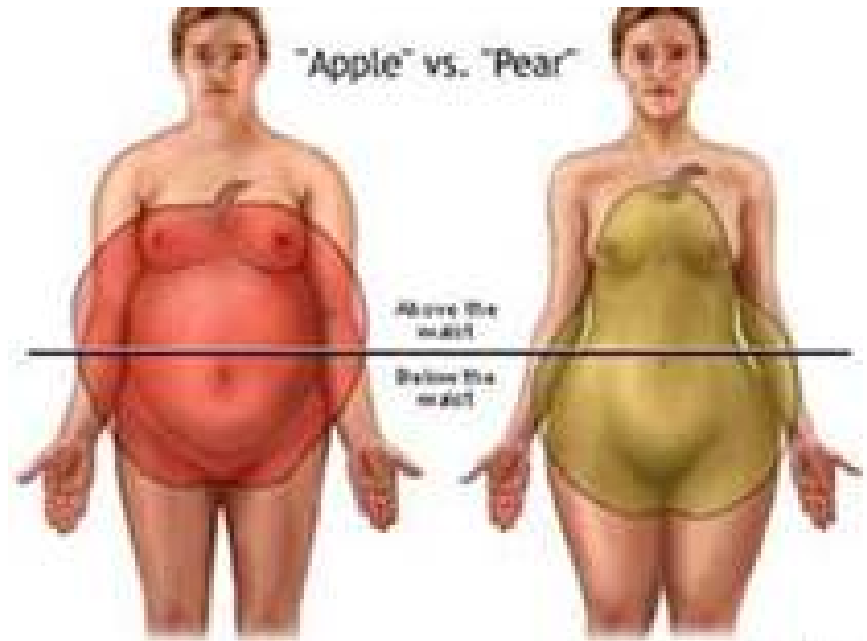
- Can be the cause of many weight issues.
- Diets overloaded with carbohydrates like breads, cereals, muffins, cakes, pastries, pasta, pizza, rice, corn. ...can cause the pancreas to overproduce insulin which lowers the blood sugar and causes hunger or sugar cravings which lead to:
 - Bad eating habits
 - Dysfunctional pancreas
 - Lack of exercise causes the cells in the body to be less responsive to insulin.

Syndrome X or Metabolic Syndrome

- Metabolic Syndrome, Syndrome X or Insulin Resistance are terms used to describe a group of risk factors or symptoms that can lead to life threatening conditions. Obesity can contribute to this Syndrome and the Syndrome can contribute to obesity.
- Factors responsible for the Syndrome:
 - Genetic factors
 - Nutritional – too many sugars and carbs
 - Behavioral – lack of exercise
- There are four conditions generally associated with this Syndrome. You can have any one of these risk factors by itself, but they tend to occur together. You must have at least two metabolic risk factors to be diagnosed with metabolic syndrome.

Syndrome X

- **A large waistline.** This also is called abdominal obesity or "having an apple shape." Excess fat in the stomach area is a greater risk factor for heart disease than excess fat in other parts of the body, such as on the hips.



Syndrome X



- **Dyslipidemia**: A high triglyceride level. Triglycerides are a type of fat found in the blood. A low HDL cholesterol level. HDL sometimes is called "good" cholesterol. This is because it helps remove cholesterol from your arteries. A low HDL cholesterol level raises your risk for heart disease.

Syndrome X



- **High blood pressure** Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood. If this pressure rises and stays high over time, it can damage your heart and other organs and lead to plaque buildup.

Syndrome X

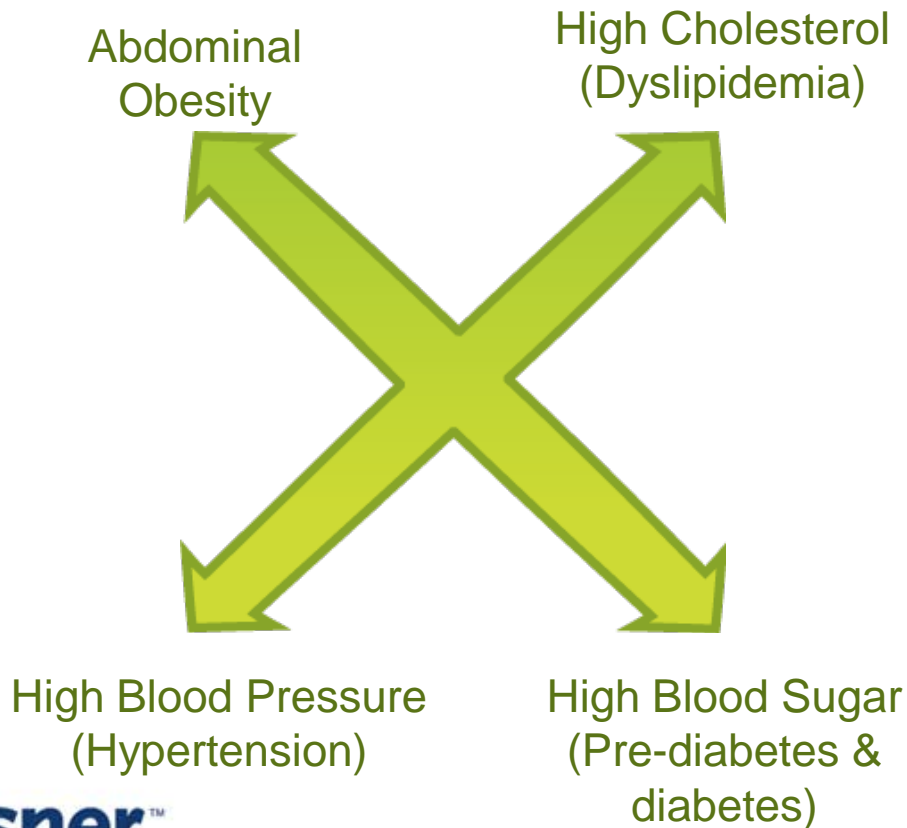
- **High fasting blood sugar**
Mildly high blood sugar may be an early sign of diabetes



Syndrome X

- Need only 2 of the 4 components:

Syndrome X (Metabolic Syndrome)



* These four hallmark symptoms of Syndrome X, seemingly unrelated, share a common cause: Hyperinsulinemia coupled with insulin resistance (i.e. The body requires and therefore makes an exaggerated amount of insulin.)

Weight loss . . . Fuel the fire

- Primary fuel is glucose or sugar (carbohydrates – starches, fruit, milk, sugars)
- Secondary fuel is protein and fat
- Ideal Protein Protocol
 - Decrease carbohydrate intake
 - Body burns stored fat more efficiently
 - High quality protein meals and snacks help maintain your muscle mass

3 fuel sources



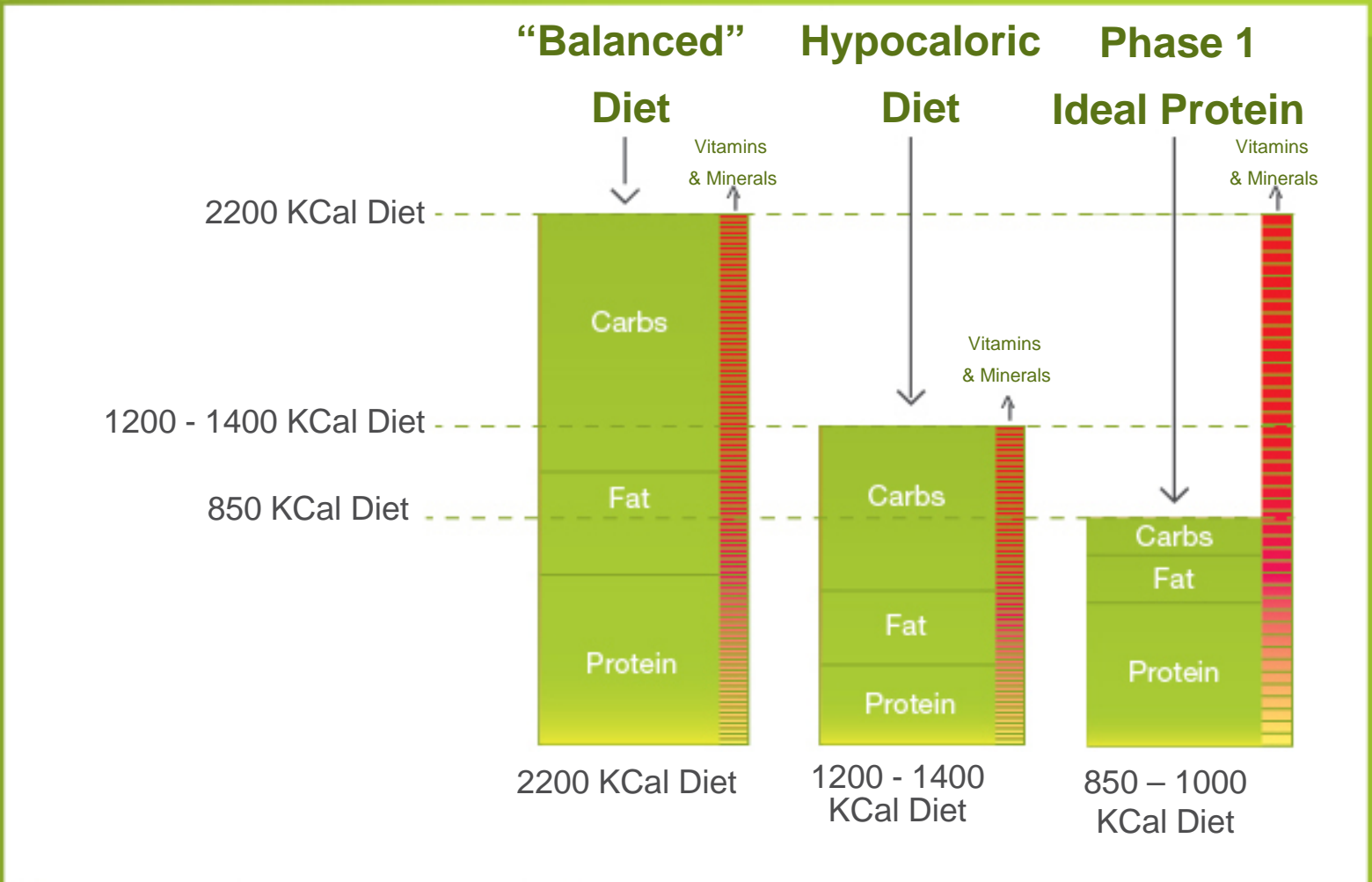
Glucose

Muscle

Fats



Diet Comparison



What do you have to lose?

- Typical diets promote water, fat, **muscle** loss
- Muscle promotes calorie and fat burning
- Muscle takes exercise and time to rebuild

Weight regain = Fat regain!



Reduce Calories – Gain Energy?

- 1 lb fat = 3500 calories
- Ideal Protein Averages
 - Weight loss: 2-5 lbs per week
 - Daily food intake: 850 calories
 - Daily body fat calorie burning: 1,000-2500 calories
- Promotes fat loss, improved energy and fullness



Protein = Vitality

- Provides adequate protein
 - Building blocks of all body's cells, organs, muscles
 - Supports healthy immune system
 - Promotes optimal body functions
- Ideal protein foods are better absorbed than whole food proteins

5oz. / 150g Filet Mignon

Is approximately **200 kcal**
and
35g of Protein
The Body will absorb approx.:

70%

Total Protein intake:
24g

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1 Ideal Protein Food
Envelope
(High-biological value Protein)

Is approximately **100 kcal**
and
20g of Protein
The Body will absorb approx.:

95%

Total Protein intake:
19g



Ideal Every Day!

Highly Absorbable

Superior Quality

High Biological Value

Over 50 Gourmet Food Selections

Ideal Protein products are manufactured
in a licensed pharmaceutical facility
by Therapeutic Product Direction (TPD) of Health Canada



Phase 1

To be followed until 100% of your weight loss goal is achieved.

IMPORTANT: Only the items indicated on this sheet are permitted. Serving size must be respected: eat no more/no less than indicated.

Log in to your MyIdealProtein account to view your daily coaching and recipe videos!

BREAKFAST	LUNCH	DINNER	SNACK	ADDITIONAL DAILY REQUIREMENTS
<p>1 Ideal Protein Food</p> <p>Optional: Coffee/tea with 30 ml (1 oz.) of regular milk. Sweetener permitted (in limited quantity)*</p> <p>SUPPLEMENTS 1 Natura Multi-Vita 1 Natura Potassium</p>	<p>1 Ideal Protein food and 2 cups of select vegetables</p> <p>Optional: Unlimited raw vegetables/lettuce</p>	<p>225 g (8 oz.) of 1 dinner protein and 2 cups of select vegetables</p> <p>Optional: Unlimited raw vegetables/lettuce</p> <p>SUPPLEMENTS 2 Natura Cal-Mag 1 Natura Multi-Vita 2 Omega-3 Plus</p>	<p>1 Ideal Protein food</p> <p>SUPPLEMENTS 2 Natura Cal-Mag</p>	<p>Drink a minimum of 2 L (64 oz.) of water</p> <p>2 teaspoons of olive oil or grape seed extract oil</p> <p>¼ teaspoon of Ideal Salt</p>

Natura Anti-Oxy (2 capsules daily) and Natura Enzymes (1-2 at mealtimes) are strongly recommended in all phases.

*Some sweeteners contain hidden sugar and may hinder your weight loss.

Phase 2

To be followed for 14 days.

IMPORTANT: Only the items on this sheet are permitted. Serving size must be respected: eat no more/no less than indicated.

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BREAKFAST	LUNCH	DINNER	SNACK	ADDITIONAL DAILY REQUIREMENTS
<p>1 Ideal Protein food</p> <p>Optional: Coffee/tea with 30 ml (1 oz.) of regular milk. Sweetener permitted (in limited quantity)*</p> <p>SUPPLEMENTS 1 Natura Multi-Vita 1 Natura Potassium</p>	<p>225 g (8 oz.) of 1 lunch protein and 2 cups of select vegetables</p> <p>Optional: Unlimited raw vegetables/lettuce</p>	<p>225 g (8 oz.) of 1 dinner protein and 2 cups of select vegetables</p> <p>Optional: Unlimited raw vegetables/lettuce</p> <p>SUPPLEMENTS 2 Natura Cal-Mag 1 Natura Multi-Vita 2 Omega-3 Plus</p>	<p>1 Ideal Protein food</p> <p>SUPPLEMENTS 2 Natura Cal-Mag</p>	<p>Drink a minimum of 2 L (64 oz.) of water</p> <p>2 teaspoons of olive oil or grape seed extract oil</p> <p>¼ teaspoon of Ideal Salt</p>

Natura Anti-Oxy (2 capsules daily) and Natura Enzymes (1-2 at mealtimes) are strongly recommended in all phases.

*Some sweeteners contain hidden sugar and may hinder your weight loss.

Phase 3

To be followed for 14 days.

IMPORTANT: Only the items indicated on this sheet are permitted. Serving size must be respected: eat no more/no less than indicated.

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BREAKFAST	LUNCH	DINNER	SNACK	ADDITIONAL DAILY REQUIREMENTS
1 protein, 1 carbohydrate and 1 fat Or Ideal Complete meal replacement* Optional: Coffee/tea with 30 ml (1 oz.) of regular milk. Sweetener permitted (in limited quantity)** RECOMMENDED 1 Natura Multi-Vita	225 g (8 oz.) of 1 lunch protein and 2 cups of select vegetables Or Ideal Complete meal replacement* Optional: Unlimited raw vegetables/lettuce	225 g (8 oz.) of 1 dinner protein and 2 cups of select vegetables Optional: Unlimited raw vegetables/lettuce RECOMMENDED 2 Natura Cal-Mag 1 Natura Multi-Vita 2 Omega-3 Plus	1 Ideal Protein food RECOMMENDED 2 Natura Cal-Mag	Drink a minimum of 2 L (64 oz.) of water 2 teaspoons of olive oil or grape seed extract oil

Natura Anti-Oxy (2 capsules daily) and Natura Enzymes (1-2 at mealtimes) are strongly recommended in all phases.

*Ideal Complete must replace protein food and must be consumed once daily.

**Some sweeteners contain hidden sugar and may hinder your weight loss.

Phase 4

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BREAKFAST	LUNCH	DINNER	SNACK	ADDITIONAL DAILY REQUIREMENTS
<p>May include protein, carbohydrates and fat</p>	<p>Should be low in carbohydrates</p>	<p>Should be low in fats</p>		
<p>Sample 1:</p> <ul style="list-style-type: none"> Cereal Fruit and dairy product Coffee/tea with milk (optional) <p>Sample 2:</p> <ul style="list-style-type: none"> Eggs Ham or piece of cheese Whole wheat or whole grain bread (lightly buttered) <p>Sample 3:</p> <ul style="list-style-type: none"> Ideal Complete (vanilla, chocolate, strawberry) <p>Note: Coffee or tea can be taken with milk/cream and sugar/sweetener if desired</p> <p>OPTIONAL 1 Natura Multi-Vita</p>	<p>Include protein, vegetables and fats</p> <p>i.e. Chicken and broccoli with cheese sauce</p>	<p>Include protein, vegetables, complex carbohydrates</p> <p>i.e. Spaghetti Bolognese</p> <p>OPTIONAL 1 Natura Multi-Vita</p>	<p>1 Ideal Protein food or</p> <p>Healthy snack of your choice</p> <p>i.e. Almonds, fruit or hard cheeses such as Swiss, parmesan or pepper jack</p> <p>OPTIONAL 2 Natura Cal-Mag</p>	<p>Drink a minimum of 2 L (64 oz.) of water.</p>

Ochsner's Ideal Protein Program

- Health profile and medical clearance obtained prior to starting protocol
- Medically trained support throughout program
 - 3 RD or NP appts
 - Weekly appts with Ideal Protein trained coaches for progress updates, clinical measurements and receiving food order
 - YMCA training sessions and discounted rates
 - Coordinate medical needs with health care providers
 - Online support, resources and recipes.

Treatment Options for Obesity at Ochsner

- Nutrition Counseling
- Bariatric Surgery
 - Gastric sleeve
 - Lap band
- Physician Support
 - Monitoring progress
 - Medication adjustment as weight loss occurs
- Ideal Protein Diet
 - Supervised weight loss with FDA approved supplements



Ideal Protein



- Safe and effective: Medically supervised
- Identification of medical issues through completion and review of an extensive health profile that helps identify any health concerns or limitations.
- Adjustment of medications as needed as you loose the weight
- Communication with your healthcare providers.
- One on one coaching and counseling to help you with your unique diet challenges.

Side Effects of Ideal Protein



- Headache
 - Decrease in carbs
 - Decrease in insulin secretion
 - Increase in water elimination
 - Decrease in blood pressure
- Constipation
- Diarrhea
- Bad breath
- Fatigue
 - Lower blood pressure
 - Lower blood sugar
 - Electrolyte imbalance
 - Carb withdrawal

Side Effects

- **Hunger**
 - Carb withdrawal
 - Usually disappears after about the 3rd day when the body begins to use the stored fat for energy. The pancreas begins to reset and cravings disappear. Energy increases.
 - Ketosis occurs and ketonic bodies are amphetamine-like natural appetite suppressants that stimulate and sharpen the mind and increase your stamina.
- **Muscle cramps**
 - Decrease in sodium and potassium

Why Ideal Protein?

- Quick weight loss without sacrificing muscle mass which is highly motivating
- Improved energy, appetite control, reduced cravings usually by day 4 or 5
- A 5-7 % weight loss is recognized for improving metabolic syndrome parameters. (blood pressure, lipids, waist circumference and blood sugar)
- Blood pressure and glycemic improvements occur even before appreciable weight loss occurs.
- Diabetic, lipid lowering and blood pressure medications are typically greatly reduced or eliminated.
- Decrease in hunger and increase in energy



Questions or Comments?

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