

Newsletter

September 20, 2021



Let's Talk About It:

Subcutaneous fat vs visceral fat. Subcutaneous fat is the fat that is stored in the space between your skin and muscles. Every individual has a genetically preset point of how much fat that they can carry in this space and it is different for each individual. Once an individual reaches that point they start to store fat around and in their organs, this is called visceral fat. Whereas subcutaneous fat is fairly hormonally inactive, visceral fat is very hormonally active and is the cause of the metabolic problems that are seen as comorbidities of being overweight and/or obese, including, diabetes, high blood pressure, high cholesterol, cancer, enlarged heart, congestive heart failure, elevated levels of inflammation, and insulin resistance. When you start to lose weight, fortunately the first fat that you lose is the visceral fat, that is why we see an improvement in many of these comorbidities with a weight loss of as little as 5 - 10% of an individual's starting weight.

Task For The Week

This week's task is to write down all the reasons you want to lose weight (no matter how small) and post them in a place where you will see them. Review them daily and if there are any that you have already met, draw a single line through them and draw a smiley face next to them.

[Leave us a review on Google!](#)

Visit and like us on Facebook using
this link:

[Dr. Q's Total Weight Loss
Center - Home](#)

Recipe of the week

Shakshuka (poached eggs in spiced tomato sauce)

Makes 6 servings

Nutrition Facts Per Serving: Net Carbs 8g, Fiber 2g, Total Carbs 10g, Protein 7g, Fat 9g, Calories 146

Ingredients

2 Tbsp of Olive Oil
1 Medium Onion Diced
1 Red Bell Pepper Seeded and Diced
4 Cloves of Garlic Finely Chopped
2 Tsp of Paprika
1 Tsp of Cumin
¼ Tsp of Chili Powder
1 28 ounce Can of Whole Peeled Tomatoes
6 Large Eggs
1 Small Bunch Fresh Cilantro Chopped
1 Small Bunch Fresh Parsley Chopped
⅛ Tsp Black Pepper
¼ Tsp Salt

Instructions

Step 1. Heat a large saucepan on medium heat. Add the chopped bell pepper and onion and saute 5 minutes or until the onion is translucent.

Step 2. Add garlic and spices and cook for an additional minute.

Step 3. Pour the can of tomatoes and juice into pan and break down the tomatoes using a large spoon. Season with salt and pepper to taste and bring to a simmer.

Step 4. Using your large spoon make 6 wells in the sauce and crack an egg into each well. Cover and cook for 5 - 8 minute or until the eggs are cooked to your desired doneness. Serve and enjoy.

Notes: May be served with slices of avocado or garnished with a sprinkling of feta.

If you have a recipe you would like to share, please send it to drqweightloss@gmail.com

Announcements

Dr. Q's Total Weight Loss Center is pleased to announce the addition of Crystal Fricano to the team. As a receptionist Crystal will be working in the mornings Tuesday - Saturday and all day on Thursday.

Vitruvian BodyWorks is now offering Therapeutic **Massage**, Call today to schedule your appointment with **Ariana!**

We are excited to announce Vitruvian BodyWorks has new classes and new instructors.

The new instructors are: **Victoria** (HIIT, Mat Pilates, Balance and Strength, Stretch and Core).

Joanna ((Teen classes Tues - Fri: Gen Z Grind, Yolo Yoga), adult classes include Circuit Training, Chair Yoga, Yin-Yin Yoga).

These classes are in addition to **Joan** and **Nancy's** Yoga and Zumba classes. All Classes \$10.00 except Pilates which is \$15:00. See the separately attached Vitruvian BodyWorks class schedule.

Coming soon: HIIT Senior Edition, Senior Drum Ball Cardio, Dancing to The Oldies, and Let's Get Moving Morning Class.

Vitruvian BodyWorks is active on ClassPass <https://classpass.com/>, so those of you with a ClassPass subscription can now register for classes, book personal training or individual sessions, and soon, reserve for a massage.

Call 727-273-2030, email or register virtually using the [Mindbody](#) app.

Private classes in Yoga \$60.00, or Personal Training sessions with Larry-Gerard for \$50.00 are also available.



Larry-Gerard is offering drop-in Personal Training sessions Monday thru Friday at 8AM, 9AM, 4PM, and 5PM.

Please make any reservations at least five hours in advance. While some classes may allow registrants past this time, availability is not guaranteed, so registering early is the best way to secure your spot.

Q & A:

Does Yoga actually help with weight loss?

When practiced regularly Yoga in both its relaxing and more active forms has definite benefits for weight loss. Yoga focuses on spiritual, physical and mental development which helps you to become the best you.

In Yoga you learn mental and spiritual techniques that focus on mindfulness. This increases your awareness in many parts of your life, one of which is making you more conscious of how different foods affect your body. Studies show that people who develop mindfulness are better able to resist the temptation of “comfort foods” and unhealthy foods, as well as control compulsive eating and binge eating. Another benefit of mindfulness is being more aware of when you are full so that you can stop eating when you are no longer hungry.

Yoga improves sleep when practiced consistently. Studies show that to lose weight you need between seven and eight hours of restful sleep per night. When yoga is practiced regularly it improves your quality and quantity of sleep and helps you to fall asleep more quickly.



Certain types of Yoga like Vinyasa, Ashtanga, and power Yoga burn more energy but even restorative Yoga, especially in formerly inactive participants can increase the amount of energy you burn. Yoga also helps you to develop muscle tone and improves metabolism.

To gain the weight loss benefits of Yoga you should practice Yoga as often as possible. Performing a more active form of Yoga 3 - 5 times per week and a more mindful Yoga on the rest of the days

Please feel free to email us with questions, topics, or ideas that you would like to see included in this newsletter.

drqweightloss@gmail.com

© Dr. Q's Total Weight Loss Center
4646 Central Ave. St. Petersburg, FL 33711
(727) 273 - 2030
drqweightloss@gmail.com

