

# Back In Action Chiropractic

20416 Bowfonds St, Ashburn, VA 20147  
Office: 703-858-3575 / Fax: 703-858-3876 /  
Cell: 703-673-6333  
<http://www.back-n-action.com/>

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## Weight Loss During 21-Day Purification and Beyond

### Results From Purifying

- 8-12 pounds lost – most of it is body fat and some even gain weight if an exercise program is started within 7 days of starting the purification program.
  - Doing everything right, but still not losing weight during post-purification?
  - Determine BMR
  - Lower daily caloric intake by 200-300 calories (keeping the same foods and activities)
  - The goal should be to lose 1 pound or less each week. Any more weight loss will slow your metabolism
  - Use the Calorie Counter at [www.my-calorie-counter.com](http://www.my-calorie-counter.com)

### 3 Major Goals

- Crave good foods
- Make healthier food choices
- Lose weight

### BMR = Basal Metabolic Rate

- Womens' BMR =  $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$
- Mens' BMR =  $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

### Activity Level Determinant

The number of calories your body needs to maintain present weight at your present activity level. You'll need to eat more if you're active!

- Little or no activity – BMR x 1.2 (less than 1 day per week)
- Lightly active – BMR x 1.375 (1 to 3 days per week)
- Moderately active – BMR x 1.55 (3 to 5 days per week)
- Very active – BMR x 1.725 (6 to 7 days per week)
- Extra active – BMR x 1.9

### General Eating Guidelines

For More Energy and Continued Weight Loss:

- Continued weight loss requires a diet low in SIMPLE carbohydrates
- Eat smaller portions more often – 4 to 5 meals daily
- Healthy daily snacks – raw nuts (no peanuts), raw veggies. Fruits should be eaten sparingly.
- Refrain from eating between 8pm and 5am each day
- Eating for your blood type:
  - Type A: Avoid dairy, mango, oranges, potatoes, tomatoes, papaya
  - Type B: Avoid chicken, buckwheat, peanuts
  - Type O: Avoid wheat and corn
- For sugar cravings, take 1 tablet of Gymnema 3x/day (or liquid equivalent)