

Let's get clear about one thing – Healthy weight is *not* a “Calorie Equation”

By Heather Brummer, MS, L.Ac., CN

I started in the field of nutrition, officially, in 2002 when I graduated with a Master's in Nutrition. But I had an interest in nutrition for years before officially studying it. Like most people, I was interested in understanding how nutrition impacts weight. And boy is that complicated! In all of my years of studying and working with clients, I have seen these “rules” change... a lot!

I have seen so many fads and trends come and go. And the “It's simple, just do...” promises. Everywhere I turned, it seemed there were new “Rules” to follow. And that trend has only gained speed. How many food rules can you think of?

- Eat less fat. Eat less carbs. Eat less of everything.
- Eat more fat. Eat more protein. Eat all you want so long as it's a specific food group.
- Eat based on your blood type. Eat based on your genetics.
- Eat really frequently. Eat really, really infrequently.
- Eat only plants, or only meat, or only when hopping on your left-foot-every-other-Tuesday....

It's crazy-making, right?! There are so many new rules to (potentially) follow. What's a gal to do? No, really, what is a person supposed to actually *do* (and eat), to manage weight 'once-and-for-all'?

Here is what I found over the years, there is no “one” rule! That is to say, there is no one-size-fits-all guide to eating and moving and sleeping and stress managing to guarantee changes in body weight and composition for all persons in all circumstances, 365 days a year. We are not robots, there is simply No. Such. Thing.

And the science of weight loss is catching up to what nutritionists have known for years: weight is not a simple math equation of balancing calories in with calories out.

Here's what matters for a healthy (resilient) metabolism:

- **Balancing macros:** Macros are protein, carbs, and fats, and the amounts your body needs can and does change.
- **Exercise:** Finding the appropriate balance of low intensity, high intensity and resistance training for your body.
- **Sleep:** You're getting enough sleep, right?

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- **Stress:** One of the single most important factors in how the metabolism functions. Yes, emotional stress is a factor, but so is physical stress.
- **Hormones:** Thyroid hormones, stress hormones, sex hormones (what stage of life you are in)... these all have a role to play in a healthy metabolism.
- **Calories:** Yes, calories are a factor. See how far down the list they are, though?

In addition, figuring out how to access motivation is another piece of the puzzle. That's a topic for a whole 'nuther blog post, but please hear this now: Motivation is not the same thing as will power, and neither one are a reflection of your "character", so stop beating yourself up for your struggles with consistency. It's normal to have ebbs and flows in our routines, including our routines for self-care. Maintaining motivation is a skill and, with practice, can become self-sustaining. It is possible to make choices that support motivation and strengthen willpower.

So let's sort out how these pieces fit together uniquely for you:

My work with you will help you assess your physical and psychological factors that impact metabolism – to help you understand how these pieces fit together today, and as your metabolism changes. I support your progress at a rate of change that is appropriate for you. I help you learn how to "read" your metabolism, so you gain more confidence in knowing what your body is telling you and then how to respond appropriately. We are not machines, our needs change depending on our circumstances and our genetics. What you learn about your metabolism today may change next week or next year, but the basics will remain the same, so the tools you learn in our work together are built to last a lifetime.

I am so excited to get started with you!