

SUTTER HEALTH METABOLIC WELLNESS PROGRAM

SUTTER HEALTH METABOLIC WELLNESS PROGRAM IS AN INNOVATIVE HEALTHCARE INITIATIVE DESIGNED TO ADDRESS METABOLIC HEALTH ISSUES THROUGH PERSONALIZED CARE, ADVANCED DIAGNOSTICS, AND COMPREHENSIVE LIFESTYLE INTERVENTIONS. THIS PROGRAM AIMS TO HELP INDIVIDUALS MANAGE AND IMPROVE CONDITIONS SUCH AS DIABETES, OBESITY, METABOLIC SYNDROME, AND OTHER RELATED DISORDERS BY FOCUSING ON ROOT CAUSES RATHER THAN JUST SYMPTOMS. LEVERAGING A MULTIDISCIPLINARY APPROACH, THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM INTEGRATES MEDICAL EXPERTISE, NUTRITION COUNSELING, FITNESS GUIDANCE, AND BEHAVIORAL SUPPORT TO FOSTER SUSTAINABLE HEALTH IMPROVEMENTS. PATIENTS BENEFIT FROM TAILORED TREATMENT PLANS THAT INCLUDE DETAILED METABOLIC ASSESSMENTS, CONTINUOUS MONITORING, AND EDUCATION TO EMPOWER LONG-TERM WELLNESS. THIS ARTICLE EXPLORES THE KEY FEATURES, BENEFITS, AND COMPONENTS OF THE PROGRAM, AS WELL AS HOW IT STANDS OUT IN THE REALM OF METABOLIC HEALTH MANAGEMENT. THE DISCUSSION WILL ALSO COVER ELIGIBILITY CRITERIA, PATIENT EXPERIENCES, AND STRATEGIES USED WITHIN THE PROGRAM TO PROMOTE OPTIMAL METABOLIC FUNCTION.

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OVERVIEW OF THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM

THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM IS A COMPREHENSIVE HEALTHCARE SERVICE DESIGNED TO IMPROVE METABOLIC HEALTH THROUGH EVIDENCE-BASED INTERVENTIONS. IT FOCUSES ON IDENTIFYING METABOLIC DYSFUNCTIONS EARLY AND PROVIDING PERSONALIZED TREATMENT PLANS THAT ADDRESS THE UNDERLYING CAUSES OF METABOLIC DISORDERS. THE PROGRAM IS PART OF SUTTER HEALTH'S COMMITMENT TO ADVANCING PATIENT-CENTRIC CARE AND REDUCING THE PREVALENCE OF CHRONIC METABOLIC DISEASES IN THE COMMUNITY. IT COMBINES CLINICAL EXPERTISE WITH LIFESTYLE MODIFICATION STRATEGIES TO OPTIMIZE PATIENT OUTCOMES AND PREVENT DISEASE PROGRESSION.

PROGRAM OBJECTIVES

THE PRIMARY OBJECTIVES OF THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM ARE TO:

- IMPROVE GLUCOSE REGULATION AND INSULIN SENSITIVITY
- REDUCE RISK FACTORS ASSOCIATED WITH METABOLIC SYNDROME
- PROMOTE SUSTAINABLE WEIGHT MANAGEMENT
- ENHANCE CARDIOVASCULAR HEALTH THROUGH METABOLIC CONTROL
- EMPOWER PATIENTS WITH KNOWLEDGE AND TOOLS FOR SELF-CARE

TARGET AUDIENCE

THIS PROGRAM CATERS TO INDIVIDUALS DIAGNOSED WITH OR AT RISK FOR METABOLIC CONDITIONS SUCH AS TYPE 2 DIABETES, PREDIABETES, OBESITY, HYPERTENSION, AND DYSLIPIDEMIA. IT ALSO SERVES PATIENTS SEEKING PREVENTIVE CARE TO MAINTAIN METABOLIC HEALTH AND REDUCE FUTURE COMPLICATIONS.

CORE COMPONENTS OF THE PROGRAM

THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM INTEGRATES MULTIPLE FACETS OF HEALTHCARE TO PROVIDE A HOLISTIC APPROACH TO METABOLIC WELLNESS. THESE COMPONENTS WORK SYNERGISTICALLY TO CREATE A PERSONALIZED AND EFFECTIVE TREATMENT ENVIRONMENT.

COMPREHENSIVE METABOLIC ASSESSMENT

PATIENTS UNDERGO THOROUGH DIAGNOSTIC TESTING, INCLUDING BLOOD WORK TO EVALUATE GLUCOSE LEVELS, LIPID PROFILES, LIVER FUNCTION, AND HORMONAL BALANCE. ADVANCED ASSESSMENTS SUCH AS METABOLIC RATE MEASUREMENT AND BODY COMPOSITION ANALYSIS ARE ALSO UTILIZED TO TAILOR INTERVENTIONS PRECISELY.

INDIVIDUALIZED CARE PLANS

BASED ON ASSESSMENT RESULTS, HEALTHCARE PROVIDERS DEVELOP CUSTOMIZED PLANS THAT INCORPORATE MEDICAL TREATMENT, NUTRITION GUIDANCE, PHYSICAL ACTIVITY REGIMENS, AND BEHAVIORAL THERAPIES. THESE PLANS ARE PERIODICALLY REVIEWED AND ADJUSTED ACCORDING TO PATIENT PROGRESS.

MULTIDISCIPLINARY TEAM APPROACH

THE PROGRAM INVOLVES A TEAM OF SPECIALISTS, INCLUDING ENDOCRINOLOGISTS, DIETITIANS, EXERCISE PHYSIOLOGISTS, AND BEHAVIORAL HEALTH EXPERTS, ENSURING A COMPREHENSIVE MANAGEMENT STRATEGY FOR EACH PATIENT. THIS COLLABORATIVE APPROACH ENHANCES CARE COORDINATION AND PATIENT SUPPORT.

ONGOING MONITORING AND SUPPORT

CONTINUOUS MONITORING THROUGH REGULAR CHECK-UPS AND REMOTE HEALTH TRACKING TECHNOLOGIES ALLOWS FOR TIMELY INTERVENTIONS AND SUSTAINED MOTIVATION. SUPPORT GROUPS AND COUNSELING ARE AVAILABLE TO ASSIST PATIENTS IN OVERCOMING CHALLENGES RELATED TO LIFESTYLE CHANGES.

BENEFITS AND OUTCOMES FOR PATIENTS

PARTICIPATION IN THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM OFFERS NUMEROUS ADVANTAGES, CONTRIBUTING TO IMPROVED HEALTH METRICS AND QUALITY OF LIFE. THE PROGRAM'S STRUCTURED FRAMEWORK SUPPORTS LONG-TERM SUCCESS IN MANAGING METABOLIC CONDITIONS.

IMPROVED METABOLIC PARAMETERS

PATIENTS OFTEN EXPERIENCE SIGNIFICANT IMPROVEMENTS IN BLOOD SUGAR CONTROL, CHOLESTEROL LEVELS, BLOOD PRESSURE, AND WEIGHT MANAGEMENT. THESE CHANGES REDUCE THE RISK OF COMPLICATIONS SUCH AS CARDIOVASCULAR DISEASE AND DIABETIC NEUROPATHY.

ENHANCED LIFESTYLE HABITS

THE PROGRAM PROMOTES HEALTHY EATING PATTERNS, REGULAR PHYSICAL ACTIVITY, AND STRESS MANAGEMENT TECHNIQUES, FOSTERING SUSTAINABLE BEHAVIORAL CHANGES THAT SUPPORT METABOLIC HEALTH.

REDUCED MEDICATION DEPENDENCY

FOR SOME PATIENTS, EFFECTIVE LIFESTYLE MODIFICATIONS AND METABOLIC IMPROVEMENTS LEAD TO DECREASED RELIANCE ON MEDICATIONS, WHICH MAY REDUCE SIDE EFFECTS AND HEALTHCARE COSTS.

PATIENT EMPOWERMENT AND EDUCATION

BY PROVIDING KNOWLEDGE AND SKILLS, THE PROGRAM ENABLES PATIENTS TO TAKE AN ACTIVE ROLE IN MANAGING THEIR HEALTH, RESULTING IN INCREASED CONFIDENCE AND ADHERENCE TO TREATMENT PLANS.

ELIGIBILITY AND ENROLLMENT PROCESS

THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM IS ACCESSIBLE TO PATIENTS THROUGH PHYSICIAN REFERRAL OR SELF-ENROLLMENT FOR THOSE MEETING SPECIFIC CRITERIA. THE ENROLLMENT PROCESS IS DESIGNED TO ENSURE APPROPRIATE CANDIDATE SELECTION AND TO MAXIMIZE PROGRAM EFFECTIVENESS.

ELIGIBILITY CRITERIA

TYPICAL ELIGIBILITY INCLUDES:

- DIAGNOSIS OF METABOLIC DISORDERS SUCH AS TYPE 2 DIABETES OR METABOLIC SYNDROME
- PRESENCE OF RISK FACTORS LIKE OBESITY, HYPERTENSION, OR DYSLIPIDEMIA
- MOTIVATION TO ENGAGE IN LIFESTYLE CHANGES AND FOLLOW MEDICAL ADVICE
- ABILITY TO PARTICIPATE IN REGULAR PROGRAM ACTIVITIES AND ASSESSMENTS

ENROLLMENT STEPS

THE ENROLLMENT PROCESS INVOLVES AN INITIAL CONSULTATION, COMPREHENSIVE METABOLIC EVALUATION, AND DEVELOPMENT OF A PERSONALIZED CARE PLAN. PATIENTS RECEIVE ORIENTATION ON PROGRAM EXPECTATIONS AND AVAILABLE RESOURCES DURING THIS PHASE.

APPROACH TO METABOLIC HEALTH MANAGEMENT

THE PROGRAM'S APPROACH EMPHASIZES TREATING METABOLIC DYSFUNCTION HOLISTICALLY, RECOGNIZING THE INTERCONNECTED NATURE OF PHYSIOLOGICAL, BEHAVIORAL, AND ENVIRONMENTAL FACTORS INFLUENCING HEALTH.

MEDICAL MANAGEMENT

PHYSICIANS UTILIZE CURRENT CLINICAL GUIDELINES AND PERSONALIZED DATA TO OPTIMIZE PHARMACOLOGICAL TREATMENTS WHEN NECESSARY. ADJUSTMENTS ARE MADE IN CONJUNCTION WITH LIFESTYLE INTERVENTIONS TO ACHIEVE OPTIMAL METABOLIC CONTROL.

NUTRITION AND DIETARY COUNSELING

REGISTERED DIETITIANS PROVIDE TAILORED NUTRITION PLANS FOCUSING ON BALANCED MACRONUTRIENT INTAKE, CALORIE REGULATION, AND NUTRIENT-DENSE FOODS TO SUPPORT METABOLIC FUNCTION AND WEIGHT MANAGEMENT.

PHYSICAL ACTIVITY INTEGRATION

EXERCISE SPECIALISTS DESIGN INDIVIDUALIZED FITNESS PROGRAMS THAT CONSIDER PATIENT CAPABILITIES AND GOALS, PROMOTING CARDIOVASCULAR HEALTH, INSULIN SENSITIVITY, AND OVERALL WELL-BEING.

BEHAVIORAL AND PSYCHOLOGICAL SUPPORT

BEHAVIORAL HEALTH PROFESSIONALS ADDRESS FACTORS SUCH AS STRESS, MOTIVATION, AND EMOTIONAL EATING THROUGH COUNSELING AND COGNITIVE-BEHAVIORAL TECHNIQUES, FACILITATING LASTING LIFESTYLE CHANGES.

PATIENT SUPPORT AND EDUCATION

EDUCATION AND CONTINUOUS SUPPORT ARE FUNDAMENTAL ASPECTS OF THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM, ENABLING PATIENTS TO UNDERSTAND THEIR CONDITIONS AND ACTIVELY PARTICIPATE IN THEIR CARE.

WORKSHOPS AND SEMINARS

THE PROGRAM OFFERS REGULAR EDUCATIONAL SESSIONS ON TOPICS INCLUDING NUTRITION, EXERCISE, STRESS MANAGEMENT, AND MEDICATION ADHERENCE. THESE WORKSHOPS HELP PATIENTS STAY INFORMED AND ENGAGED.

SUPPORT GROUPS

PEER SUPPORT GROUPS PROVIDE A PLATFORM FOR SHARING EXPERIENCES, CHALLENGES, AND SUCCESSSES, FOSTERING A SENSE OF COMMUNITY AND MUTUAL ENCOURAGEMENT AMONG PARTICIPANTS.

ONE-ON-ONE COACHING

PERSONAL COACHING SESSIONS HELP ADDRESS INDIVIDUAL BARRIERS AND ENHANCE MOTIVATION, ENSURING PATIENTS RECEIVE TAILORED GUIDANCE THROUGHOUT THEIR WELLNESS JOURNEY.

TECHNOLOGY AND MONITORING TOOLS UTILIZED

ADVANCED TECHNOLOGY PLAYS A CRITICAL ROLE IN THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM BY ENABLING PRECISE MONITORING AND FACILITATING PATIENT-PROVIDER COMMUNICATION.

REMOTE MONITORING DEVICES

PATIENTS MAY USE GLUCOSE MONITORS, WEARABLE ACTIVITY TRACKERS, AND BLOOD PRESSURE DEVICES THAT SYNC WITH HEALTHCARE SYSTEMS TO PROVIDE REAL-TIME DATA FOR CLINICAL REVIEW.

MOBILE HEALTH APPLICATIONS

THESE APPS SUPPORT TRACKING OF DIETARY INTAKE, PHYSICAL ACTIVITY, AND MEDICATION ADHERENCE, OFFERING REMINDERS AND EDUCATIONAL CONTENT TO ENHANCE SELF-MANAGEMENT.

TELEHEALTH SERVICES

VIRTUAL CONSULTATIONS AND FOLLOW-UPS IMPROVE ACCESS TO CARE AND ALLOW TIMELY ADJUSTMENTS TO TREATMENT PLANS, MAKING THE PROGRAM MORE FLEXIBLE AND CONVENIENT FOR PATIENTS.

FREQUENTLY ASKED QUESTIONS

WHAT IS THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM?

THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM IS A COMPREHENSIVE HEALTH INITIATIVE DESIGNED TO HELP INDIVIDUALS MANAGE AND IMPROVE METABOLIC CONDITIONS SUCH AS DIABETES, OBESITY, AND METABOLIC SYNDROME THROUGH PERSONALIZED CARE, NUTRITION, AND LIFESTYLE COACHING.

WHO IS ELIGIBLE TO JOIN THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM?

THE PROGRAM IS TYPICALLY AVAILABLE TO PATIENTS DIAGNOSED WITH METABOLIC CONDITIONS LIKE TYPE 2 DIABETES, PREDIABETES, OBESITY, AND OTHER RELATED HEALTH ISSUES, OFTEN THROUGH A REFERRAL FROM A SUTTER HEALTH PROVIDER.

WHAT SERVICES ARE INCLUDED IN THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM?

SERVICES INCLUDE METABOLIC HEALTH ASSESSMENTS, PERSONALIZED NUTRITION COUNSELING, PHYSICAL ACTIVITY GUIDANCE, MEDICATION MANAGEMENT, BEHAVIORAL HEALTH SUPPORT, AND ONGOING MONITORING BY A MULTIDISCIPLINARY CARE TEAM.

HOW DOES THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM HELP WITH DIABETES MANAGEMENT?

THE PROGRAM PROVIDES TAILORED EDUCATION, BLOOD SUGAR MONITORING, MEDICATION OPTIMIZATION, LIFESTYLE COACHING, AND SUPPORT TO HELP PATIENTS ACHIEVE BETTER GLYCEMIC CONTROL AND REDUCE DIABETES-RELATED COMPLICATIONS.

CAN THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM ASSIST WITH WEIGHT LOSS?

YES, THE PROGRAM OFFERS CUSTOMIZED WEIGHT MANAGEMENT PLANS THAT INCLUDE NUTRITION COUNSELING, EXERCISE RECOMMENDATIONS, AND BEHAVIORAL STRATEGIES TO SUPPORT SUSTAINABLE AND HEALTHY WEIGHT LOSS.

IS THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM COVERED BY INSURANCE?

COVERAGE VARIES DEPENDING ON THE PATIENT'S INSURANCE PLAN. MANY INSURANCE PROVIDERS COVER PARTS OF THE PROGRAM,

ESPECIALLY IF IT'S PRESCRIBED BY A HEALTHCARE PROVIDER. PATIENTS SHOULD CHECK WITH THEIR INSURANCE AND SUTTER HEALTH FOR SPECIFIC COVERAGE DETAILS.

HOW CAN I ENROLL IN THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM?

ENROLLMENT TYPICALLY BEGINS WITH A REFERRAL FROM A SUTTER HEALTH PHYSICIAN OR SPECIALIST. PATIENTS CAN ALSO CONTACT SUTTER HEALTH DIRECTLY TO INQUIRE ABOUT PROGRAM AVAILABILITY AND ELIGIBILITY.

WHAT OUTCOMES CAN PATIENTS EXPECT FROM PARTICIPATING IN THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM?

PATIENTS OFTEN EXPERIENCE IMPROVED METABOLIC HEALTH MARKERS SUCH AS LOWER BLOOD GLUCOSE LEVELS, REDUCED WEIGHT, IMPROVED CHOLESTEROL, AND ENHANCED OVERALL WELL-BEING THROUGH PERSONALIZED SUPPORT AND LIFESTYLE CHANGES.

ADDITIONAL RESOURCES

1. *TRANSFORMING METABOLISM: THE SUTTER HEALTH APPROACH TO WELLNESS*

THIS BOOK EXPLORES THE CORE PRINCIPLES BEHIND THE SUTTER HEALTH METABOLIC WELLNESS PROGRAM, FOCUSING ON PERSONALIZED NUTRITION, PHYSICAL ACTIVITY, AND LIFESTYLE CHANGES. IT OFFERS PRACTICAL STRATEGIES TO IMPROVE METABOLIC HEALTH, MANAGE CHRONIC CONDITIONS, AND ENHANCE OVERALL WELL-BEING. READERS WILL FIND INSPIRING SUCCESS STORIES AND EVIDENCE-BASED ADVICE THAT EMPOWER SUSTAINABLE HEALTH TRANSFORMATIONS.

2. *METABOLIC MASTERY: A COMPREHENSIVE GUIDE TO SUTTER HEALTH'S WELLNESS PROGRAM*

DELVE INTO THE SCIENCE OF METABOLISM AND HOW TARGETED INTERVENTIONS CAN PROMOTE LONG-TERM HEALTH. THIS GUIDE BREAKS DOWN COMPLEX METABOLIC PROCESSES INTO UNDERSTANDABLE CONCEPTS, PAIRED WITH ACTIONABLE STEPS FROM THE SUTTER HEALTH PROGRAM. IT'S IDEAL FOR INDIVIDUALS LOOKING TO TAKE CONTROL OF THEIR METABOLIC HEALTH THROUGH INFORMED CHOICES AND PROFESSIONAL GUIDANCE.

3. *EAT SMART, LIVE WELL: NUTRITION INSIGHTS FROM SUTTER HEALTH'S METABOLIC WELLNESS PROGRAM*

NUTRITION IS AT THE HEART OF METABOLIC HEALTH, AND THIS BOOK EMPHASIZES DIETARY APPROACHES RECOMMENDED BY SUTTER HEALTH EXPERTS. IT INCLUDES MEAL PLANS, RECIPES, AND TIPS FOR BALANCING BLOOD SUGAR, REDUCING INFLAMMATION, AND SUPPORTING WEIGHT MANAGEMENT. READERS WILL LEARN HOW TO MAKE SUSTAINABLE FOOD CHOICES THAT FUEL THEIR BODIES AND SUPPORT METABOLIC FUNCTION.

4. *MOVEMENT AND METABOLISM: EXERCISE STRATEGIES FROM SUTTER HEALTH'S WELLNESS EXPERTS*

EXPLORE THE VITAL ROLE OF PHYSICAL ACTIVITY IN METABOLIC HEALTH WITH THIS FOCUSED RESOURCE. THE BOOK OFFERS TAILORED EXERCISE PROGRAMS DESIGNED TO ENHANCE METABOLIC RATE, IMPROVE INSULIN SENSITIVITY, AND BOOST ENERGY LEVELS. SUITABLE FOR ALL FITNESS LEVELS, IT INCLUDES MODIFICATIONS AND MOTIVATIONAL ADVICE TO KEEP READERS ENGAGED AND PROGRESSING.

5. *MIND-BODY CONNECTION: STRESS MANAGEMENT IN SUTTER HEALTH'S METABOLIC WELLNESS PROGRAM*

STRESS SIGNIFICANTLY IMPACTS METABOLIC HEALTH, AND THIS BOOK HIGHLIGHTS TECHNIQUES TO MANAGE STRESS EFFECTIVELY. THROUGH MINDFULNESS, RELAXATION EXERCISES, AND COGNITIVE-BEHAVIORAL STRATEGIES, READERS CAN LEARN TO REDUCE CORTISOL LEVELS AND IMPROVE METABOLIC OUTCOMES. THE BOOK INTEGRATES PSYCHOLOGICAL INSIGHTS WITH HOLISTIC WELLNESS PRACTICES FOR A BALANCED LIFESTYLE.

6. *PREVENTING DIABETES: INSIGHTS FROM THE SUTTER HEALTH METABOLIC WELLNESS INITIATIVE*

FOCUSED ON DIABETES PREVENTION, THIS BOOK OUTLINES HOW METABOLIC WELLNESS CAN HALT OR REVERSE PREDIABETES AND TYPE 2 DIABETES. IT DISCUSSES LIFESTYLE MODIFICATIONS, MONITORING TECHNIQUES, AND EARLY INTERVENTION STRATEGIES ROOTED IN THE SUTTER HEALTH PROGRAM. READERS GAIN A COMPREHENSIVE UNDERSTANDING OF RISK FACTORS AND PRACTICAL TOOLS TO MAINTAIN HEALTHY GLUCOSE LEVELS.

7. *SUCCESS STORIES FROM SUTTER HEALTH'S METABOLIC WELLNESS JOURNEY*

THIS INSPIRATIONAL COLLECTION SHARES REAL-LIFE TESTIMONIALS FROM INDIVIDUALS WHO HAVE TRANSFORMED THEIR METABOLIC HEALTH THROUGH THE SUTTER HEALTH PROGRAM. EACH STORY HIGHLIGHTS UNIQUE CHALLENGES, BREAKTHROUGHS,

AND THE PERSONALIZED SUPPORT THAT MADE A DIFFERENCE. READERS WILL FIND MOTIVATION AND HOPE IN THESE AUTHENTIC ACCOUNTS OF HEALTH AND RESILIENCE.

8. *TECHNOLOGY AND METABOLIC HEALTH: TOOLS USED IN THE SUTTER HEALTH WELLNESS PROGRAM*

INVESTIGATE THE INNOVATIVE TECHNOLOGIES THAT SUPPORT METABOLIC WELLNESS, INCLUDING WEARABLE DEVICES, TELEHEALTH, AND DATA TRACKING PLATFORMS. THIS BOOK EXPLAINS HOW THESE TOOLS ENHANCE PATIENT ENGAGEMENT, MONITOR PROGRESS, AND PERSONALIZE CARE PLANS WITHIN THE SUTTER HEALTH FRAMEWORK. IT'S ESSENTIAL READING FOR THOSE INTERESTED IN THE INTERSECTION OF HEALTH AND TECHNOLOGY.

9. *BUILDING SUSTAINABLE HABITS: LONG-TERM SUCCESS WITH SUTTER HEALTH'S METABOLIC WELLNESS PROGRAM*

SUSTAINABILITY IS KEY TO LASTING METABOLIC HEALTH IMPROVEMENTS, AND THIS BOOK FOCUSES ON HABIT FORMATION AND BEHAVIOR CHANGE TECHNIQUES. IT PROVIDES STRATEGIES TO OVERCOME OBSTACLES, MAINTAIN MOTIVATION, AND INTEGRATE WELLNESS PRACTICES INTO DAILY LIFE. THE GUIDANCE IS ROOTED IN PSYCHOLOGICAL RESEARCH AND THE PRACTICAL EXPERIENCE OF THE SUTTER HEALTH TEAM.

Sutter Health Metabolic Wellness Program

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sutter health metabolic wellness program: The New Primal Blueprint Mark Sisson, 2016-11-15 Mark Sisson's 2009 release of *The Primal Blueprint* was the catalyst for the primal/paleo/ancestral health movement to gain mainstream awareness and acceptance. Both the hardcover and paperback editions enjoyed a seven-year run at the top of the primal/paleo charts and selling hundreds of thousands of copies. Sisson, publisher of the acclaimed MarksDailyApple.com, the acclaimed and most-visited primal/paleo blog, has spent the past six years diligently researching and evaluating recent the most up-to-date science and reflecting on thousands of users' experiences going primal. The second edition of *The New Primal Blueprint* offers a comprehensively revised, expanded, and updated message from the original runaway bestseller. *The New Primal Blueprint* serves as the ultimate road map for anyone wishing to make the shift from flawed conventional wisdom about diet and exercise to a healthy, happy empowering lifestyle patterned after the evolutionary-tested behaviors of our hunter-gatherer ancestors. The book details the ten immutable Primal Blueprint lifestyle laws that enable empower you to reprogram your genes to direct in the direction of weight loss, health, and longevity. The Primal Blueprint laws are validated by two million years of human evolution as well as an ever-expanding body of contemporary scientific research. Sisson's philosophy was originally met with skepticism as he aggressively challenged numerous mainstream health tenets. Eight years later, mainstream medical and health science are validating the Primal Blueprint tenets assertions that a high-carb, grain-based diet will make you fat, tired, and sick; that a consistent routine of medium-to-difficult cardiovascular workouts can actually compromise your health and longevity and increase risk of heart disease; and that consuming (whole food sources of) fat and cholesterol does not lead to heart disease as we have been led to believe, but rather offers many health benefits. *The New Primal Blueprint* comes alive with a vibrant full-color presentation packed with photos, graphics, and cartoons to make for a fun, easy, and memorable read. Join hundreds of thousands of primal enthusiasts and embrace a new way of life where you take responsibility for your health, fitness, and happiness. Reject once and for all the flawed conventional wisdom that has left modern citizens struggling with fatigue, excess body fat, and elevated disease risk factors as a consequence of grain-based eating habits, exhausting exercise

routines, sedentary lifestyle patterns, and high-stress existences that misdirect our genes and promote illness instead of wellness and longevity. Here is a quick overview of the ten Primal Blueprint laws that will help you quickly and effortlessly reprogram your genes in the direction of health, happiness, and longevity: Law #1 - Eat Plants and Animals: Enjoy the nutritious, satisfying foods that fueled two million years of human evolution. Law #2 - Avoid Poisonous Things: Avoid toxic modern foods (primarily refined vegetable oils, sugars, and grains) that make us fat, sick, and malnourished. Law #3 - Move Frequently: Enhance fat metabolism, improve cognitive function, and avoid the stress of chronic cardio by keeping active with aerobic workouts at a comfortable heart rate, increased everyday movement, and complementary flexibility/mobility activities throughout your day. Law #4 - Lift Heavy Things: Brief, intense sessions of functional, full-body resistance exercises supports muscle development, increases bone density, and prevents injury. Law #5 - Sprint Once in a While: Occasional all-out sprints turbo-charge fat reduction and deliver a boost of anti-aging hormones. Law #6 - Get Plenty of Sleep: Align your sleep with your circadian rhythm by minimizing artificial light and digital stimulation after dark, and creating a calm, quiet, dark sleeping sanctuary. Optimal sleep promotes healthy immune, brain, and endocrine function. Law #7 - Play: Balance the stress of modern life with some unstructured, physical fun! Both brief breaks and grand outings are essential to nurture a cognitively fluid mind and a free spirit. Law #8 - Get Plenty of Sunlight: Expose large skin surface areas frequently to optimize vitamin D production (increases energy, prevents cancer). Maintain a slight tan, but never burn. Diet alone doesn't cut it. Law #9 - Avoid Stupid Mistakes: Learn to be mindful and vigilant against dangers, both extreme and routine. Cultivate risk management skills to stay safe and sensible and eliminate "avoidable suffering." Law #10 - Use Your Brain: Engage in creative and stimulating activities away from your core daily responsibilities. This will keep you refreshed, energized, creative, and productive in everything you do.

sutter health metabolic wellness program: Metabolic Therapies in Orthopedics, Second Edition Ingrid Kohlstadt, Kenneth Cintron, 2018-10-03 The first medical reference textbook to compile an unprecedented synthesis of evidence for regenerative orthopedics by key opinion leaders Thirty-five authors address your clinical questions What emerging technologies are right for my clinical practice? How can I strengthen my patients before their orthopedic surgery? Practically speaking, how can I leverage the latest metabolic therapies to safeguard my patients from toxins, medications, food and chronic diseases known to adversely affect the musculoskeletal system? Ask the Author feature Would you like to discuss a patient with a particular author? Now you can do so at www.betterorthopedics.com. First to be second Did you notice this book is the first book in regenerative orthopedics to publish a second edition? This diverse author team leads the growing field of regenerative orthopedics and offers the broadest and in-depth approach to leveraging metabolic therapies. This book comprises the professional opinion of its authors. It does not claim to represent guidelines, recommendations, or the current standard of medical care.

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