

TLC Resource Guide

Metabolic & Emotional Wellness

Feel Better From the Inside Out.

A Whole-Person Guide to Understanding Your Relationship with Food, Your Body, and Your Health.



Welcome

Our relationship with our bodies is deeply personal. For many people, it has also become complicated.

You may have spent years trying different diets, feeling frustrated by changes in your weight, worrying about your health, or feeling discouraged by advice that seemed to work for everyone except you.

Perhaps you've experienced shame around food, guilt after eating, or disappointment with your body.

Maybe you've been diagnosed with diabetes, hypothyroidism, or another medical condition that has changed how you experience your health.

Or perhaps you're simply exhausted from feeling like you're always supposed to be "doing better."

Wherever you find yourself today, we want you to know this:

You are not a problem to be fixed.

We believe understanding your body with curiosity and compassion is often a more helpful starting point than judging it.

This guide is designed to help you better understand the connection between your metabolism, emotional wellbeing, nutrition, and overall health while introducing evidence-informed ways to support your whole self.

I Feel...

You may recognize yourself in some of these experiences:

- ☐ I feel frustrated with my body.
- ☐ I feel guilty after eating certain foods.
- ☐ I have tried countless diets without lasting success.
- ☐ I feel ashamed of my weight.
- ☐ I avoid mirrors or photos.

- ☐ I worry about my health.
- ☐ I don't know what healthy eating actually looks like anymore.
- ☐ I use food for comfort when I'm stressed.
- ☐ I feel judged when I talk about my weight.
- ☐ I struggle to stay motivated.
- ☐ I feel confused by all the nutrition advice online.
- ☐ My body doesn't respond the way it used to.
- ☐ I feel like I've failed.

Many people carry these experiences quietly.

You are not alone.



Pause & Notice

When you think about your body, what words immediately come to mind?

Where do you think those messages came from?

What's Happening?

Our metabolism is influenced by far more than willpower.

Research shows that our health is shaped by a complex interaction between:

- genetics
- hormones
- sleep
- stress
- nutrition
- movement
- medications
- medical conditions

- trauma
- environment
- relationships

Our emotional wellbeing also influences our physical health. Stress can affect appetite, cravings, blood sugar, digestion, inflammation, sleep, and energy. Likewise, our physical health influences our mood, confidence, and emotional resilience.

This means metabolic health isn't just about calories or exercise. It's about caring for the whole person.

Many people have also learned beliefs about food or their bodies from childhood, family culture, or past experiences that continue to influence how they eat and how they see themselves today.

Understanding those patterns is often part of healing.

What We Want You to Know

Our providers shared several messages they hope every client understands.

Your worth is not determined by your weight.

Bodies naturally change throughout life.

A number on a scale is simply information.

It does not measure your value, your character, or your ability to live a meaningful life.

Food isn't moral.

Food isn't "good."

Food isn't "bad."

Different foods nourish our bodies in different ways, but eating is not a measure of success or failure. Many people discover that healing begins when guilt and shame no longer sit at the table.

There are many ways to support your health.

Medication may be appropriate for some people. Lifestyle changes remain important. Nutrition, movement, sleep, emotional health, and medical care all work together.

There is rarely one single solution.

You deserve support, not judgment.

Many people delay asking for help because they feel embarrassed. You don't have to carry that burden alone.

What Healing Often Looks Like

Healing rarely begins with dramatic weight loss. More often, it begins with a healthier relationship with yourself.

You might notice...

When your relationship with your body feels difficult...

You criticize yourself throughout the day.

Eating feels filled with guilt or anxiety.

You think of foods as "good" or "bad."

You feel discouraged by setbacks.

Exercise feels like punishment.

Your body feels like an enemy.

As healing begins to unfold...

You begin speaking to yourself with greater kindness.

Meals become more enjoyable and less emotionally charged.

You begin seeing food as nourishment, enjoyment, and connection.

You begin viewing health as a lifelong practice rather than a pass-or-fail test.

You discover movement that genuinely feels enjoyable.

Your body begins to feel like something worthy of care.

Health feels overwhelming.

Small, sustainable habits begin replacing perfection.

Pause & Notice

Can you think of one way your relationship with your body has become even slightly kinder over the past year?

Healing often begins long before we notice physical changes.

A Gentle Reminder

Bodies change. They always have. Your worth has never depended on remaining exactly the same.

Progress isn't measured only in pounds lost. It can also be measured in increased energy, confidence, flexibility, peace, strength, self-respect, and the freedom to enjoy life.

What Helps?

There is no single path toward metabolic health. Most people benefit from building several supportive habits over time.



Nutrition

Learning how food nourishes your body can help replace confusion with confidence.

Rather than striving for perfection, focus on building sustainable habits that support your energy, mood, and overall health.



Movement

The best form of exercise is often the one you'll actually enjoy doing.

Walking, swimming, dancing, strength training, gardening, hiking, or playing with grandchildren all count.

Movement is a way of caring for your body, not punishing it.

Sleep

Sleep influences hunger hormones, metabolism, mood, and energy. Small improvements in sleep often make healthy choices feel easier. Starting a sleep hygiene practice might be a good place to begin. This can include things like making your bedroom darker and cooler at night, wearing an eye mask when it's time to go to sleep, reducing blue light from electronics an hour or so before bedtime, having a regular bedtime, and creating a simple bedtime routine.

Emotional Wellbeing

Stress, anxiety, trauma, and depression can all influence eating patterns and physical health. Healing your relationship with food often includes caring for your emotional health.

Medical Support

Some people benefit from medications such as GLP-1 therapies when prescribed appropriately. These medications work best when combined with healthy nutrition, movement, and ongoing support. They are tools, not magic solutions. [Click here to read more about GLP-1s.](#)

Nutritional Support

Depending on your needs, nutritional supplements, IV nutrient therapy, vitamin injections, or other medical interventions may help support overall wellness.

Community

Healthy habits often become easier when we learn alongside others. Finding encouragement, education, and accountability can make lasting change feel more achievable.

How TLC Can Support You

Instead of asking,

"How do I lose weight?"

consider asking,

"What kind of support would help me build a healthier relationship with my body?"

Medical & Wellness Support

- GLP-1 Medical Weight Management
 - Nutritional Support
 - IV Therapy
 - Vitamin & Mini Lipo Injections
 - Pharmacogenomic Testing (when appropriate)
 - Hormone Evaluation (when appropriate)
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Individual Support

- Medication Management
 - Counseling with trauma-informed Therapy
 - EMDR for body image or food-related trauma (when appropriate)
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Education & Lifestyle

- Nutrition Education
- Mindful Eating
- Lifestyle Coaching

- Practical movement strategies
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Nervous System Support

Because stress affects metabolism, your provider may also recommend:

- ILF Neurofeedback
 - Mindfulness Class
 - Breathwork Class
 - The Infusion Sanctuary
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Finding Your Next Step

If you're noticing...

Weight gain or metabolic concerns

Low energy or nutritional concerns

Body image struggles or emotional eating

Questions about medications

Stress affecting your nutritional habits

Several concerns happening together

You might consider exploring...

GLP-1 Medical Weight Management consultation

IV Therapy or nutritional support

Individual Counseling and free consult for Neurofeedback

Medication Management

Free consult for ILF Neurofeedback, Mindfulness Class

Talk with your TLC provider about creating a personalized wellness plan.

Continue the Conversation

If one or more of these next steps resonated with you, we'd be honored to help you explore them. You don't have to figure everything out before reaching out.

Our team can answer your questions, help you understand your options, and work with you to determine what kind of support might be the best fit for your needs.

Call our office at 385-272-4292 to schedule an appointment or consultation. Together, we'll help you explore next steps that might benefit you and your unique needs.

Reflection

Pause & Notice

When you ask what your body needs right now, what does it say?

Imagine Experiencing...

Imagine waking up with more energy.

Imagine enjoying meals without guilt.

Imagine trusting your body's signals a little more.

Imagine moving because it feels good—not because you have to earn your food.

Imagine feeling healthier without constantly criticizing yourself.

Imagine seeing your body as a partner rather than an opponent.

Whole-person wellness isn't about becoming perfect. It's about feeling more alive, more capable, and more connected to yourself.

Looking Ahead

Rather than asking,

"How can I change my body?"

you might gently ask,

"How can I care for my body in a way that helps me thrive?"

Small acts of nourishment, movement, rest, and compassion often create the most lasting change.

Additional Resources

Books

- *Intuitive Eating* — Evelyn Tribole & Elyse Resch
- *The Hungry Brain* — Stephan Guyenet
- *Body Respect* — Linda Bacon & Lucy Aphramor
- *Atomic Habits* — James Clear

Podcasts

- *Food Psych*
- *The Proof with Simon Hill*

Practices

- Mindful eating
 - Gentle movement
 - Time outdoors
 - Journaling about body appreciation
 - Meeting with a registered dietitian
 - Practical nutrition education
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Experience TLC

Your health is about far more than a number on a scale.

It includes your energy, your confidence, your emotional wellbeing, your relationships, your habits, and your ability to fully participate in the life you want to live.

As you continue working with your TLC care team, remember that meaningful change rarely happens through shame or perfection.

It grows through understanding, support, and many small choices made with compassion over time.