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Dr. Dave's Weight Loss Fact Sheet (Printable PDF)

Hydration:

WATER: Drink one large glass of water immediately upon arising and an additional one-half to one gallon throughout the day. Green tea is also recommended.

Meals:

- **EAT BREAKFAST:** This is the most important meal of the day. It stimulates metabolism, decreases appetite throughout the day, prevents extreme blood glucose changes and normalizes energy levels.
- **EAT SIX TIMES PER DAY:** Frequent smaller meals are necessary to stimulate metabolism and release abnormal fat reserves. This also helps normalize hunger and burn fat.
- **EAT SALAD WITH LUNCH AND DINNER:** Consumption of fresh organic greens with every meal is an excellent source of fiber.
- **EAT DINNER AS EARLY AS POSSIBLE:** Finishing dinner approximately three and half hours before going to bed helps reset the hypothalamus and prevent the storage of fat.
- **EAT PROTEIN BEFORE BED:** Eat 4oz of organic beef, veal, chicken, fish or turkey right before bedtime to decrease water retention, stimulate the mobilization of fat cells and burn fat while you sleep.

Food and Beverage Suggestions:

- **APPLES and GRAPEFRUIT:** One organic green apple and one organic white grapefruit every day. This helps to regulate blood sugar, reduce appetite, and increase cleansing of the liver, gall bladder and colon.
- **MEAT AND DAIRY:** Try to consume only organic meat and dairy to avoid hormones, antibiotics and other drugs that cause hormonal imbalances, lead to weight gain and abnormal fat storage.
- **GREEN TEA:** Drink a minimum of 1 cup of Green Tea daily to increase metabolism and mitigate hunger.
- **ORGANIC YERBA MATE TEA:** Drink 1 cup daily as an alternative to coffee. This stimulates the release of fat cells and reduces appetite.
- **EXTRA VIRGIN RAW COCONUT OIL (medium chain triglyceride):** Dr. Dave recommends MCT Colada (1 tsp / day in a drink, in food or taken directly). This will stimulate metabolism, improve digestion and release fat cells.
- **RAW ORGANIC APPLE CIDER VINEGAR:** (one tablespoon / 1x day). This can be taken directly or used in food preparation for its cleansing properties and stimulating effects on metabolism.
- **HOT PEPPERS:** Organic hot peppers and/or hot salsa help increase metabolism, reset the metabolic set point and release fat stores.
- **CINNAMON:** Use to regulate insulin and blood glucose.
- **FIBER:** Increases in fiber will reduce appetite, promote elimination of toxins and improve digestion.

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Dr. Dave™ weight loss supplement recommendations:

OPTI-DETOX SHAKE (creamy chocolate): (two scoops with 8 oz. of water daily, usually at breakfast). This shake contains essential nutrients and detoxifying agents. This can be consumed as a meal replacement based on calorimetry testing.

OPTIGLUCOSE CONTROL SHAKE (chocolate mint or vanilla delight): provides multimodal support for healthy insulin and glucose metabolism and related pathways. Helps reduce glycemic impact of meals, supports healthy body composition and healthy blood lipid metabolism, provides antioxidant support, supports maintenance of healthy peripheral nerves.

METABOOST: Supports weight loss by helping increase the body's metabolic rate safely without causing any stimulant-associated side effects.

CARB-X: An optimized blend of purified polyphenols from brown seaweed. Reduces the impact of high-glycemic foods. Helps support healthy blood glucose metabolism, supports healthy insulin sensitivity and helps slow starch and table sugar digestion and absorption.

CRAVE-X: Contains key amino acids to support the biosynthesis of neurotransmitters involved in appetite control, carbohydrate or fat cravings, and mood. Chromium is present to support healthy glucose metabolism and support food intake regulation.

PROBIOTIC PLUS: Take 30 billion mixed strains per day to improve digestion and maximize elimination.

ACETYL L-CARNITINE: Take daily to stimulate the conversion of fat to fuel and to increase lean muscle tissue affecting overall body composition.

VITAMIN D: Lack of sunlight on the body has been shown to lead to depression, overeating, increase in appetite, low metabolism and weight gain.

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LIVER PROTECT: A clean liver will aid in appetite control, improve digestion, increase metabolism, and decrease appetite.

DIGESTIVE ENZYMES: People who are overweight lack the ability to digest properly.

SUPER B COMPLEX: Contains the entire spectrum of B vitamins to support adrenal and neurological functions.

Supports carbohydrate metabolism, healthy nervous system, adrenal and immune function, cardiovascular health, and healthy mental function and mood.

KRILL OIL: This supplement increases concentration of high quality omega-3s which improve circulation, oxygenation, promote normal hormone levels and decrease appetite.

SUPER OMEGA 3 ENTERIC COATED FISH OIL FORMULA: Promotes cardiovascular health by supporting the maintenance of triglyceride and cholesterol levels already within the normal range, and by supporting healthy platelet aggregation. This formula supports the body's "cleanup" response to the inflammatory cascade and healthy mental functioning, healthy glucose and insulin metabolism and vitamin D repletion in cases of dietary deficiency, limited sunlight exposure, or use of depleting therapies.

Eliminate and Avoid:

- Trans Fats, hydrogenated oils and saturated fats
- Gluten
- High Glycemic Carbohydrates
- High fructose corn syrup, artificial sweeteners.
- Packaged and processed food with preservatives (organic whole foods are preferential)
- Sweeteners: (Use Stevia, Agave, Yacon sparingly)
- Nitrates: Food cravings and allergies driven by nitrates will subside with elimination.
- Farm Raised Fish: The drugs and chemicals found in these fish are toxic.
- Diet Drinks; remember artificial sweeteners promote sugar cravings.
- Fast Food: Processed foods, MSG, hormones, trans fats, antibiotics and drugs will need to be detoxified from the body.
- Sodium rich foods and table salt

Sleep and Exercise, Etc.:

- **SLEEP: Go to bed by 10pm and arise at 6am for a healthy natural circadian rhythm.**
- **CARDIOVASCULAR EXERCISE: One hour per day, uninterrupted at 65% to 75% of maximum heart rate.**
- **WEIGHT BEARING EXERCISES: Resistance training increases metabolism and changes body composition.**
- **INFRARED SAUNA: Sweating in an infrared sauna, (preferred), or sauna, 20 minutes per day will stimulate metabolism as well as the release of fat cells and accumulated toxins.**
- **PRACTICE YOGA and MEDITATION**

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Dr. Dave's Diet Facts:

- 7% of the carbohydrates that we consume are used up in digestion. 12% of the proteins that we consume are used up in digestion process.
- 3,500 calories consumed and unused will put on 1 pound of body fat (Just 100 extra calories per day equals a 10 pound weight gain in one year).
- Salt sensitive individuals can retain 1 liter of water for every additional teaspoon of salt consumed. One liter of water equals 2 pounds of water weight.
- Women can gain as much as 2 – 3+ pounds during menses. A high protein diet has a diuretic effect to get rid of unwanted water weight/fluid retention (edema).
- Eat slow, chew thoroughly, remain focused (mindful) and savor your food.
- Rotate food selection to avoid boredom.
- Use herbs and spices liberally to create new flavor combinations.
- Use fiber such as psyllium husk to keep your bowels regular psyllium fiber will help keep your colon clean, especially when eating higher amounts of protein.
- Walk, take the stairs and stand as much as possible. Cardiovascular exercise is great but all physical efforts, even standing, burn calories.
- Make sure to do weight training at least three days per week. Exercise the large, highly metabolic calorie burning muscle groups (chest, back, legs) 3 times per week to speed up your metabolism. Our lean muscle mass decreases 3% -5% per year after 25 years old if we do not weight train and exercise regularly.
- Walk, jog, bike or hike for cardiovascular exercise at least 5 days per week for 30 minutes.