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## Fall Weight Loss - STRESS FREE!

The Broadway Clinic has taken care of Oklahomans for over 40 years. We provide Bio-identical Hormones Replacement Therapy (BHRT), weight-loss programs including hCG and dietary supplements for men and women. We treat erectile dysfunction (ED) with the advanced technology REGAIN. We continue to offer the latest scientifically proven methods to help our patients regain their health. The Broadway Clinic is dedicated to helping our patients look and feel better!

As fall approaches, it can be tempting to take a break from losing weight and hide behind oversized sweaters. Many times, the unwanted extra pounds are a result of too much stress - which is understandable because traditional weight loss methods can be stressful! The stress hormone, cortisol, directly leads to weight loss difficulties. It triggers the fight or flight response in our brains, which can in turn lead us to overeat. But there's another factor at work as well. Social factors and our feelings can lead us to maybe eat differently than we need, whether that be more or less. The stress combined with overeating or undereating make for an unhappy body.

It's important to not avoid all foods, but to get enough healthy fats and maintain a balanced diet, even when it feels like the carbs are overtaking the kitchen. Watching your portions will also help you not overeat. Typically, you will consume everything that's on your plate, so if you fill your plate less, you may not be as tempted to overstuff yourself.

Another trick we like to utilize is practicing mindful eating. Breathe deeply before and during your meal, and don't hurry through it. If you really take the time to think about what you're eating, savor it completely, and chew slowly, I think you'll find that you enjoy your meal more and you will be able to listen to your body telling you when it's full.

One of our top solutions for weight loss is our hCG program. Safe and effective, our patients time and time again are satisfied with the way they look and feel after completing this program. We have various supplements and also offer a "clean" protein powder with Sunwarrior Warrior Blend Protein Powder which is a vegan based plant protein powder. Come visit us if you have any questions or are interested in our weight loss programs. We offer natural and effective alternatives to traditional "dieting," and we'd love to help you look and feel your best!

[Find proven weight loss now.](#)

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## Did you know?

The Broadway Clinic sells health products to supplement your weight loss journey - like Sunwarrior Protein Powder! A delicious way to get added protein in your diet, we have 1 and 2 pound options in Vanilla, Chocolate and Natural flavors. Ask us about it at your next appointment or visit our online shopping [cart](#).

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Visit our Website

The Broadway Clinic  
(405) 528-1936 | <http://www.broadwayclinic.com>

