

Why Weight: Metabolic Hacking

Dr. Rohn Rigby, AAFP, ABOM

Disclaimers:

- Live LCHF/Keto lifestyle
- Medical Director of Ogden Clinic
Medical Weight Loss
- Why Weight Elevate Podcast



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2006



Diagnosis?

*-Metabolic
Syndrome*



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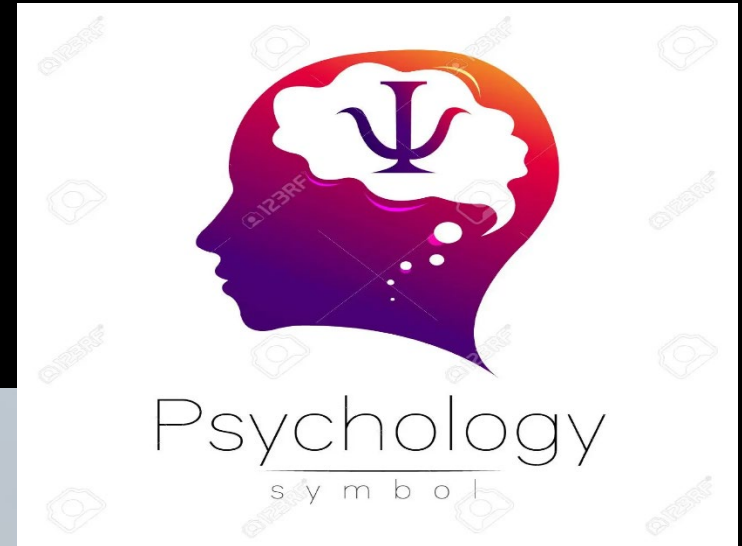
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why?



Bachelors:



Medications



What is a Syndrome?

Definition

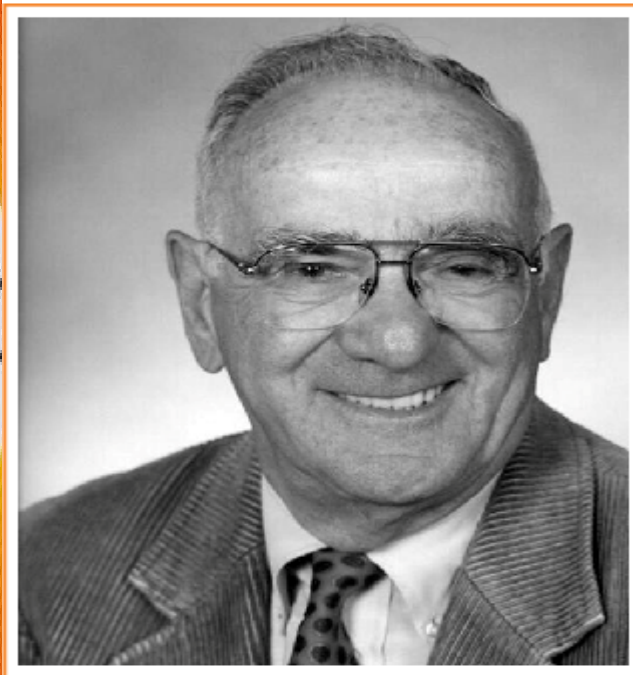
- Syndrome is a set of medical signs and symptoms which correlate with each other and often clinically associated with a particular disease or disorder.

Obesity

**High Blood
Pressure**

Sy

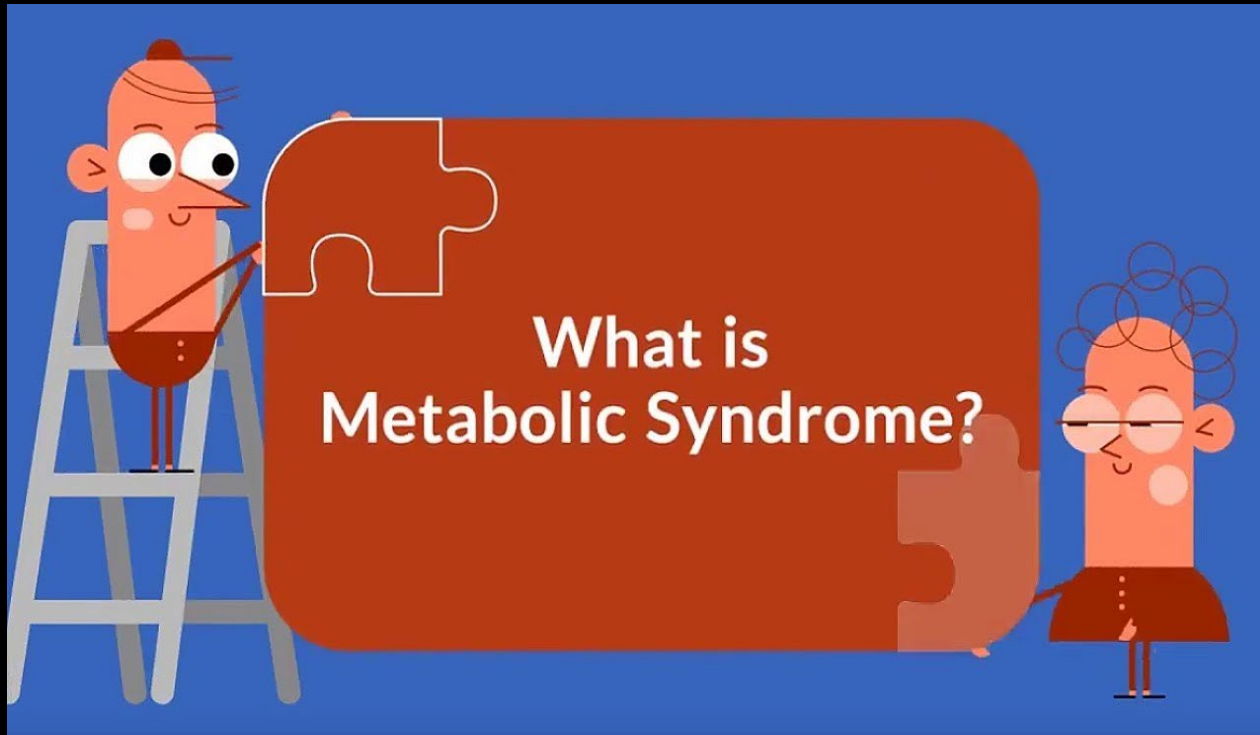
me



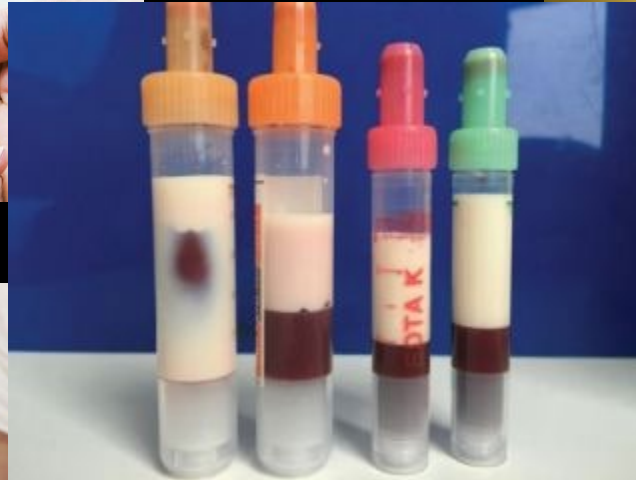
**High Blood
Cholesterol**

**Insulin
Resistance**

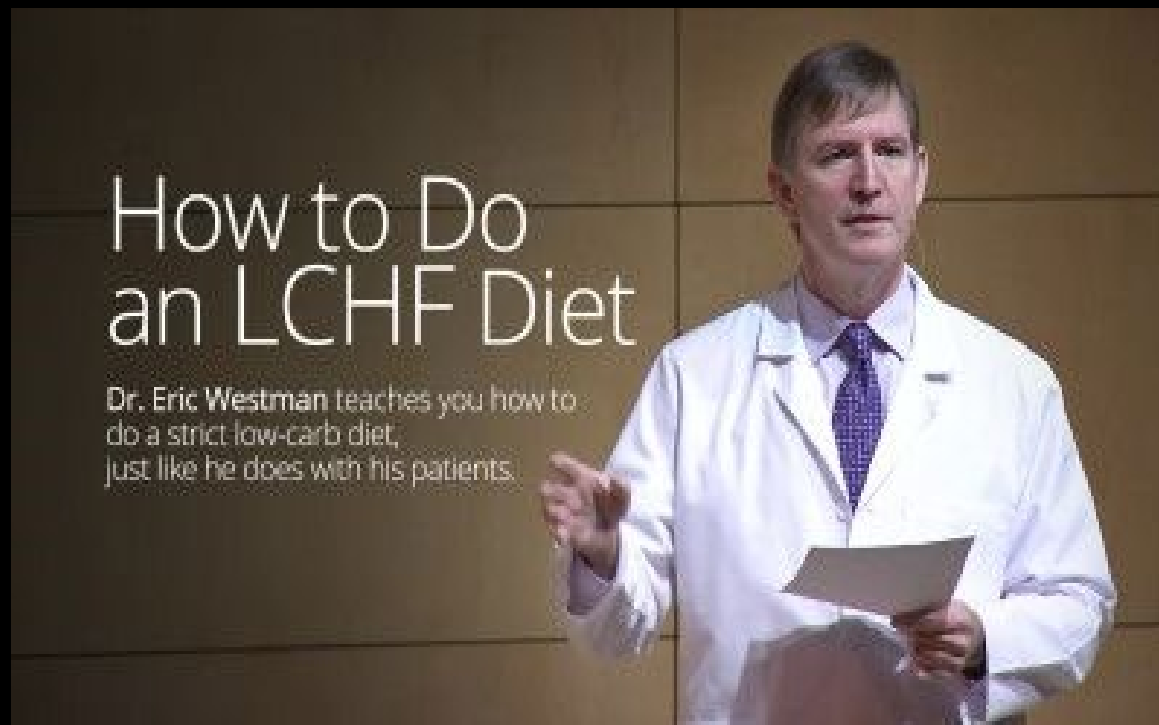
Metabolic Syndrome



Metabolic Syndrome



History



History



WHY WE GET FAT

AND
WHAT
TO DO
ABOUT IT



GARY TAUBES
AUTHOR OF GOOD CALORIES, BAD CALORIES



THE CASE AGAINST SUGAR

GARY TAUBES



CHALLENGING THE CONVENTIONAL WISDOM
ON DIET, WEIGHT CONTROL, AND DISEASE

GARY TAUBES

FROM THE BEST-SELLING AUTHOR OF *Why We Get Fat*

THE CASE FOR KETO

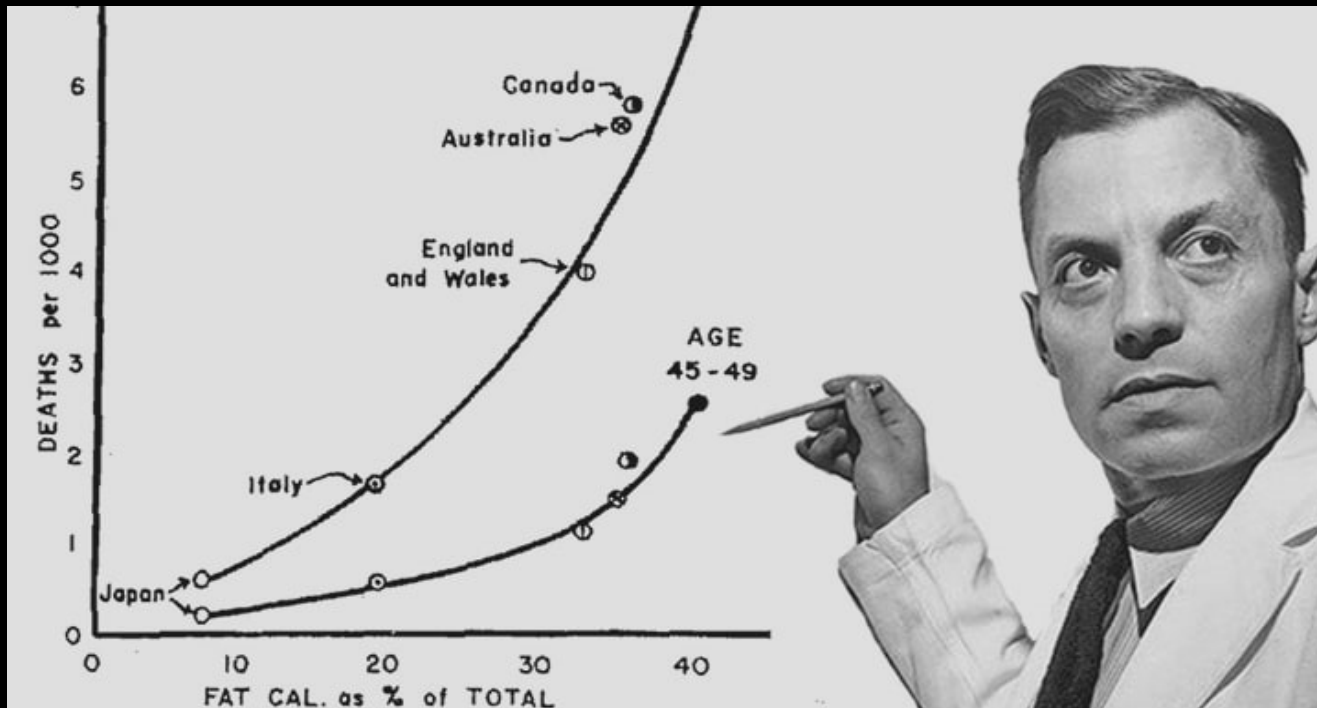


Rethinking Weight Control
and the Science and Practice of
Low-Carb/High-Fat Eating

GARY TAUBES

IC
you.

History



History



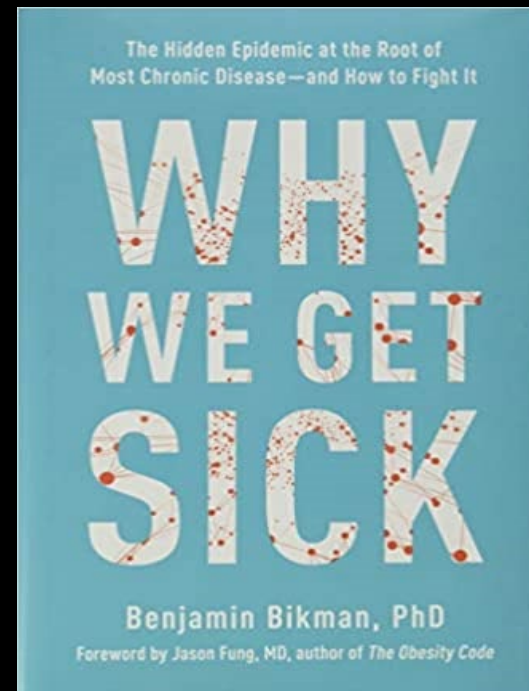
It's so logical and so simple. Fat is the backup fuel system. The role it plays in the body is that when there's no carbohydrate around, fat will become the primary energy fuel. That's pretty well known.

— *Robert Atkins* —

History



History



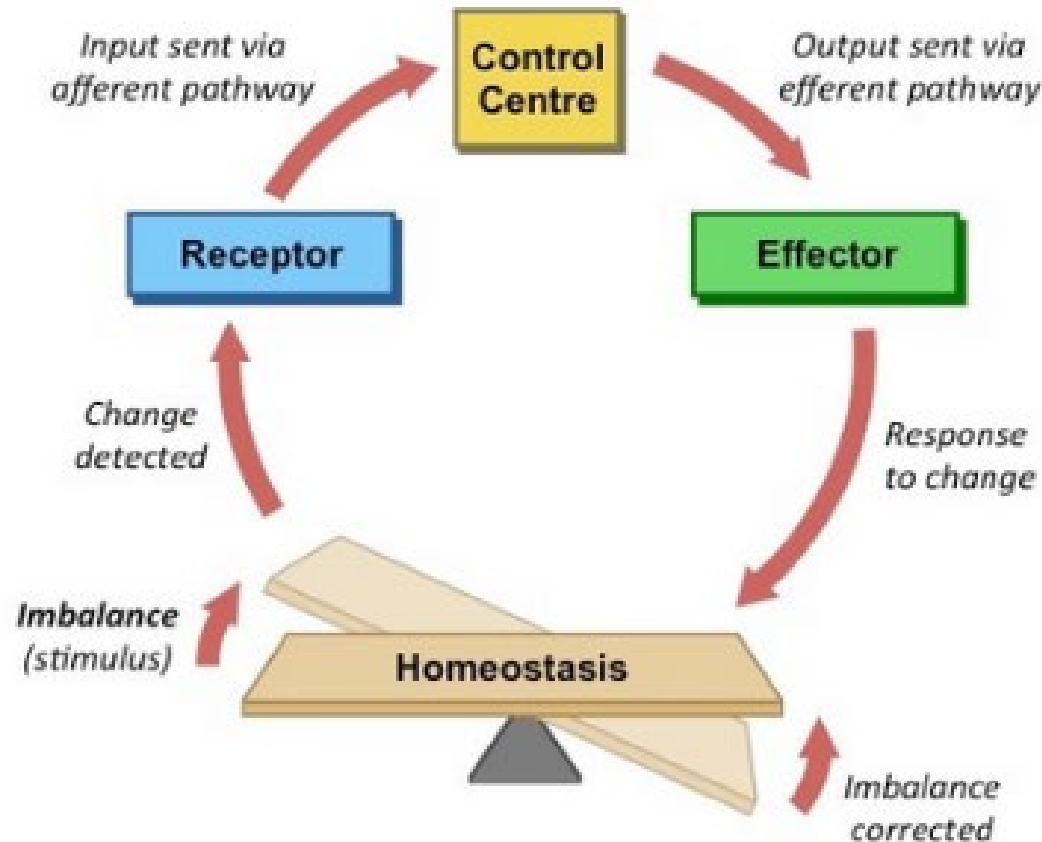
What is Metabolic Syndrome?



why?



Homeostasis: Definition, Types and Examples



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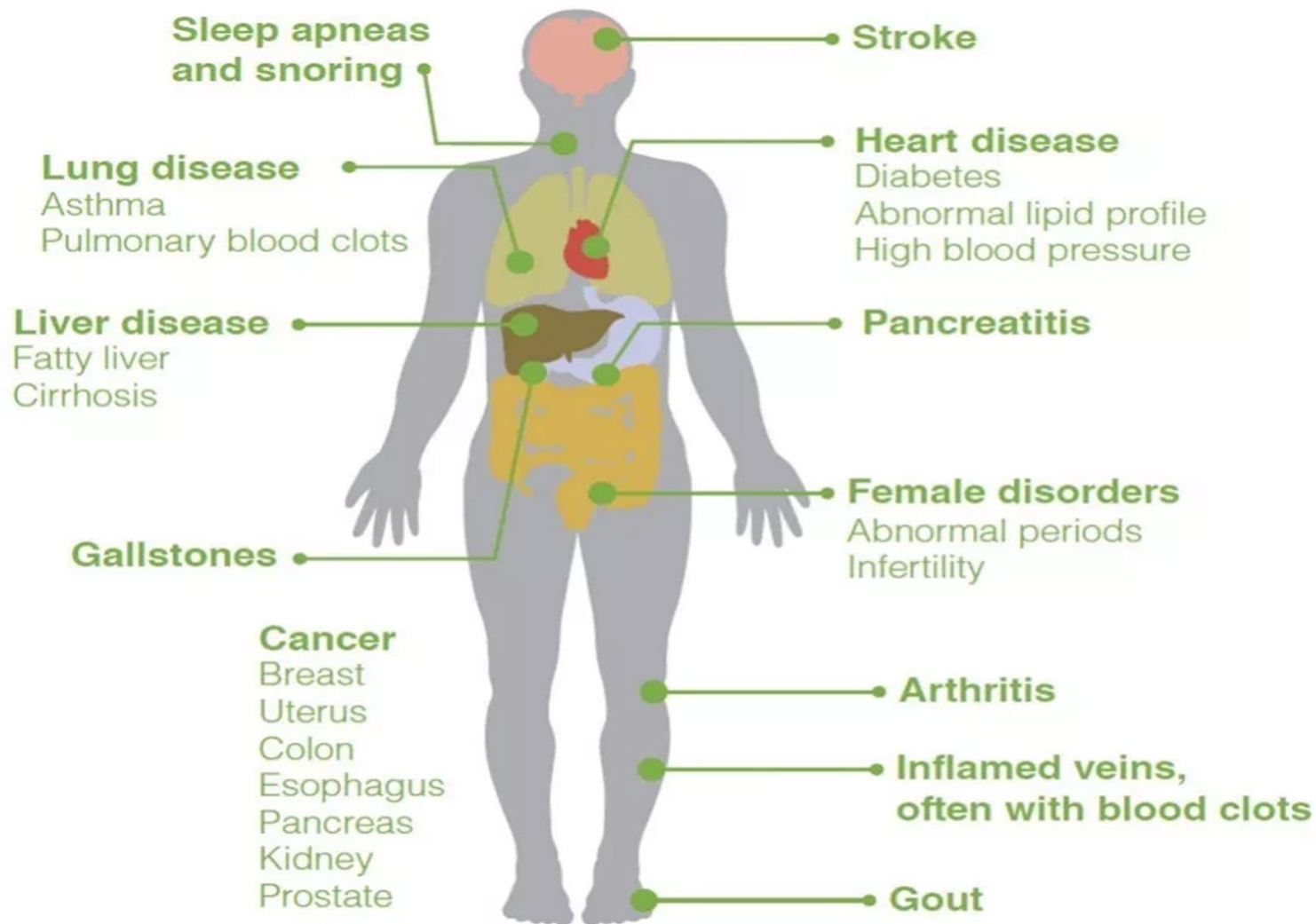
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www.glasbergen.com



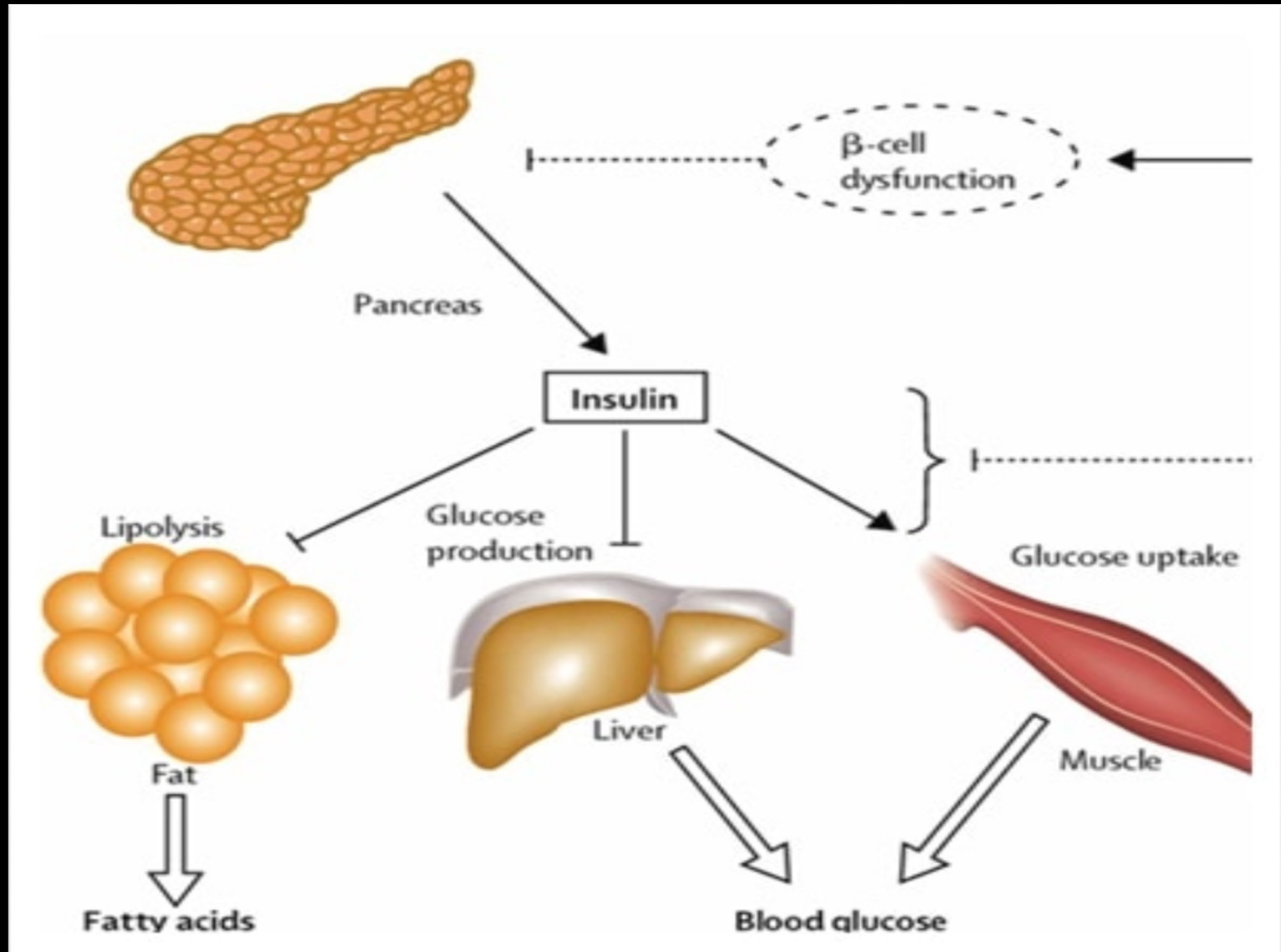
**“If more than 50% of the population is
obese, then I’m not overweight,
I’m average!”**

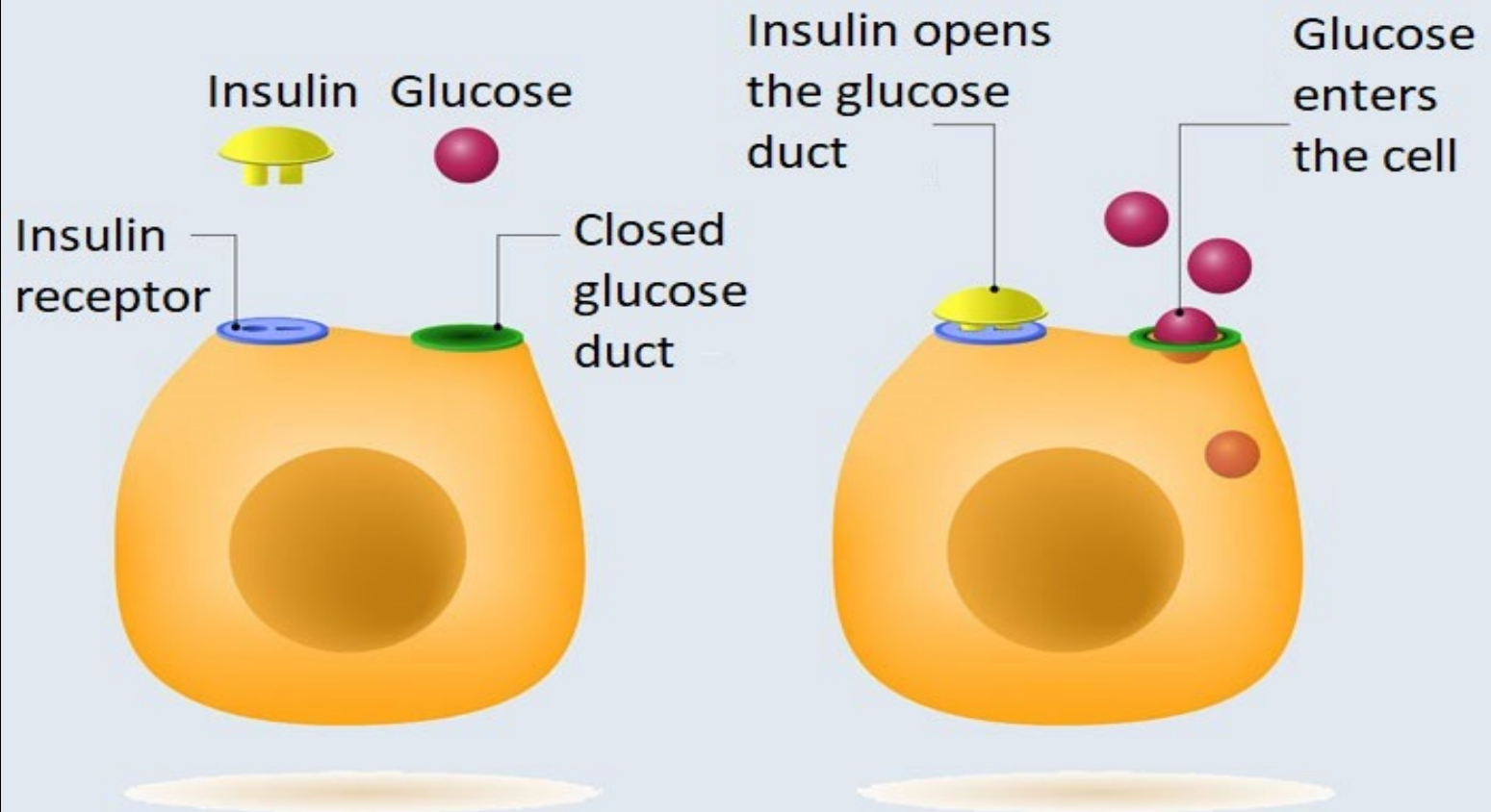
Medical Complications of Obesity



Infographic from the CDC: <https://www.cdc.gov/healthreport/publications/compendium.pdf>

Hormone: Insulin





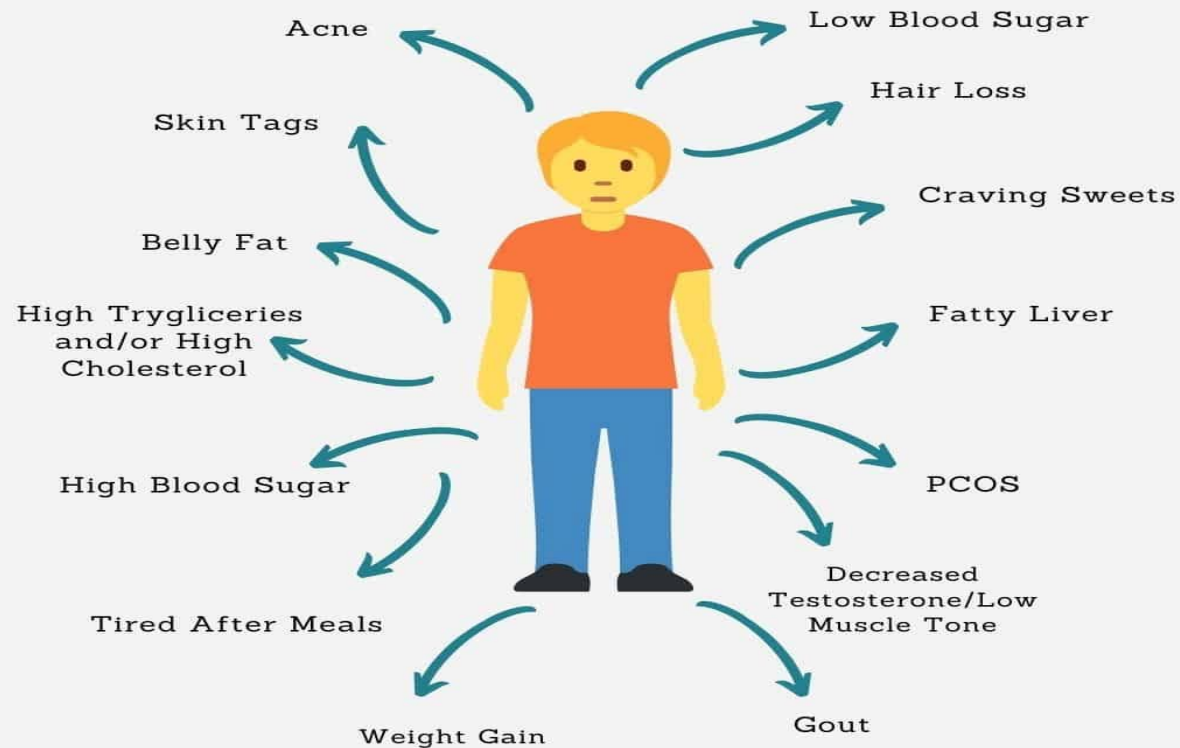
Insulin resistance



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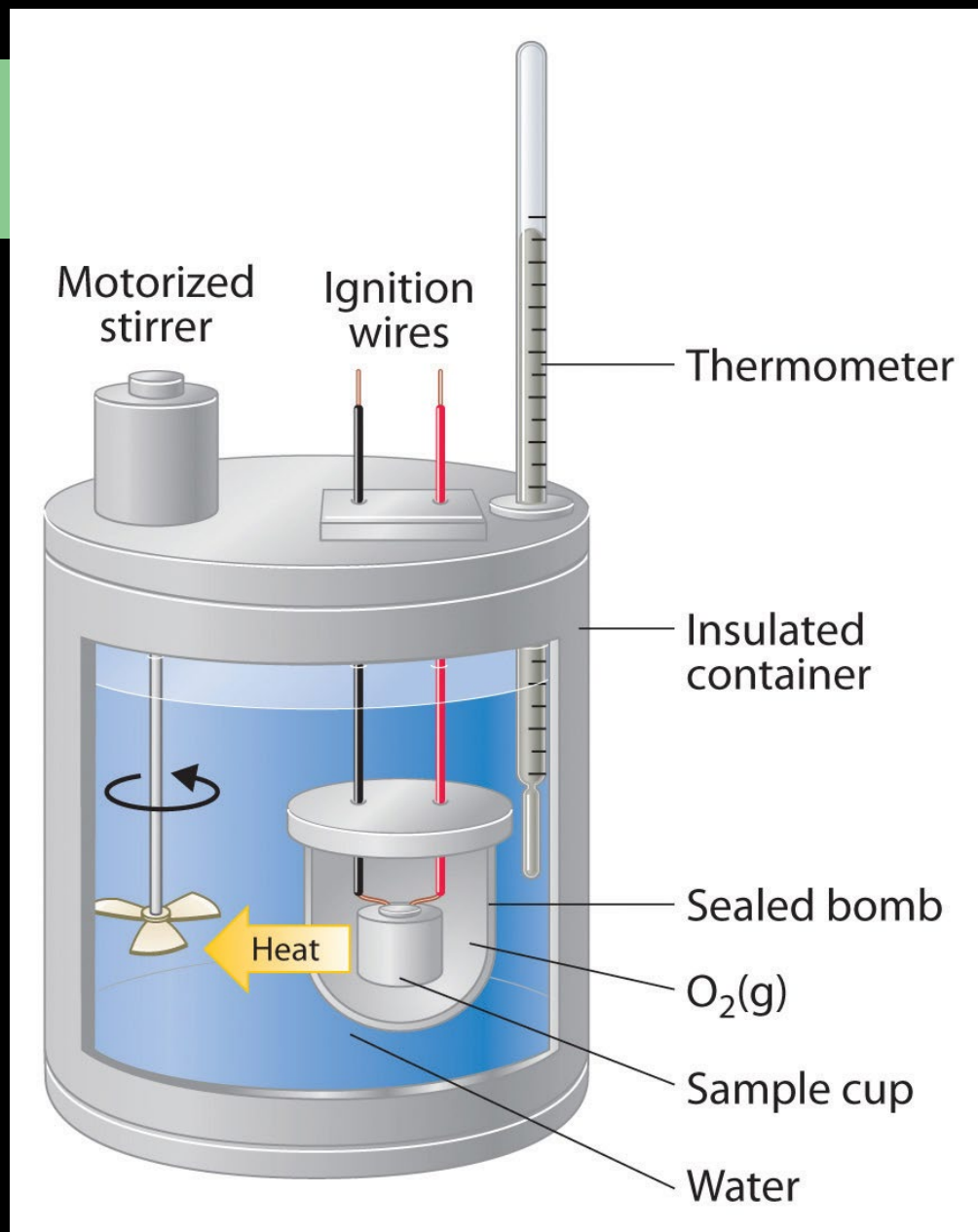
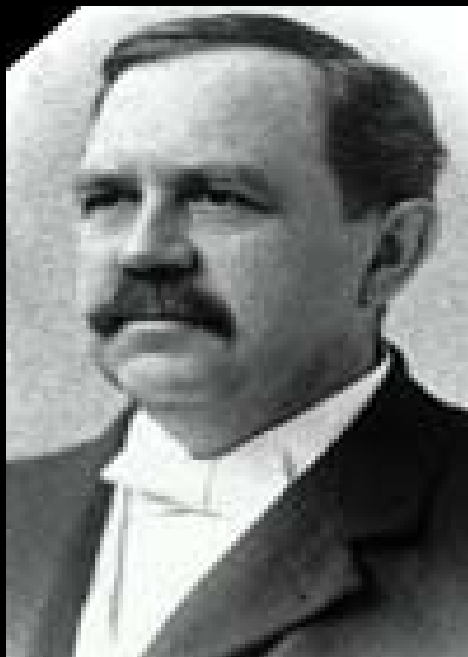
symptoms of insulin resistance



What are Calories?



Bomb Calorimeter



Key Problem!

Unfortunately we focus on the calories.

If Insulin Resistance is the key problem.

Then this is where we should focus!

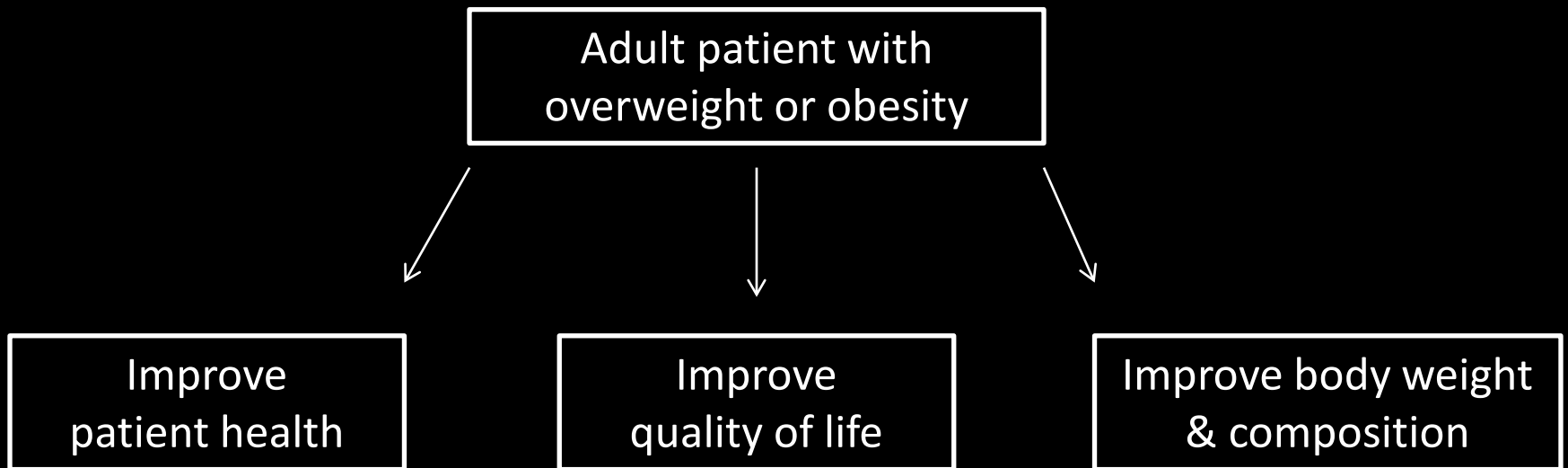
Metabolic Health



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Overall Management Goals



WHY?



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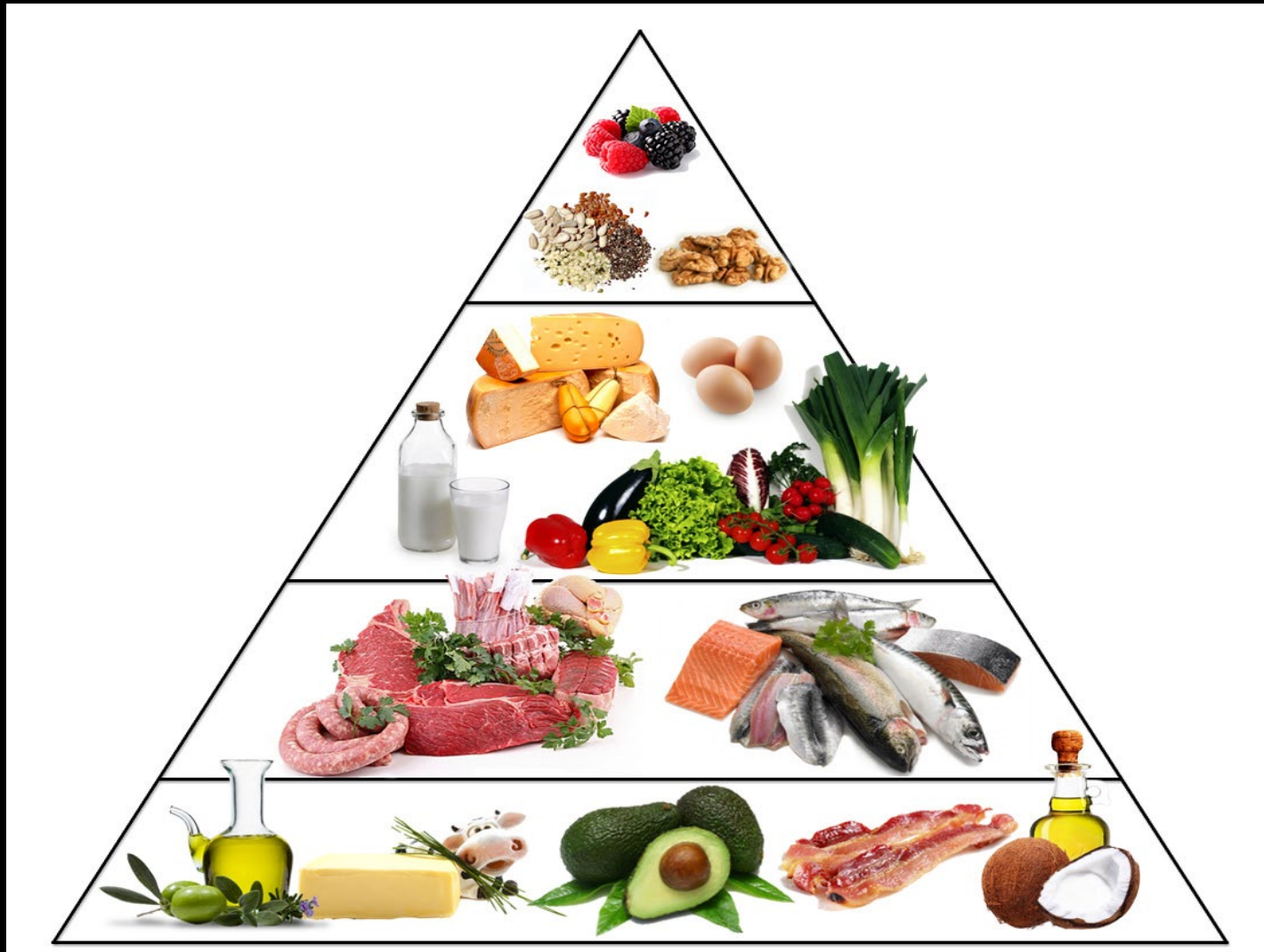
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Medical History

Do you have a personal or family history of one of the following?

- High blood pressure
- High cholesterol
- Waist circumference
 - > 35 in F or > 40 in M
- High fasting blood sugar/ low blood sugar events
- Inflammation (joints, skin, intestine, other)
- Depression/Anxiety
- Attention issues
- Chronic fatigue
- Sex Hormone Problems
 - Testosterone/Progesterone/Estrogen
- Abnormal Eating
- h/o PCOS, Infertility
- h/o Diabetes

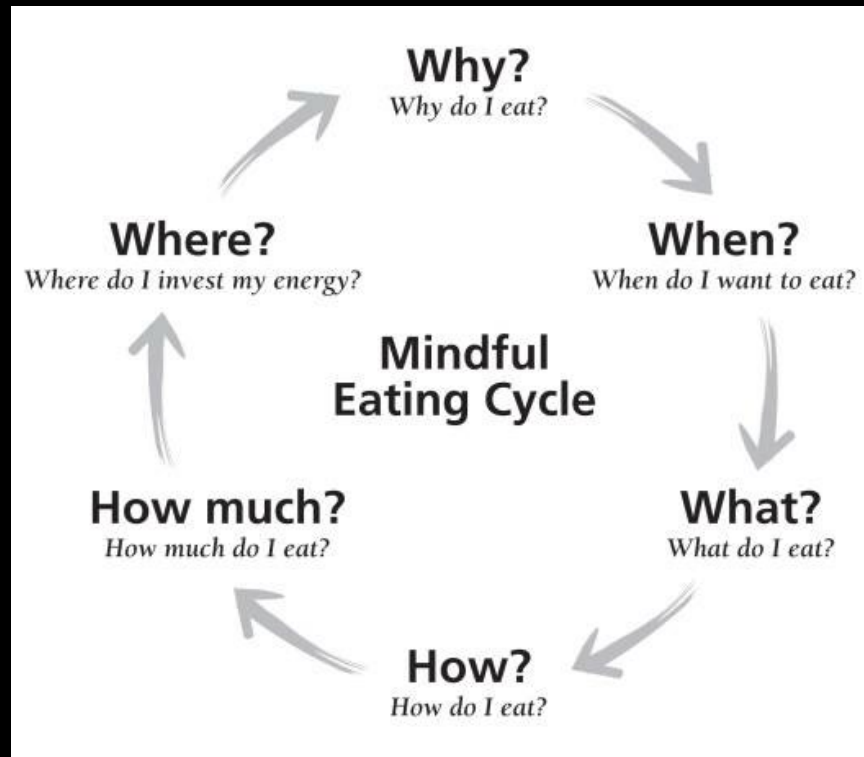
Low Carb/Keto Food Pyramid



Fasting/timed eating



Eating Problems?



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Which Works Better?



Exercise



Exercise

©Marty Bucella

www.martybucella.com



"Would walking into McDonald's instead of using the drive-thru be considered more exercise?"



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Sleep



Sleep

Tips:

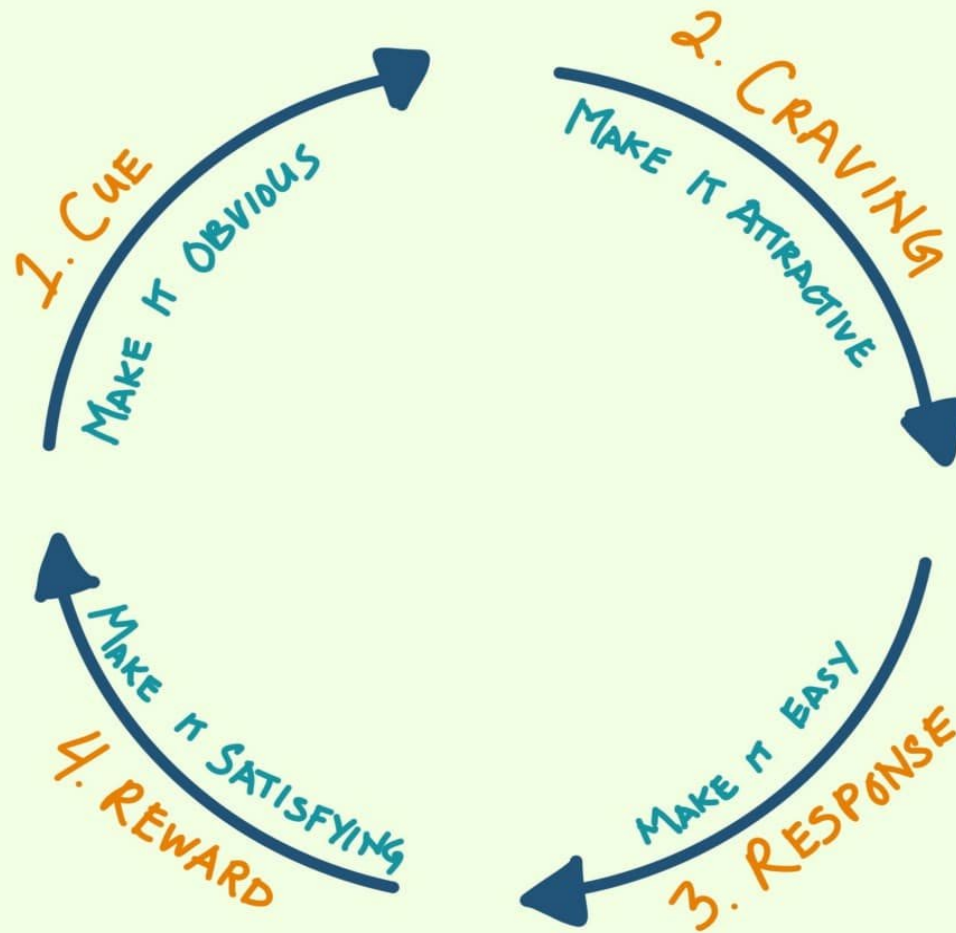
- Set go to bed and get up time
- Get off screens or use blue blocking glasses
- Avoid caffeine and alcohol and nicotine
- Meditation/Relaxing environment/White noise
- Sun Exposure early in the day
- Exercise



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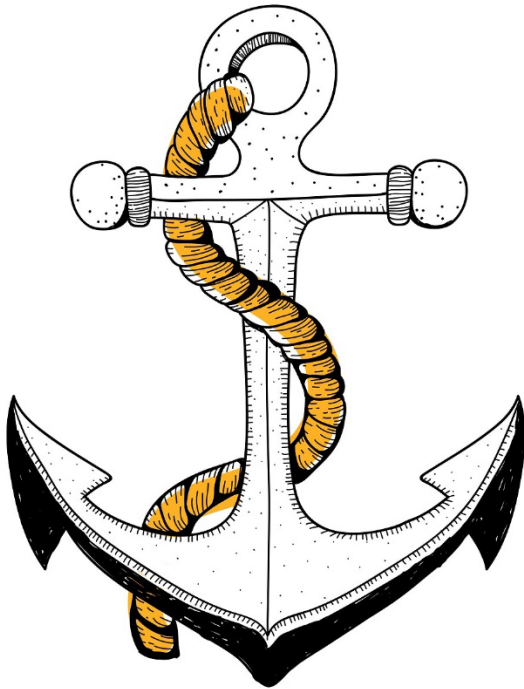
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THE HABIT LOOP

Anchor



Linking or attaching
new habits to an old
and stable habit



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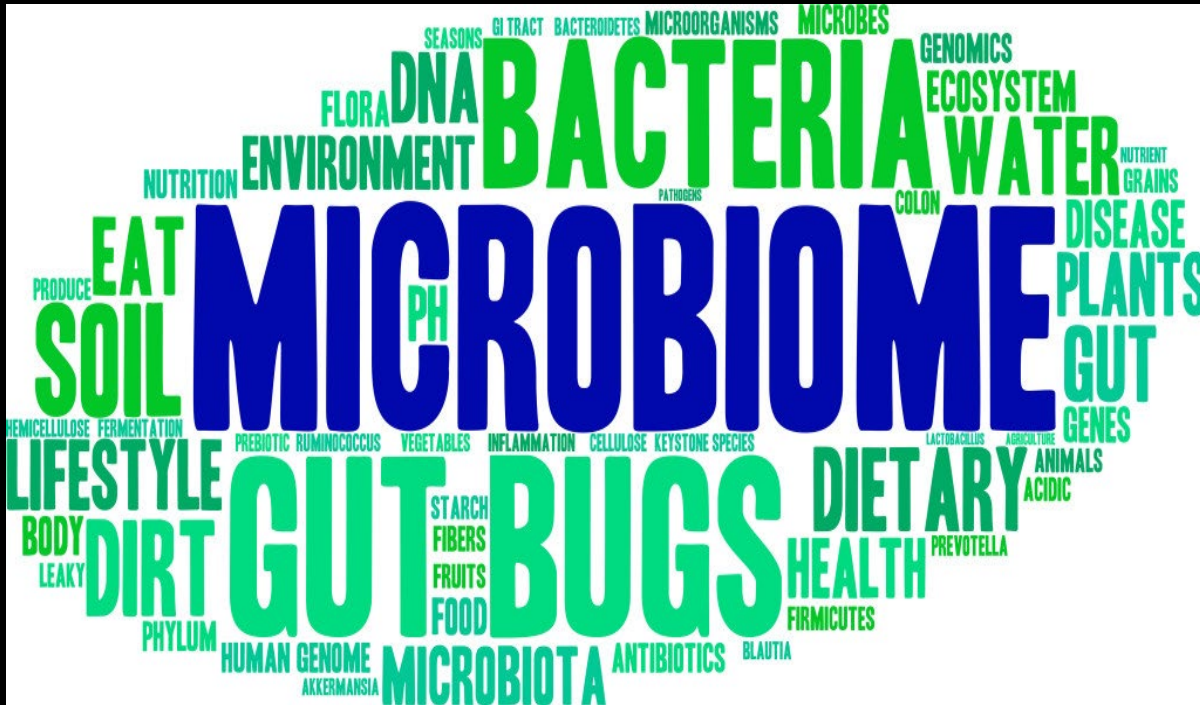
Willpower



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Gut Health



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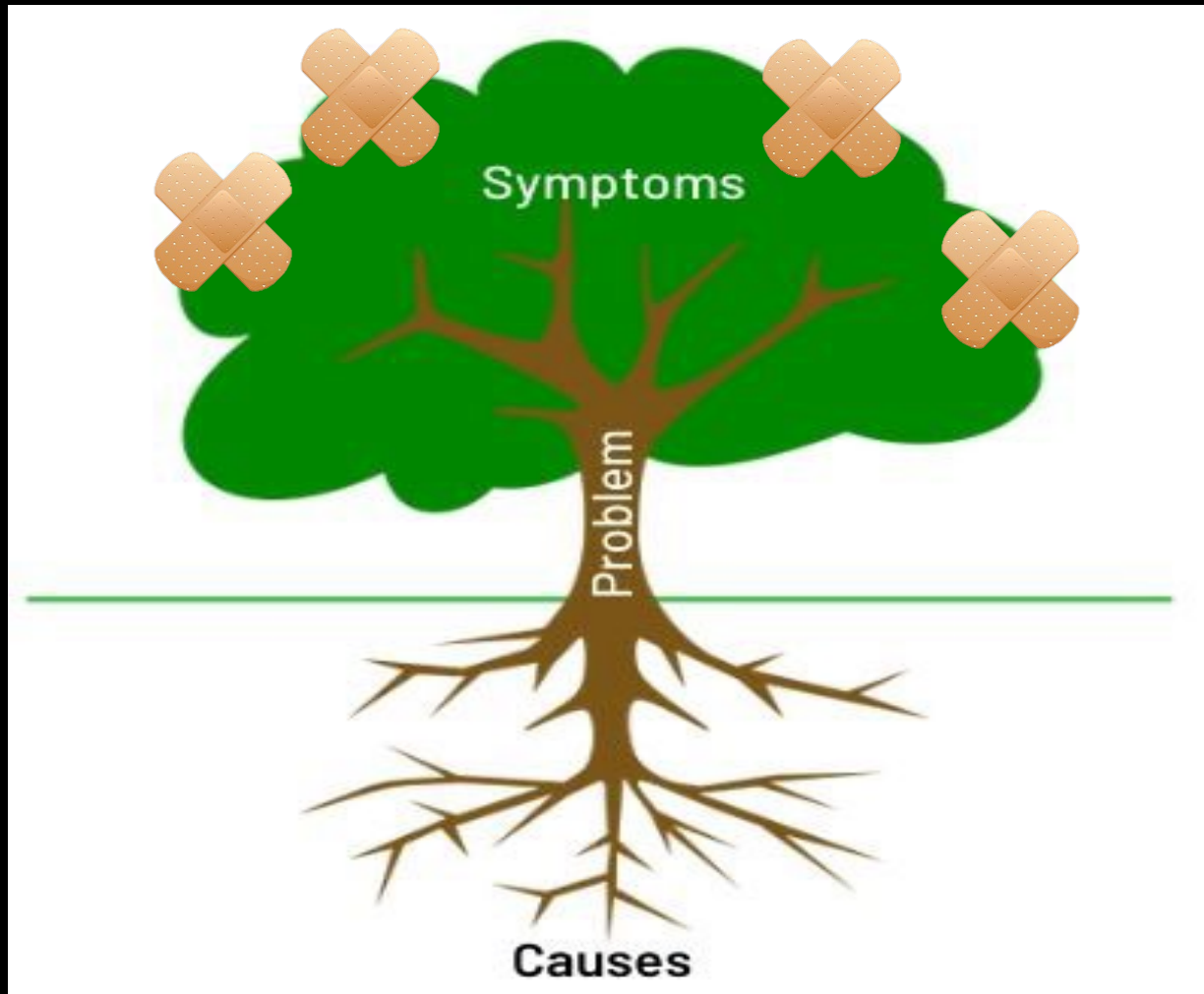
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CGMs & Ketone meters



Weight Positive Medication





Bloodwork:

Labs

- Insulin, A1c, Uric acid, Leptin
- Thyroid, T4, FT3
- Liver test
- Inflammation
- Sex Hormones
- Vitamin levels

Supplements/Meds



Supplements:

Magnesium

Chromium picolinate

Calcium

Vitamin D, K2, B 12,

Zinc

Berberine

Fish oil



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MEDS



Meats

Eggs

Diary

Seafood

- Peter Ballerstedt



Hacking your Health

Focus on:

Focus on Your Why!

Do not compare yourself to others

Diet/Fasting or timed eating

Exercise

Sleep

Stress Management

Tools

Time

(Management)/habits

Will power

Gut health

CGM/ketone meters

Supplements/Medications



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Pharmacotherapy

Anti-obesity medications: (approved before 1999)

- Phentermine
- Diethylpropion
- Phendimetrazine
- Benzphetamine
- Orlistat (pediatric patients)

Anti-obesity medications: (approved since 2012)

- Phentermine HCL/topiramate extended release
- Naltrexone HCL/bupropion HCL extended release
- Liraglutide
- Semaglutide

Not FDA approved

Metformin, Pioglitazone, Topiramate, Zonisamide,
Bupropion, Naltrexone, GLP-1, SGLT-2, Aspirin



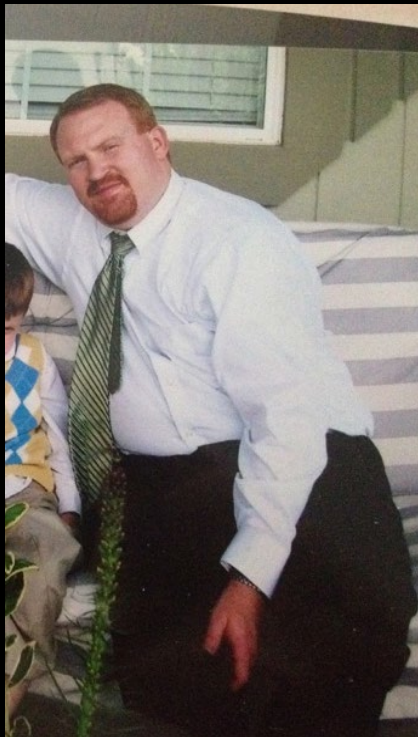
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CALL
TO
ACTION

Before



After



Contact Me

Rohn Rigby, MD

Office: 801-397-6160

Locations: Layton

utahmedicalweightloss.com

Podcast: Why Weight Elevate



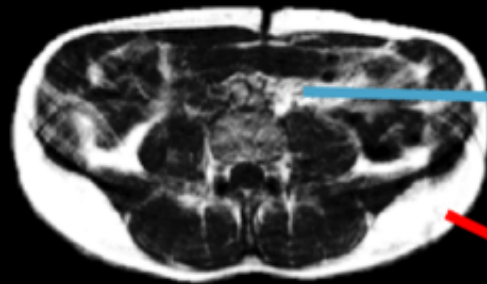
New Beginnings!



Thank You!



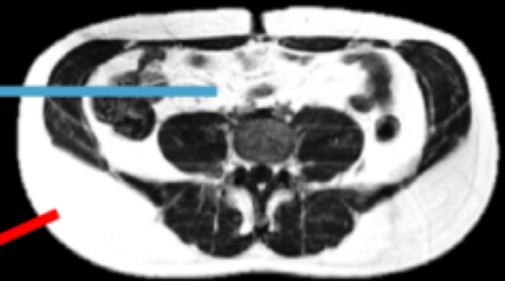
Two individuals with same body fat %, age, sex and a BMI of 24 kg m⁻²



1.07 Litres of visceral fat

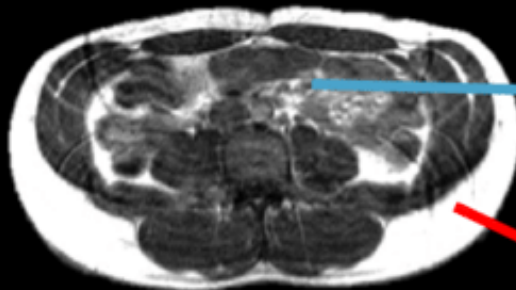
Visceral fat

Subcutaneous fat



3.7 Litres of visceral fat

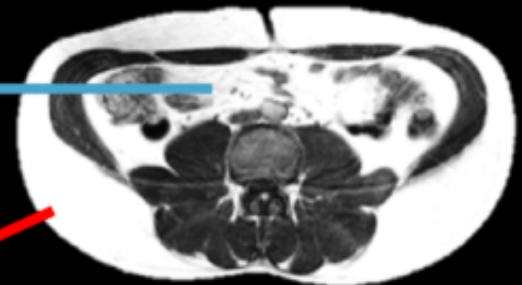
Two individuals with same body fat %, age, sex and waist circumference of 84 cm



1.2 Litres of visceral fat

Visceral fat

Subcutaneous fat



4.2 Litres of visceral fat

Metabolic Breathing Test



The Comfort Zone

