



Weight & Nutrition: Real Food Challenge

Ultra-processed foods undermine metabolic health. A real food challenge resets taste preferences and insulin signaling. Short-term structure leads to long-term clarity. Simplicity drives success.

Processed foods spike glucose, insulin, and inflammation. Real foods stabilize blood sugar and hunger hormones.

Lab trends often improve rapidly during whole-food interventions.

Temporary elimination clarifies food sensitivities and triggers.

01 Is This Your Story?

A patient commits to a two-week real food challenge. Cravings diminish, energy improves, and weight begins to shift. When processed foods are reintroduced selectively, metabolic control remains improved.

02 Try This Today

Measure: Identify how many processed foods you eat daily.

Do: Replace one processed item with a whole-food option today.

Reflect: Ask whether food choices support or sabotage metabolism.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

