

## **PREVIEW\_ Franziska Spritzler - Presentation (San Diego 2017) 2**

**Franziska Spritzler:** ...Unrealistic expectations, losing too much weight within a specific time frame. People often ask me when they first start working with me, "Do you think I can lose 50 pounds by Christmas?" Well, I really have no idea, because there's so many things that go into weight loss and how fast you lose.

If you've lost weight repeatedly over the years, up and down, you'll have a harder time losing weight, it's going to be slower each time. If you have certain health conditions it may be tougher.

If you have Hypothyroidism, PCOS, or other conditions, if you are a woman, if you're older, so many different things come into play, so I can't tell you how much you're going to lose and setting yourself up... you're kind of setting yourself up for failure if you're trying to achieve a specific weight goal that really is unrealistic.

And the same thing with the weight goal that can't be maintained. We're not all meant to be a certain size. I know that sometimes the message we get and you may see people who lost a lot of weight on keto and went from a size, you know, 30 to a size 2, but that may not be realistic for everyone and it's really hard to maintain it if that is not really what your body wants to be.

So trying to be as healthy as possible, getting your glucose and insulin levels under control and triglycerides... And, you know, definitely trying to get rid of belly fat and fat around your liver, those are the important things and do the best you can, but don't try to get down too lower, it's going to be impossible to maintain without thinking about it 24/7.

And then also expecting to achieve the same results as others. So that's with the sort of the literature out here, but I am also talking about support groups where people like on Facebook groups will flash their ketone levels or their blood sugar levels and they can be very motivating, but they can also be discouraging to someone who is having trouble and struggling to make any progress.

So if they motivate you that's great, but if you find that, you know, it's just too much competition maybe, you know, go away from Facebook or some of those for a while and that may be helpful.