

A Functional Approach to Sustainable Weight Loss

Aigerim Bijelic, PhD, MS, CNS, LDN

Licensed Functional Nutritionist



Unwanted weight gain

- Multi-factorial condition:
 - Imbalances in metabolism, hormones, inflammation, or digestion
- Can lead to increased risk of metabolic disorders like insulin resistance, type 2 diabetes, and cardiovascular disease.

Common Causes and Contributing Factors

- Blood sugar dysregulation
- Hormonal imbalances (thyroid dysfunction, cortisol dysregulation, estrogen dominance)
- Poor sleep and chronic stress
- Digestive dysfunction and gut microbiome imbalances
- Toxin burden (endocrine disruptors)
- Nutrient deficiencies (i.e., protein, vitamin D, iron, selenium, magnesium, chromium, zinc, omega-3s)
- Overconsumption of processed foods
- Sedentary lifestyle
- Certain medications (antidepressants, birth control pills, steroids, diabetes medications)
- Aging

Symptoms

- Constant fatigue, especially after meals
- Cravings for sugar or carbs
- Bloating, constipation, or other GI symptoms
- Irregular periods or symptoms of estrogen dominance
- Mood swings or anxiety
- Plateaus despite dieting and exercise

Treatment approaches

- **Blood sugar balancing** meals (protein, healthy fats, fiber-rich carbs)
- **Reducing inflammation** through anti-inflammatory foods and lifestyle
- **Addressing stress** with nervous system regulation, adaptogens, and lifestyle habits
- **Improving sleep hygiene**
- **Supporting detox pathways** (liver, gut, lymphatic system)
- **Gentle movement and strength training** rather than high-intensity overtraining
- **Personalized supplements** when appropriate
- **Root-cause testing**, including blood work and sometimes hormone or gut testing

How I Address Weight Loss in My Practice

- Begin with a thorough intake and recent blood chemistry panel
- Evaluate for insulin resistance, inflammation, nutrient imbalances, and thyroid function.
- Consider lifestyle factors—sleep, stress, gut health, and toxin exposure
- I offer education, accountability, and support
- The goal isn't just weight loss—it's about restoring **metabolic flexibility**, energy, and confidence.

Connect with me

www.aigerimbijelic.com

Facebook/Instagram: Aiya Functional Wellness



@AIYA_FUNCTIONALWELLNESS

