

Marilyn M. Kutzscher, M.D.

PATIENT NEWSLETTER



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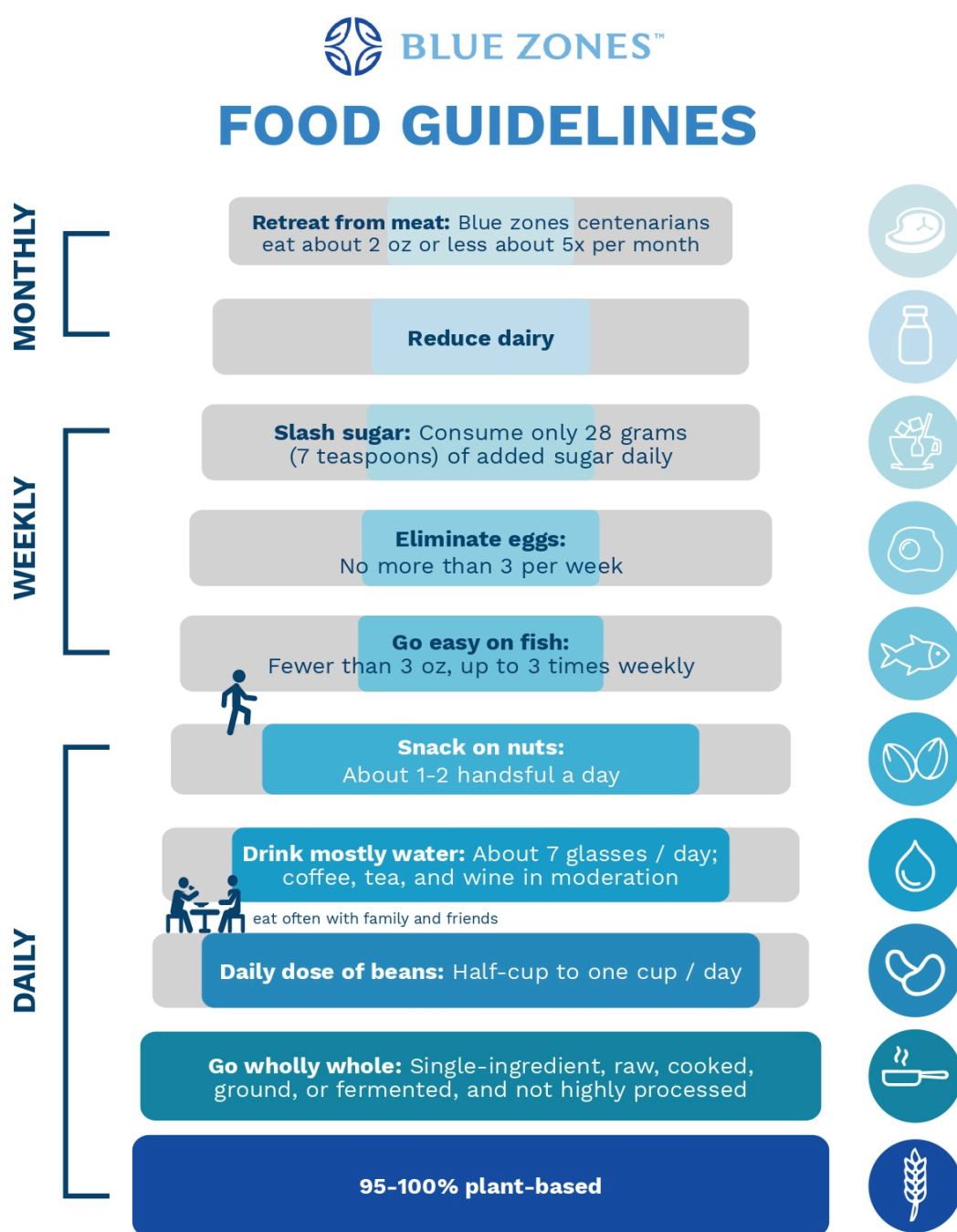
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The Blue Zone Diet

What is a Blue Zone and why is their diet something worth looking into? A man named Dan Buettner set out on a National Geographic expedition to study communities with people who consistently live over 100 years old. These communities have now been dubbed Blue Zones. **If these communities continuously have people living to be over 100 years old, there must be something to their diet!**

Check out the infographic below that helps explain the Blue Zone Diet.



There is more to the concept of a Blue Zone and living to be over 100. If you are interested in reading the study in the National Library of Medicine, [click here](#).

Certain diets and exercises aren't right for everyone, and there is simply no magic formula for weight loss. Schedule an appointment with Dr. Kutzscher today to evaluate your health and create a plan. Dr. Marilyn Kutzscher and our entire team are here to help you get motivated and stay motivated. Your health is important to us!

[Schedule an Appointment Today](#)



Low-Impact Exercises That Can Be Done at Home

0 Gym Fees. 0ish Equipment. Light on Joints & Tendons.

Don't get hung up on the word low-impact... They are legit exercises, with an added bonus of being easy on your joints and tendons! Did we mention that most can be done at home with no equipment?

Here are a few basic exercises to get you started:

- Bodyweight squat
- Alternating lunges
- Modified jacks (toes tap in and out)
- Slow mountain climbers
- Push-ups

- Modified (jump-free) burpees
- Shadowboxing

If you are interested in adding equipment to your low-impact workouts, here are some to consider:

- Rowing machine
- Recumbent bike
- Resistance bands
- Dumbbells or kettlebells
- Pilates balls, blocks or rings
- Walking pad

Wondering how often to add low-impact exercises to your routine? Make an appointment with Dr. Kutzscher and we will help you formulate a plan!

[Contact Us](#)



Shifting Your Focus From Weight Loss to Gut Health

For decades, mainstream weight loss fads via strict dieting were the ultimate health goal—count the calories, live on the scale, restrict, restrict, restrict. But there might be a more sustainable path emerging: **gut health**. Your gut is home to trillions of microorganisms that impact everything from digestion and mood to immunity and inflammation. And unlike crash diets, nurturing your gut supports whole-body wellness from the inside out.

Research now shows that a balanced gut can naturally support healthy weight regulation—without extreme diets or punishing routines. When your microbiome is thriving, your body is better equipped to manage cravings, reduce inflammation and stay energized. The best part? Supporting gut health is simple: eat more fiber, enjoy fermented foods, cut back on added sugars, hydrate and manage stress.

Health is about feeling your best—inside and out. So the next time you set a wellness goal, go with your gut—with guidance from Dr. Kutzscher.

As we touched on with the Blue Zone diet, there's no one-size-fits-all approach to food and fitness. What works for one person might not be right for another. That's where Dr. Kutzscher comes in—to assess your unique needs and design a personalized plan for long-term wellness.

Ready to take the next step towards improving your gut health? Schedule your appointment today and start feeling better from the inside out.

[Contact Us to Schedule an Appointment](#)

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