



## Dr. Thaïs Aliabadi Of Trimly On The 5 Things You Need To Do To Achieve a Healthy Body Weight, And Keep It Permanently

Jake Frankel | January 18, 2023



In this interview series called "5 Things You Need To Do To Achieve A Healthy Body Weight And Keep It Permanently" we are interviewing health and wellness professionals who can share lessons from their research and experience about how to do this.

As a part of this series, I had the pleasure of interviewing **Dr. Thaïs Aliabadi**.

Dr. Thaïs Aliabadi has been a practicing OB-GYN in Los Angeles since 2002. She serves as an official gynecologist for a number of royal families and many celebrities. Dr. Aliabadi is often asked to be a subject matter expert on TV shows such as "The Doctors," "Dr. Phil Show," "Paula Zahn" and "Chasing the Cure," and is affectionately known as Dr. A on "The Kardashians." In 2014, Dr. Aliabadi intensified her focus on overweight and obese patients and patients with PCOS. Her work led her to create **Trimly**, a personalized weight-loss treatment that brings effective, lasting change to people who have been struggling with a spectrum of weight and PCOS issues. Dr. Aliabadi has made it her mission to help patients achieve a healthier lifestyle, gain confidence, and avert future health issues.

Dr. Aliabadi's weight-loss patients have experienced life-changing success with her treatment. After years of struggling, these patients are finally experiencing the life they have always

wanted, and report that they feel healthy and ready to take on new challenges. For them, Dr. Aliabadi's treatment is more than just about losing weight. It's about becoming their best selves.

**Thank you so much for joining us in this interview series! Before we dive into the main focus of our interview, our readers would love to “get to know you” a bit better. Can you tell us a bit about your childhood backstory?**

I grew up in an extremely educated and loving family in Tehran, Iran. However, when I was seven years old, the Iranian Revolution thrust us into the midst of war and we immigrated to the United States. We settled into Los Altos when I was 17 years old and it was a grim reality of going from being popular in school to not speaking a word of English. I immersed myself in learning the language and my studies. Because I didn't have friends and didn't speak English, I just locked myself in and studied for 12 hours a day before being admitted to UC Berkeley for undergrad.

I graduated at the top of my class with a degree in Biology before applying to medical school, but I hit another obstacle when I scored poorly on the MCAT's verbal reasoning and essay portions of the test. My counselor advised that my English wasn't strong enough to go to medical school, so he recommended I get my masters in physiology and apply for a program at Georgetown that would allow me to sit with medical students. I took his advice and subsequently attended medical school at Georgetown before being accepted to The University of Southern California (USC) for residency.

I was ambitious, hardworking and I had my sights set on landing a job at Cedars-Sinai Medical Center — one of the country's leading hospitals. But, much to my surprise I faced prejudice for the first time in my life. A doctor at a high-end practice that I interviewed with told me he was instead looking for a blond-haired blue-eyed doctor and said, “Just because you are a good student, doesn't mean you're going to get a job.” That's all it took for me to prove to myself that I was going to make it to the top. I had two months left before I completed my residency and no money — I hustled. I found a clinic that hired per diem and took two 24-hour shifts at the hospital, while also working another job covering 5 clinics. Meanwhile, I had also signed a lease on a small office space near Cedars-Sinai; So, Monday's and Friday's I worked 24/7 while Tuesday — Thursday I began seeing a handful of patients in my office in addition to some part-time work I picked up in the San Fernando Valley. I was so determined to succeed that I began performing 80 deliveries a month at two clinics in downtown LA, while other doctors were averaging 10. I kept a pillow and blanket in my car and was working like crazy until I was 8.5 months pregnant with my first daughter and it was no longer sustainable. I started to have a name for myself just because of the level of care I was giving. In my world, at least in my head. I sold my two clinics in downtown LA, I began to give deliveries to doctors just starting out and I focused on continuing to give 5-star care to every one of my patients, while I continued to grow my family.

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Since that time, life has happened. I have three beautiful daughters and adopted a fourth. I was invited to appear on “The Dr. Phil Show” to explain to a guest the consequences of using heroin and crystal meth during her pregnancy. After meeting the young woman, I agreed to treat her for the duration of her pregnancy and deliver the baby. Upon delivery, her baby girl Coco, went through withdrawal and while in the NICU my daughters fell in love with Coco and we couldn’t bear to see her enter the flawed foster care system, so we fostered her. Coco has been such a gift to all of us — in particular she inspired my eldest daughters, Delara and Layla, to see the systemic issues and social injustices that young, innocent children in foster care face, leading them to launch a non-profit, Coco’s Angels. I am so proud of how much they have raised, inspired peers to participate and how they’ve championed and helped students in Los Angeles’ foster care system.

In September 2019, during a routine mammogram, the doctor saw something in my left breast and biopsied it — it was negative for cancer, but I insisted on a lumpectomy and the result was still pre-cancerous cells. I went to my office and calculated my lifetime risk for breast cancer and it came back as a 38–50% chance of getting breast cancer. I knew what I had to do — I asked my surgeon for a double mastectomy but he refused. Another doctor told me I was crazy — no cancerous cells, no sign of the BRCA gene, no family history of breast cancer...I persisted until I found a surgeon who agreed to perform a double mastectomy and much to everyone’s surprise, they found Stage 1 breast cancer. When so many people called me crazy, not knowing I had cancer, I hired a videographer to document my journey, and I know my story will change the world of breast cancer forever.

I always empower my patients to be their own advocates. This can be difficult when you have medical professionals brushing you off, and downplaying your concern, but it is why I am so passionate about championing my patients. In addition to breast cancer, I am also passionate about educating women on endometriosis and Polycystic Ovarian Syndrome (PCOS), which I consider a silent epidemic, as well as helping men and women lose weight to live their fullest lives. This work has encouraged me to launch my latest project, Trimly — a personalized weight-loss program that brings effective, lasting change to people who have been struggling with weight-loss, often as a result of a diagnosed or undiagnosed underlying health issue such as PCOS or insulin resistance.

## **What or who inspired you to pursue your career? We'd love to hear the story.**

I have always had a deep love for biology and understanding how the human body works. While in college, I knew that I wanted to use this knowledge to help and heal people. This passion for biology and desire to make a difference in the lives of others inspired me to pursue a career in the medical field. After years of hard work and dedication, I am proud to say that I am now a physician. It is a rewarding and challenging profession, but I am grateful for the opportunity to make a positive impact on the lives of my patients every day. Whether it’s through diagnosing and treating illnesses or simply providing support and compassion, I am committed to doing my best to help those in need.

**None of us can achieve success without some help along the way. Was there a particular person who you feel gave you the most help or encouragement to be who you are today? Can you share a story about that?**

My mom has been my rock throughout my life. She has always been there for me, providing love, support, and encouragement. She has been my motivation to work hard and be the best person I can be. I have always looked up to her as a role model, and I am grateful to have her in my life. My mom has taught me so many valuable lessons and has helped shape me into the person I am today. I am truly blessed to have such a wonderful mother.

**Can you share your favorite “Life Lesson Quote”? Why does that resonate with you so much?**  
One of my favorite “life lesson” quotes is: “Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.” — Albert Schweitzer

This quote resonates with me because it emphasizes the importance of finding joy and fulfillment in what we do. When we are happy and passionate about our work, we are more likely to be successful. When we enjoy what we are doing, we are more likely to put in the effort and dedication needed to succeed. On the other hand, if we are unhappy or unfulfilled in what we are doing, it is more difficult to maintain the motivation and perseverance required for success.

In today's society, success is often equated with material possessions or societal status. By shifting our focus to finding joy and fulfillment in what we do, we can lead more fulfilling and meaningful lives.

**What are some of the most interesting or exciting projects you are working on now? How do you think that might help people?**

What I'm most excited about is Trimly, my new medical weight-loss platform that I recently launched. I have so many people reaching out with weight related issues — some from PCOS, others menopause, COVID weight gain, or just your regular life weight gain and I have an amazing solution for them that is easy and effective. I'm treating women, men and even teenagers who are suffering from being overweight.

Collectively, the last few years have been overwhelming to everyone. I see patients every day that need to lose anywhere from 30–100+ pounds, or they will face serious illness down the line. Besides illness that is either born out of being overweight or illness that is exacerbated from weight, I talk to patients daily that are also dealing with depression and anxiety — this is a worrisome combination. The fact that I have the tools and the know-how to help make a difference in these patient's lives is incredibly rewarding. Helping stave off illness and help their mental health as well is incredibly rewarding.

**For the benefit of our readers, can you briefly let us know why you are an authority in the fitness and wellness field?**

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For the last decade, I have focused on patients who are struggling with weight. As an OB/GYN, I see Polycystic Ovarian Syndrome (PCOS) patients daily. Women who walk around with a variety of symptoms like unexplainable weight gain, hair thinning, irregular periods, acne, trouble getting pregnant, etc. PCOS affects 10% of all women and is considered a silent epidemic because doctors have a very hard time diagnosing them. These patients are typically given birth control pills and acne medication. What doctors don't understand is that all of these symptoms are part of an overall PCOS diagnosis. I've helped thousands of PCOS patients lose weight, which in turn helps regulate their period and also makes it easier to get pregnant. These women can work out multiple times a day and eat very little and still gain weight. Once they lose this weight, they feel better about themselves, which encourages them to eat better and exercise.

Not only did I see this type of lifestyle change in PCOS patients, but in all of my overweight patients who trust me with their weight-loss treatment. So much so that my practice grew to men coming in specifically for weight loss and lifestyle changes.

**How can an individual learn what is a healthy body weight for them? How can we discern what is “too overweight” or what is “too underweight”?**

There are a few different methods that can be used to determine a healthy body weight. One common method is to use the body mass index (BMI), which is a measure of body fat based on height and weight. To calculate your BMI, you can divide your weight in kilograms by your height in meters squared.

A BMI of 18.5 to 24.9 is generally considered to be in the healthy range. A BMI of 25 to 29.9 is considered to be in the overweight range, and a BMI of 30 or above is considered to be in the obese range.

However, it's important to note that BMI is not a perfect measure of body fat, as it does not take into account factors such as muscle mass, bone density, and distribution of fat. Therefore, it's always a good idea to talk to a healthcare provider or a registered dietitian to determine what a healthy body weight is for you, specifically. They can take into account your unique circumstances and help you develop a plan to achieve and maintain a healthy weight.

**This might be intuitive to you, but it will be instructive to expressly articulate this. Can you please share a few reasons why being over your healthy body weight, or under your healthy body weight, can be harmful to your health?**

Certainly! Being over your healthy body weight can increase the risk of developing a number of health conditions, including:

- Heart disease
- High blood pressure

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- Diabetes
- Stroke
- Osteoarthritis
- Sleep apnea
- Certain types of cancer (such as breast, colon, and endometrial cancer)

On the other hand, being under your healthy body weight can also be harmful to your health. Some potential risks of being underweight include:

- Decreased immune function, making it harder to fight off illness
- Weak bones and an increased risk of osteoporosis
- Anemia and other nutrient deficiencies
- Difficulty becoming pregnant
- Poor physical performance and low energy levels

It's important to aim for a healthy body weight that is appropriate for your age, height, and overall physical health. This can help you reduce the risk of developing these and other health problems.

**In contrast, can you help articulate a few examples of how a person who achieves and maintains a healthy body weight will feel better and perform better in many areas of life?**

There are many benefits to maintaining a healthy body weight. For one, it can improve your overall physical health and reduce the risk of developing conditions such as heart disease, high blood pressure, and diabetes. Maintaining a healthy weight can also improve your mental and emotional well-being, as it can help you feel more confident and self-assured. Additionally, being at a healthy weight can improve your energy levels and physical performance, making it easier to engage in activities that you enjoy and be more productive in your daily life.



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Ok, fantastic. Here is the main question of our discussion. Can you please share your “5 Things You Need To Do To Achieve a Healthy Body Weight And Keep It Permanently?”. If you can, please share a story or an example for each.

1. Eat a balanced diet: This means including a variety of different types of foods in your meals, including fruits and vegetables, lean proteins, and whole grains. For example, instead of just having a sandwich for lunch, try adding a side of fruit or a small salad to get some extra nutrients.

2. Get regular physical activity: Aim for at least 150 minutes of moderate-intensity exercise per week, or 75 minutes of vigorous-intensity exercise. This can be anything from going for a walk or a run to taking a dance class. For example, if you enjoy being outside, you could try going for a hike on the weekends.
3. Get enough sleep: Aim for 7–9 hours of sleep per night to help your body repair and recharge. For example, try setting a bedtime for yourself and sticking to a consistent sleep schedule.
4. Manage stress: High levels of stress can lead to emotional eating and weight gain. Find ways to manage stress, such as through exercise, meditation, or talking to a therapist. If you have a lot of stress at work, try taking a few minutes each day to do some deep breathing or go for a walk to clear your mind.
5. Seek support: It can be helpful to have a support system when trying to maintain a healthy weight. This could be friends or family members who can encourage and motivate you, or a support group where you can connect with others who are working towards similar goals. You could join a group fitness class or find a workout buddy to help keep you accountable.

**The emphasis of this series is how to maintain an ideal weight for the long term, and how to avoid yo-yo dieting. Specifically, how does a person who loses weight maintain that permanently and sustainably?**

At Trimly, we don't like restrictive diets because we don't think they work. We want people to be mindful of what they are eating, to eat when they are hungry and to move daily. Kim Shapira is our dietitian coach at Trimly and we are on the same page as her. She has 6 wonderful rules that make up her Kim Shapira method — we believe following her method will help patients keep their weight off and create better lifestyle habits. What I've learned is that patients love the feeling once they lose weight and they adjust to keep that amazing feeling. Of course, people may gain a couple of pounds here and there, but they can easily manage it and work it back to where they need to be — they have the confidence and desire to maintain their dream weight.

**What are a few of the most common mistakes you have seen people make when they try to lose weight? What errors cause people to just snap back to their old unhealthy selves? What can they do to avoid those mistakes?**

1. Not being consistent: Losing weight and maintaining a healthy weight requires making lifestyle changes that are sustainable in the long term. If you only make changes for a short period of time, it's likely that you'll snap back to your old habits and regain the weight.
2. Not getting enough physical activity: Exercise is an important part of a weight loss plan, as it helps you burn calories and build muscle. If you're not getting enough physical activity, it can be harder to lose weight and keep it off.

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3. Not eating enough: It's important to nourish your body with enough food to support weight loss and overall health. If you're not eating enough, your body may go into "starvation mode," which can slow down your metabolism and make it harder to lose weight.
4. Not being realistic: It's important to set realistic goals for yourself when it comes to weight loss. If you set goals that are too difficult or unrealistic, you may become discouraged and give up.

To avoid these mistakes, try to be consistent with your healthy habits, make physical activity a regular part of your routine, and nourish your body with a balanced diet. It's also important to be realistic and set achievable goals for yourself. Finally, it can be helpful to seek support from friends, family, or a healthcare professional to help you stay on track and reach your weight loss goals.

**How do we take all this information and integrate it into our actual lives? The truth is that we all know that it's important to eat more vegetables, eat less sugar, etc. But while we know it intellectually, it's difficult to put it into practice and make it a part of our daily habits. In your opinion what are the main blockages that prevent us from taking the information that we all know, and integrating it into our lives?**

There can be a number of reasons why it can be difficult to put healthy habits into practice, even when we know that they are important. Some common barriers to making healthy lifestyle changes include:

1. Lack of motivation: It can be hard to find the motivation to make changes to our habits, especially if we're not seeing immediate results.

2. Lack of time: Many people struggle to find the time to prioritize their health, due to busy schedules and other commitments.
3. Difficulty making changes: Changing our habits can be difficult, especially if they are deeply ingrained. It can be helpful to start small and make gradual changes over time.
4. Limited access to healthy options: Depending on where you live, it may be more difficult to access healthy food options, which can make it harder to eat a healthy diet.
5. Emotional eating: Sometimes we turn to food to cope with emotions, such as stress or boredom, which can make it difficult to maintain healthy eating habits.

To overcome these barriers, it can be helpful to identify what is most important to you and why you want to make healthy changes. Finding ways to make healthy habits convenient and enjoyable can also make it easier to stick to them. Finally, seeking support from friends, family, or a healthcare professional can provide the encouragement and accountability needed to make lasting changes.

**On the flip side, how can we prevent these ideas from just being trapped in a rarified, theoretical ideal that never gets put into practice? What specific habits can we develop to take these intellectual ideas and integrate them into our normal routine?**

Honestly, I always tell my patients to take baby steps. Do one thing. You don't have to make ten changes on day one. Just replace one behavior. Once you are used to that new behavior, it becomes a habit. You can then add another one. For example, if you don't have time to cook and if you have it in your mind that in order to be healthy you need to cook every meal — don't let that overwhelm you. Just start with a snack replacement. Replace an unhealthy snack with a healthy one. It's just as easy to grab an apple then to grab a sweet or salty, less nutritional snack. Start with one snack. See how it makes you feel. Then replace another snack. Eventually you may want meal prep one or two days a week. This is how someone can change habits slowly where it doesn't become overwhelming.

You don't have time to get to the gym — no problem. Maybe you have time to walk around the block a couple of times after lunch. Not a huge commitment, but it will make a difference.

**Ok, we are nearly done. You are a person of great influence. If you could inspire a movement that would bring the most amount of good for the greatest number of people, what would that be? You never know what your idea can trigger.**

If I could inspire a moment, it would be to make sure that all overweight patients in this country, and around the world, have an option. I see patients every single day that I know will be dealing with horrible health issues if they don't get their weight under control. I don't mince words with my patients — I give it to them straight because I care and I know that their partners, friends and children care for them too. One person getting sick in a family affects not only themselves, but an ecosystem of people who are devastated. If I can help people reduce

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future illness, even by a couple percentage points, I've helped a patient's future. If every doctor took the time to discuss weight with their patients, what a difference that would make in this country. Collective education, specifically on weight loss, is desperately needed.

**We are very blessed that some of the biggest names in Business, VC funding, Sports, and Entertainment read this column. Is there a person in the world, or in the US, whom you would love to have a private breakfast or lunch with, and why? He or she might just see this, especially if we both tag them :-)**

There are so many topics that I'm passionate about — weight loss and how that affects your health, PCOS, endometriosis, and breast cancer just to name a few. I want to educate and inspire as many women as I can and frankly Oprah always comes to mind when I think about who does it best. Oprah's natural talent in engaging people of all backgrounds and teaching them about so many different topics is unparalleled. I would love a one-on-one masterclass with her on how she creates these incredible movements and inspires so many to take action on a grand scale. Honestly, no one does it better! Oprah is America's teacher — nothing would make me happier than to partner with her on health issues.

**How can our readers further follow your work online?**

Readers can follow me at Trimly.com or on social media on Instagram at @TryTrimly or @DrThaisAliabadi

**Thank you for these really excellent insights, and we greatly appreciate the time you spent with this. We wish you continued success.**

<https://medium.com/authority-magazine/dr-tha%C3%AFs-aliabadi-of-trimly-on-the-5-things-you-need-to-do-to-achieve-a-healthy-body-weight-and-3a3f74c96501>