

# Are Your Hormones On Strike?



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I know mine were and it took years of putting my body through many of my own food science experiments and lots of research to find a way to balance them naturally and lose weight too! I've lost 47 pounds!

Some possible signs that 'Your Hormones ARE on Strike:

- The dreaded scale, it doesn't move no matter how much you exercise or starve yourself
- Belly fat, 'tire tube', 'muffin top' (my clients descriptions)
- Fatigue that doesn't improve no matter how much sleep you get
- Hot flashes, night sweats, trouble sleeping
- Anxiety or depression, loss of 'zest' for life
- Uncontrollable mood swings, weepiness, headaches
- Abnormal periods
- Overly thirsty, cold hands and feet

There are so many contributing factors to hormonal imbalances that I could write a book on it (maybe I will), but I just wanted to give you a few simple tips that you can apply immediately to start you on the path to Happy Hormones!

Here's just a sample of foods that may contribute to your hormonal health and weight concerns:

3 Foods to AVOID that contribute to hormonal imbalance and WEIGHT GAIN:

Hydrogenated Oils or Trans Fats- Besides being a cancer factor, trans-fats promote heart disease, interrupt metabolic hormone processes, and cause belly fat that crowd the organs and strain the heart. It contributes to higher levels of estrogen circulating in the blood.

High Fructose Corn Syrup- Studies show that over consumption of high-fructose corn syrup is one of the main causes for the growing obesity epidemic, diabetes, high cholesterol and hardening of the arteries. One theory is that fructose is more readily converted to fat by your liver than is sucrose, increasing the levels of fat in your bloodstream. Studies show that because fructose doesn't trip our sense of satiety as sugar would, we are eating more sugar foods to compensate, and increasing our overall calorie intake in the process.

Meat and Dairy- Ranchers inject cattle with steroid growth hormones and the cattle eat pesticide sprayed foods and are given antibiotics for infections, all of which we ingest and feed our children who are going through puberty earlier than ever.

3 Foods that SUPPORT hormonal balance and 'blasts' BELLY FAT:

Flax Seeds- 2 tablespoons a day mixed in a smoothie or oatmeal or sprinkled on top of salad or yogurt. Good source of fiber and an estrogen binder. Studies show that when the body is estrogen dominant the ligands in flax seeds bind to your body's estrogen receptors, reducing estrogen activity at the cellular level.

Cruciferous Veggies- Studies show that 2-3 servings a day help improve 'good' estrogen levels and prevent cancer. Ex: broccoli, spinach, kale, beet root, asparagus or cabbage. Eat your greens!

Whole Grains- Studies show that women who include whole grains such as, oatmeal, barley, quinoa or brown rice in their daily diet, lose more belly fat than women who don't. Fiber from whole grains may help you to maintain a healthy weight.

Note about buying Organic foods: Studies show that 90% of our non-organic food supply has hormone disrupting agents in it. Go Organic! Ask me about the 'Dirty Dozen' the top 12 foods that should be bought organic which was produced by the Environmental Working Group (EWG).

*Call Barbara Ann's office today at 631-428-2427 to see how you can get your hormones off the 'picket line' at start losing weight and getting 'back to you'*