

The Weight Loss Hormone Connection

Hormones and weight loss are on the menu today. Enough is enough with quick fixes for weight loss that ultimately lead to long-term damage or a longer term problem with weight just to take off a few pounds in the short term. What I mean when I'm talking about this is things like the HCG diet, which is a very [00:00:30] low fat, low calorie diet combined with the HCG hormone, which is a hormone that's naturally produced during pregnancy to help a baby grow. You don't need to take that extreme length. The ketogenic diet. I'm going to link to how we talked about the dangers of the ketogenic diet. Other fasting, I'm not a fan of intermittent fasting, especially if you're going to use it to lose weight. And also, these quick fix 21-day detox programs. I mean, I'm sure some are [00:01:00] good, and we have to clean up ourselves routinely, but it's not to be used as a long-term hormonal solution for lasting weight loss. It's not going to help you maintain a balanced weight with ease.

Balancing your hormones will. Because these diets don't address long-term hormonal balance and how that goes hand and hand with weight loss. When our hormones are off balance, we can only eat like 500 calories a day, [00:01:30] be on a treadmill all day, and we won't lose any weight. And, we also won't have any energy or be able to sleep. We'll be super irritable or cranky. So that's not the approach.

Many of you guys have been there already, you've tried that, and it's disheartening. We know it's not about eating less and exercising more in order to get the weight loss that you seek. It's about balancing five key hormones that we need to [00:02:00] look at if we're to maintain a healthy body weight with ease, and consequentially have good moods, deep sleep, steady energy, and healthy digestion, which is going to strengthen our immune system and give us this natural glow and help us look better on the outside as well, get that sparkle in your eyes that hormonal balance brings.

The five hormones that we are discussing are thyroid hormone, cortisol, your stress hormone, insulin, your blood sugar regulating hormone [00:02:30] and testosterone and estrogen, two sex hormones. Now, in my private practice, hundreds of women would come in and say that they weren't eating that much and they're still not losing weight, or worse. You know, they're steadily gaining it, and they have no known explanation for this weight gain. And it's challenging to your sense of self because it feels like your body is being invaded, and they felt like they were becoming someone different on the outside than how they felt on the inside. It's a horrifying [00:03:00] feeling. And I've been helping women to recover their

hormonal health from the root cause at any age, from menstruation through menopause and after naturally. This is what you can do for yourself to claim your own power with weight.

First, I just want to discuss a couple of symptoms that will clue you in to know if your hormones are off balance. Outside of weight, you're going to have high cortisol potentially, and not be able to sleep at night, so nervousness or anxiety, [00:03:30] anxiousness, and a lack of appetite, especially first thing in the morning, you're almost kind of grossed out by food. You know if you have high or low estrogen if you have a sudden increase in appetite, an increase in water retention, an increase in fat storage out of nowhere when you didn't do anything else different. Difficulty concentrating. These are signs, as well as hot flashes.

Thyroid is going to control your metabolism, so your metabolism, now if it's off, it's low, [00:04:00] high cortisol can impact your thyroid greatly because it blocks you from converting inactive thyroid hormone to active thyroid hormone. Symptoms of having an issue with your thyroid, weight gain, brain fog, depression. Of the 130,000 of you that we surveyed, 60% of you, or 80,000 or more said they suffer from constant fatigue. Your thyroid is talking to you here, especially if you also have brittle nails or constipation.

A lot of people struggle [00:04:30] knowingly or unknowingly with something called PCOS, or polycystic ovarian syndrome, where you have a high fasting glucose and high androgens, which are testosterone, or DHEA, which this means that your body is not able to effectively clear hormones. So we have to look at the way we can cleanse and balance the gut and the liver and then the stress and the sex hormones really start to follow you. If you have facial hair, you're having a problem with testosterone.

[00:05:00] Now, insulin resistance or poor glycemic control is like an epidemic. Hypoglycemia or low blood sugar or high glucose levels, that's a problem. GI function goes hand in hand with these insulin problems, because you're having detox issues which can raise cortisol and it can produce more metabolites or byproducts, which are damaging.

So, enough of that stuff. To lose weight the healthy root cause [00:05:30] way, you want to support your nervous system, you want to balance your hormones, and this is going to balance your entire body. The steps to take to balance female hormones, they're really one of the most mistreated health issues in medicine today and the most overlooked. It's not just a simple fix of adding in a couple of bio-identical hormones. You can try that but if you put bio-identical hormones or other hormones into a system that's already in chaos, your body is [00:06:00] not going to know what to do with them, they're going to drive up the wrong

pathways, and lead to all kinds of unintended consequences from hives to further weight gain to anxiety or further stress or immune issues.

The two pillars we're discussing today in terms of balancing your hormones are going to be converting your food into fuel, and the importance of macronutrient ratios.

Over 80% of our society is not able to convert their food into fuel effectively, which is leaving [00:06:30] us in adrenal fatigue and having thyroid imbalances, even leading to things like Hashimoto's. So, I wanted to mention that because if in the first base, the adrenals and the thyroid are off, you don't have any chance of having balanced sex hormones. The way out of this is to get nutrients in your body that support the adrenals, the thyroid, the nervous system, and the brain. Some of my favorite nutrients for the adrenals are chromium, magnesium, [00:07:00] B vitamins, vitamin C, sodium, bananas, really having a good quality cottage cheese, turkey, celery, bone broth. These are going to be all the key nutrients that are going to really start to support your adrenal glands and help them come back online. So get some nutrients, get these nutrients in your body for your adrenals, and then start to nourish your thyroid. Iodine, [00:07:30] so just cooking with sea vegetables, you don't need to take it. Small amounts of copper. Selenium is very helpful. Vitamin D, absolutely crucial for all hormonal balance. Again, your B vitamins. You can cover them all in a multivitamin as well as tyrosine is really important.

Getting foods in your diet. Hey, who doesn't love dark chocolate or sunflower seeds because of their vitamin E? Spinach, pumpkin seeds. We want to be able to get these foods as [00:08:00] part of our regular diet.

You want to support the brain, give the brain the amino acids that it needs so it can create and replenish balance amongst them. I like to, especially with anxiety, I like people to supplement with GABA and if I can run a lab test and see that GABA is low, it's very helpful in neutralizing adrenaline and stress. So really supportive for those with anxiety. Phosphatidylserine is a really helpful nutrient. It's a phospho [00:08:30] lipid for the brain that's going to bind to high cortisol especially at night and pull it down so that you can sleep and recover and repair.

And then food-based ways to really help your brain is to regularly consume red cabbage. Sage is one of the most powerful herbs for the brain, as is thyme, garlic, ginger. Green tea. Green tea is loaded with L-theanine, a very helpful amino acid, and green tea also [00:09:00] has key compounds in its superfood compounds that not only protect the brain but they

protect yourselves against toxic damage, and they can actually help reverse the damage done by free radicals.

Okay, so nervous system support is also going to be helpful, and that's where you can get some power drinks in. I love to use Ultima Electrolyte Powder, because if you are adrenally fatigued or your hormones are off, you're kind of effectively rinsing yourself [00:09:30] out when you're drinking water. You've got to make sure you're drinking water with electrolytes. I know this looks bright and pink. It is actually natural, And I make a big pitcher of this each week. Get your fish oils, EPA, DHA, foods high in zinc, shellfish, we'll cover that. Your fat soluble vitamins. You've got to eat high-quality animal products to get A, D, E, and K. Manganese, melatonin, liver.

We love orange juice. Orange juice gets a bad rap for being high in [00:10:00] sugar, but a good quality cold pressed orange juice, as long as you have it with a little protein and fat, is going to give you folate that you need as well as vitamin C. And then coconut water. Great, great to replace your electrolytes.

I mentioned combining sugar or orange juice with protein and fat. So you want to balance your macronutrient ratios every time you eat in order to balance your hormones. You never want to have a carb, a protein, or a fat [00:10:30] alone. And we don't want to be high carb and we don't want to be low carb. We want to be balanced carb for long-term healing. The ratio of proteins, carbs, and fats are going to depend on your own body's feedback. This is totally unique, and this is why diets don't work.

You want to be able to test your body's ability to handle carbs. If you're coming off of a low carb diet, you need to go slow to see how you tolerate them, and train [00:11:00] your body to metabolize them and use them as energy once again.

If you want to have even more information on foods you can use, combinations, meal ideas, and snack ideas to balance your hormones further using food alone, take our free mini course. That's hormoneminicourse.com, and we'll give you sample meals and we'll give you all you need to know to execute hormonal balance using food as medicine.

Thank you so [00:11:30] much for watching, and we'll catch you next time on Food As Medicine TV.