



## INTRODUCTION COURSE PART 2

### Video 2 – Your Diet

In video 1, you learnt the most important thing about balancing your hormones after 40 - that it is not about crazy diets and exercise regimes, it's about controlling your Feisty 4 hormones.

They were Cortisol the stress hormone, Insulin the fat storer, Thyroid the metabolism regulator and Oestrogen your sex hormone.

In today's video I'm going to start covering the things you're doing daily that may be affecting your hormones.

There are 4 major influences that affect your Feisty 4; Diet, Stress, Environment and Lifestyle. Once you understand these factors, you can start to see how your daily choices are affecting your hormones and what you can do about it.

So the first of these influences is your DIET. Food either feeds your hormones, or disrupts them. Unfortunately, our standard western diets tend to be nutrient poor, and our busy lifestyles tend to favour all the wrong foods to sustain us.

Without the right nutrients you can start getting symptoms of hormone imbalance (fatigue, weight gain, mood swings, brain fog etc) and our natural instinct is to go for a fast fix with the wrong foods (carbs, sugar, bad fats), making our symptoms even worse.

### **So how does your diet affect your Feisty 4 hormones?**

#### **Cortisol;**

The wrong foods can be a huge stress on your body (too many trans fats, sugar, refined carbs, alcohol, food chemicals, foods we are sensitive to), which put a stress on your system and cause a cortisol release, which as we heard in video 1 is the hormone that gives us our 'stress belly', mood swings and energy slumps.

#### **Insulin;**

The wrong foods can spike your blood sugar and make you over-produce insulin, your fat storing hormone. And as we have already seen, too much insulin not only puts more fat down, but it also increases your risk of further complications such as diabetes and heart disease.

**Thyroid;**

The wrong food choices can prevent your thyroid from getting the nutrients it needs to work well – slowing down your metabolism and putting you into sluggish, fat storing mode.

**Oestrogen;**

If you haven't got enough protein, healthy fat or nutrients in your diet, then your sex hormone production will be affected, putting your body under more stress as it tries to re-balance everything.

Now I know what you're thinking – Nicki, you said I wouldn't have to go on a crazy new diet!

You absolutely don't have to go on a crazy diet - in fact diets are really bad for your hormones! They put your body under stress - I don't want you to ever go on a diet again!

All you need to do is learn how to feed and nourish your hormones so that they work for you, not against you. We'll be getting right into that throughout this series.

If you've got some time today, check out your free gifts below.

Otherwise, If you've run out of time, don't worry I'll be sending you a reminder email tomorrow where we'll go into the the 2nd big influence on your hormones - something we all suffer from and find it difficult to avoid in our modern world.