



NUTRITION & WEIGHT LOSS

# *Hormones Explained*

Hormonal balance is optimized via the balance of protein's, carbs and fat's every time we eat. This ideal balance takes pressure off the body and adrenal glands and thus harmonizes all systems.

You see, we all have different demands effecting our bodies from 3 sources - emotional, mental and physical.



**Emotional stresses** include interaction with other people, worry, unrealistic expectations, change, and fear



**Mental stresses** are work, study, deadlines, schedules, and even boredom



**Physical stresses** include going too long without eating, eating the wrong foods, nutrient deficiencies, allergens, if an organ it's working properly, not getting enough sleep, toxins in the environment or in our food, alcohol, sugar consumption, over exercising/training, medications, pain.....and much more.

Cortisol is produced to combat these demands. But if there is not enough cortisol, energy levels drop. This causes a domino effect through the hormonal system. Because progesterone is the precursor to cortisol, it is leached from our system to feed cortisol's war on stress.

For women, this leaves the delicate balance between estrogen and progesterone out of whack causing estrogen dominance. In turn PMS symptoms, difficult menstrual cycles or Menopausal symptoms prevail; along with increased abdominal fat and fatigue.

For men, this means lower testosterone, low libido, low energy and fatigue, increased abdominal and chest fat, increased urination, and increased risk of heart disease.

For men and women, progesterone has a calming effect aiding sleep and mood. With reduced levels of progesterone the whole body will be compromised.



# Other Hormonal Consequences

## Thyroid

The over active adrenals slows the thyroid causing slowed metabolism and bowels.

## Pancreas

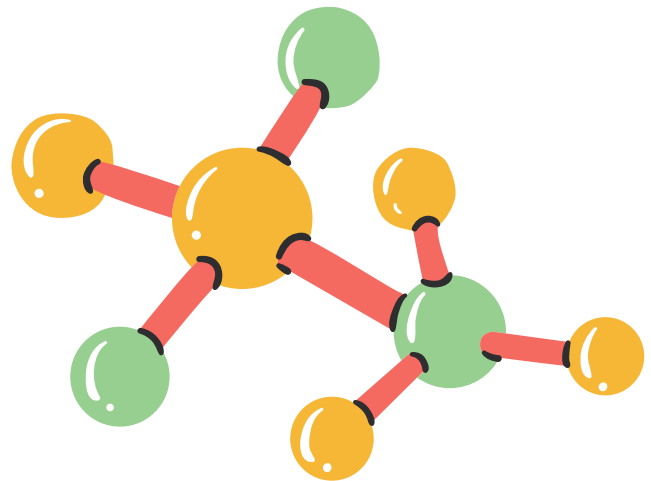
The pancreas over produces insulin causing increased belly fat, cravings, hunger, and energy fluctuations.

## Brain

The brain alters neurotransmitters to result in anxiety, irritability, depression, mental fog and lack of focus.

An out of whack system will cause a huge imbalance to all these hormones with disastrous results.

I will custom design and handcraft an eating plan with the correct balance of proteins, carbs and fats to suit your lifestyle, body type, and chemistry for optimal hormonal balance, fat loss, muscle gains and athletic performance.



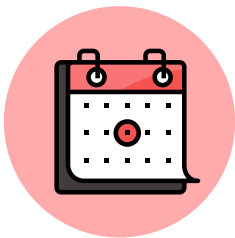
# The Process



## Nutrition Assessment

I have you fill in my Nutrition Assessment online form so I can see where your hormones are currently. This is analyzed based on your energy, sleep, mood, bowels, cravings, female/male hormone symptoms etc. We will cover –

- a. How my custom, handcrafted eating plans work and the hormonal interplay
- b. What is involved
- c. What is included
- d. Program and pricing structure



## Food Design Appointment

To start your program we connect for your 1 hour Food Design appointment via video conferencing so we can workshop what will work for you specifically and your lifestyle. We can use Facetime, Skype, Google Hangouts, Facebook video, or whatever your video tool preference is. This appointment is about 1 hour.



## Ongoing Support

Dietary, behavioral, emotional, stress management, exercise, clinical and hormonal support for a holistic, thorough, and lasting solution. These appointment are 30 mins.







Connect with me!

