

9 FOODS TO STOP

hormonal weight gain



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If you are dealing with unexplained weight gain, the chances are that your hormones are to blame. Here are some of the symptoms you may be experiencing if your hormones need support:

- ✓ Rapid weight gain (especially in belly, hips, thighs)
- ✓ Difficulty losing weight (even with a diet and exercise)
- ✓ Anxiety
- ✓ Craving carbohydrates + sugar
- ✓ Depression
- ✓ Fatigue (especially in late afternoon)
- ✓ Hair loss or thinning
- ✓ Headaches
- ✓ Hot Flashes
- ✓ Insomnia
- ✓ Joint/Muscle Pain
- ✓ Skin issues
- ✓ Symptoms of polycystic ovary syndrome in women (acne, excess facial hair)

Apart from your reproductive health, hormones can also affect your mood and appetite. When hormones are out of balance, you may feel¹ tired, irritable, or experience irregular bowel movements. On top of that, you may also notice some unexplained weight gain or weight loss.

¹ <https://www.thewellforhealth.com/blog/heres-what-happens-to-your-body-when-your-hormones-are-imbanced>

You may not have ever thought of food as a potential solution to hormone health. But the fact is, some foods can go a long way in helping you restore hormone bliss. This is great because it means you do not have to jump at medications to get your hormones evened out! ²

FOOD GROUPS THAT PROMOTE HORMONE HEALTH

When you add these hormone-friendly foods to your daily diet, your body's hormone production will get lots of much-needed help that will allow your body and mind to function at peak levels.

PROTEIN

Protein influences leptin and ghrelin production in the body. These two hormones are responsible for controlling your appetite and food intake.

COMPLEX CARBOHYDRATES

Complex and high-fiber carbohydrates help stabilize blood sugar levels. They also reduce the levels of cortisol in the body. High-fiber carbohydrates are essential because, unlike refined carbs, fiber does not break down in the body.

² <https://www.aarp.org/health/conditions-treatments/info-2020/hormones-and-weight-loss.html>

This means the fiber is not converted to sugar, which means your blood sugar levels don't spike as much as they would with other carbs.

FAT

High-quality natural fats help reduce insulin resistance in the body. They also help curb your appetite, allowing you to feel sated once you eat enough food. This can go a long way in preventing overfeeding and controlling your weight gain.

HERE ARE THE TOP 9 FOODS TO ADD TO YOUR SHOPPING CART RIGHT NOW!

#1 EGGS

Eggs are rich in protein, which has been shown to affect ghrelin and insulin production positively. Insulin controls your blood sugar levels, while ghrelin is responsible for controlling your appetite. Your insulin and ghrelin levels will drop when you eat eggs for breakfast. Additionally, eggs will keep you feeling full for longer, allowing you to consume less food for each meal. This is especially beneficial if you are trying to lose weight.

#2 FATTY FISH

The American Heart Association recommends eating fatty fish like herring, sardines, wild-caught salmon, mackerel, and lake trout. They have been shown to help stabilize hunger hormones allowing you to feel fuller for longer. Fatty fish are also rich in Vitamin D. Vitamin D is essential in managing female testosterone levels. When female testosterone levels are improved, it can lead to slower weight gain, less fatigue, and lower depression levels. Eating as little as 3.5 ounces of fatty fish twice a week can go a long way in keeping your heart healthy and your hair and skin glowing. Additionally, the good fats in fish are essential for proper hormonal communication. The endocrine system relies on these hormones to communicate with the brain. When these lines of communication are working seamlessly, you will be in a better mood and have better cognitive skills.

#3 CHICKEN BREAST

Chicken breast is yet another food super high in protein. Diets rich in protein diets have been shown to promote leptin production, the hormone responsible for making you feel satiated. Chicken breast is also great for anabolic hormones like insulin and estrogen. In this way, it helps in the building of muscles after workouts.

#4 LEAFY GREENS

Green leafy veggies like kale, spinach, collard greens, and Swiss chard are packed full of antioxidants. These antioxidants are essential for the prevention of inflammation. Eating leafy greens has also been shown to reduce stress by lowering cortisol levels and helping rebalance estrogen levels. Leafy greens are also high in fiber. Fiber helps in lowering estrogen levels, reducing the risk of

hormone-related complications. Try to eat about 25 to 35 grams of fiber through leafy greens per day to help support your hormones.

#5 CRUCIFEROUS VEGGIES

Cruciferous vegetables include cabbage, broccoli, kale, cauliflower, and brussels sprouts. Just like leafy greens, they also help remove excess estrogen from the body. However, they also come packed with essential nutrients like calcium. Their high calcium content helps in PMS symptom relief and regulates mood swings.

#6 QUINOA

Quinoa is both a protein and a gluten-free carbohydrate. It has a high protein content that stabilizes blood sugar levels. This also makes it an essential food for supporting testosterone levels. Additionally, quinoa contains phosphorus and magnesium. These two essential minerals help alleviate PMS symptoms while also promoting better sleep.

#7 FLAXSEEDS

Flaxseeds contain plant-based estrogens (mostly lignans) that promote hormonal balance. They also offer menstrual support. Flaxseeds are rich in omega-3 fatty acids, antioxidants, and fiber. The fiber in flaxseeds is an excellent probiotic that is also insoluble, making it exactly what you need to encourage bowel movements and the detoxification of excess hormones from your body.

Want to take advantage of this fantastic hormone-balancing food? Toss a few handfuls of flaxseeds into your oatmeal or smoothie every day.

#8 AVOCADOS

Avocados are packed with beta-sitosterol, which has been shown to improve blood cholesterol levels and balance cortisol. It also influences estrogen and progesterone production.

#9 NUTS

Nuts are a rich source of poly- and mono-unsaturated fats. These good fats aid hormone production while also boosting blood vessel health. They also help lower cholesterol and insulin levels while positively impacting your overall endocrine system and maintaining optimum blood sugar levels. While all nuts are great, Brazil nuts are a great source of selenium, essential in ensuring good overall thyroid health. Walnuts are rich in omega-3 fatty acids and have anti-inflammatory properties, making them great for promoting good brain health. Finally, almonds have very high protein and antioxidant levels.

<https://www.prevention.com/food-nutrition/a20481283/foods-that-balance-hormones/>

FINAL THOUGHTS

With my **Take Back Your Sexy Program**, you will get the tools to support healthy hormone balance so you can lose weight naturally.

This will allow you to lose that extra weight, and you can finally look and feel as good as you have always wanted.

If you have been looking for a complete and thorough wellness plan to help you achieve a holistic and simplified lifestyle, watch your inbox for your exclusive VIP invitation to my **FREE masterclass – Take Back Your Sexy – 3 Steps to Balance Your Hormones (your doctor isn't talking about)**.

To your health,

Dawn

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