

# Resetting Hormones For Weightloss

*A guide on how to reset your hormones to achieve weightloss*

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## TIPS ON BALANCING HORMONES

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1. **STOP Buildup of bad estrogen** and rid your body of bad or fake estrogen. First, we have to identify where they come from.
  2. **Drink clean water** Spring water - this pulls inflammation right out of your system, toxins, sugars, and body fat.
  3. **Refine foods** processed already been chewed.
  4. **Animal protein:** you are what you eat! And what you eat eats!!
  5. **Ditch the Alcohol:** Liquid calories from sodas, sugary juices, and alcohol helps store belly fat. If you're serious about losing body fat and losing weight, there's no room for alcohol in your diet.
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## 6. Remove Gluten and Dairy

- Gluten and dairy are the most common food intolerances. going gluten free can reduce fat, inflammation, and insulin resistance.

## 7. Eat fish with omega

- Salmon, krill, sardines offers the richest source of omega-3s and melatonin that you can obtain from a green vegetable. Its nutrient density strengthens synapses, the connections in the brain, to enhance memory and learning. Omega-3 fatty acids are believed to reverse the harmful changes to belly fat produced by fructose.

## 8. Improve the quality of our hormones you must improve the quality of your sex hormones (Sex hormones are health hormones)

- Thyroid glands- receives a lot of the blame for excessive weight gain, and this can be true, though its not always the case.
- The best course of action is to get stress levels down, nourish your body and detoxify the body, and stay grounded. While building up androgenic hormones, progesterone, and testosterone, vitamins levels

## 9. Detoxify your body- to have the best cellular exchange and repair we must undo stuff in our body we have put in for years. Giving our body a break. Eat raw food.

## 10. Practice HIIT

- High-intensity interval training (HIIT) is known to help reduce body fat. It involves exercising at a high intensity for 30-75 seconds, separated by 2-3 minutes of exercising at a lower intensity. These bursts of high intensity training allow for far more fat loss than steady cardio.

## 11. Eat Protein

- Undereating protein and overeating carbs can lead to weight gain. Lentils, legumes, and beans are anti- inflammatory proteins that can help keep you full and nourish your body.

## 12. Manage Stress

- Food intolerances tend to raise stress hormones such as cortisol, and they can trigger inflammation.
- Chronic stress raises cortisol levels which can lead to weight gain, fat storage, and the breakdown of muscles. Find a way to manage your stress, whether it's through essential oil baths, yoga, meditation, exercise, or a creative outlet.

## 13. Limit Fructose

- Fructose is the most metabolically hurtful sugar. It doesn't tell your brain when you're full, so you still feel hungry and keep eating. Fructose goes straight to the liver where it creates fat and triggers insulin and leptin resistance, resulting in inflammation, a stressed liver, and more visceral fat.
- Improve bone density by using proper vitamins





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#### 14. Get enough sleep

- In order to burn visceral fat, the body needs 7 to 8.5 hours of uninterrupted sleep. Sleep keeps cortisol and insulin levels in check, so make sure you're getting a good night's rest on a regular basis.

#### 15. Raise Adiponectin

- Adiponectin works between fat cells and the brain. When levels are low, it can cause the body to store fat. The more adiponectin you have in your blood, the more body fat you can burn. To raise adiponectin, eat pistachios and pumpkin seeds, get at least 35 grams of fiber each day, and make sure you're getting magnesium in your diet.



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**So Remember Weight loss-  
Permanent weight loss, comes  
through inner transformation,  
usually it arises from an  
epiphany, or a moment of clarity,  
when a clear decision can be  
made.**