



*THIS ARTICLE IS BROUGHT TO YOU BY HANAN SALEH DIETITIAN
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**ARE YOU STRUGGLING TO LOSE WEIGHT?
Do you think you have a HORMONAL IMBALANCE?
Then you **MUST** read this **NOW!!!!****

Oestrogen plays a vital role in women's health. They are powerful chemical messengers that stimulate cells to grow and change when necessary; it can also lead the brain to focus intensely on emotions and communication.

Oestrogen has many functions:

- Stimulates the growth of bone cells
- Regulates the retention of salt and water in the body
- Increases the good cholesterol (HDL) while decreasing the bad cholesterol (LDL)

Age, genetics, hormone replacement therapies, diet, stress levels, pollution can all play a role in upsetting the normal cycling of oestrogen in our body.

An overload of oestrogen may be associated with significant health risks such as:

- Weight gain - especially around the waist (has an effect on metabolism)
- Heart disease (increases the bad cholesterol)
- Cancer (may promote rapid growth of abnormal cells)

As we gain weight, the additional fat cells also produce **MORE** oestrogen. This encourages water retention in the body causing a bloated feeling. During menopause, the body has a **DROP** in oestrogen levels. The body compensates for the decreased levels of oestrogen by **INCREASING** the fats cells essential to its manufacture! So you may think this is a lose-lose situation?

YOU CAN DO SOMETHING ABOUT IT! READ PAGE 2 FOR SOME SUCCESSFUL TIPS!

BALANCE IS THE KEY!

If you are gaining weight, how can you tell whether it's a hormonal imbalance or due to a fondness of chocolates?

The key is:

1. ASSESS the TYPE of weight gain (mostly around the mid section of the body, buttocks, thighs),
2. ASSESS your mood,
3. ASSESS your energy levels,
4. ASSESS whether you have irregular periods,
5. ASSESS whether you have a family history of breast cancer, endometriosis, or fibroids.
6. The next step is to book an appointment with your doctor to do a BLOOD and URINE TEST to assess whether your hormone levels are normal or not

There are also many aspects of your life you can modify to help improve your hormone levels:

1. ASSESS your diet - do you include enough plants-based foods? Fruits e.g blueberries and oranges, vegetables e.g broccoli, cabbage, onion, and even green tea all have PHYTONUTRIENTS which serve to BALANCE oestrogen levels
2. OMEGA 3 FATS (e.g salmon, sardines, fish oil tablets) - can help to regulate/balance hormone levels
3. REDUCE the BAD fats in your diet (e.g choose lean meat and low fat dairy products, avoid hot chips, crisps, cakes, biscuits and chocolates)
4. INCREASE YOUR PHYSICAL ACTIVITY- with as little as 20 minutes of fast walking everyday will promote a healthy hormonal balance (and control your weight!)

If you need more information about how to further improve your hormonal balance and maintain a healthy weight, book in for an appointment with your doctor or dietitian today!

Your friendly dietitian,

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