

# **Hormone Reset Diet:**

*Fastest Way to Cure Your Hormones, Balance*

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# INTRODUCTION

Let's start off with the very basic question, what are hormones? The biochemical regulators of the body that are responsible for the proper functioning of the body at the cellular level are known as hormones. It is no exaggeration to say that your hormonal system is just as important as your nervous system.

The way your body will get paralyzed without adequate functioning of this system, any anomaly in the hormone-related mechanisms will also render the body crippled. The reason behind this is that hormones are responsible for maintaining almost all the functions in the body of both men and women.

Let's explain that to you with an example so that it's easier for you to understand this. For instance, if we consider the mechanism that is responsible for the utilization of all the energy that you receive from food then you will see that it is also primarily dependent on the hormones.

When you eat anything, all the complex molecules of food get broken down into components and the most dominant component is glucose. Now, in order to control the level of glucose in blood there is the secretion of an essential hormone which is known as insulin. Insulin is going to make sure that the glucose is utilized properly in the body and the remains are stored in the body in the form of glycogen.

Now just imagine if you lack this hormone in your body, how will it perform? How will all this procedure when an essential element will be missing? It is obviously not possible which is why people suffer from a condition called diabetes mellitus.

This was just one hormone that we were talking about and we saw the kind of impact that these hormones have on our body and the way they control the physiological functions of the body. Now just imagine if this is the effect that one hormone is laying on your body then what would be the combined effect of all these hormones on your metabolism and the way you deal with stress as well as your mood swings. Your muscle bulk is also maintained by these hormones and the amount of fat that is deposited onto your body is also decided by them.

Precisely, it is very logical to say that if you want to maintain a healthy life, you need to understand the basic principles upon which your hormonal mechanisms are based. Only after

understanding this, you will be able to know exactly where the problem lies and hence you can fix the loopholes in your routine and maintain a very healthy body and a healthy mind also.

In order to help you in this task, we have elaborated each and every detail in this book. You will be able to learn the basics first and then based on these fundamental rules you can attain your desired body also so let's dig in!

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# **CHAPTER 1: THE EFFECT OF HORMONES ON YOU**

## **THE FEMALE HORMONAL CYCLE**

Firstly, it is essential for every woman to understand their body and the phases that it goes through. A lot of times you must have been through situations where you thought you were just going crazy and you couldn't help being cranky for any apparent reason. At some point, all women have experienced this feeling and it is very natural. Your life was going good and everything at work/ school was normal. In fact, you were probably happier than ever before but then there were some moments where you were just questioning everything. Your reactions towards situations, which otherwise are no big deal for you, were quite harsh and exaggerated. Even though you kept on thinking what's wrong with me, you still couldn't come up with good enough of an explanation.

If any of the above-mentioned things has ever happened to you, you need to know that it's absolutely normal. There is no shame in admitting to it. You need to stop judging yourself and thinking that maybe you have become a crazy person which is why you are acting like this during a certain period of the month. We assure you that it's completely normal and there is nothing wrong with you. You are as good as one can possibly be.

Now, the big mystery here is that why do all these things happen to you when you seem to be pretty normal during other days. Let's sort this puzzle out for you but before that, you need to answer a question. Have you ever noticed that this is like a cycle that surrounds you once every month? Have you tried to note the rhythm? Have you made any conclusions out of your judgment? Well, even if you haven't, it is okay. We can answer all your questions and explain everything to you.

### **MYSTERY SOLVED**

Okay so let's start off with the primary questions that you might have in your mind. Presumably, those questions might be WHY and HOW most importantly. Let's begin with the WHY and explain it to you that why do you suffer from this sudden change in mood and all the crankiness that you get to experience even though things seem to be going pretty smooth. As you already

know, after reaching the age of puberty every girl undergoes through a monthly cycle of menstruation. The duration of the menstrual cycle is 21 to 28 days. It can exceed up to a limit of 35 days also but generally this is the duration of the cycle. The day your periods start to the next time your periods start- that is counted as one menstrual cycle. This cycle starts off right after the girls hit puberty and keeps on going for a really long time until they undergo menopause.

## **MOOD**

Now let's explain the link between menstruation and the sudden change in mood. Initially, in the first week the level of estrogen and progesterone start from a very low level and gradually they increase to a higher level. Now this is linked with the emotions and the general mood of the person. There is a neurotransmitter known as serotonin which is present in your brain and is known as the happy chemical of the brain. It is responsible for causing all the happy feelings in your body and for making you cheerful.

When the menstruation starts, the level of serotonin is also very low which is why you will often see that women feel very cranky and are generally very irritable. The reason behind this is that when the level of serotonin is low, the person feels really down. This is why this condition is known as PRE MENSTRUAL SYNDROME (PMS). People often fail to understand this condition and you cannot blame anyone for that. Sometimes women themselves fail to understand what's going on and you will often find them coming up with the phrase "I don't know what is wrong with me, I was never like that, but lately I feel this way"

Now, as much as this is true that before the periods start, women are really cranky, there are no scientific basis for proving that even while being on the period women are constantly in a bad mood. This is a myth that women are very grouchy even during the menstruation period. This is not true because right after the onset of menstruation, the estrogen levels increase and that leads to a rise in the serotonin levels and that is an instant mood up lifter. After that, some women still feel irritable but that does not have any chemical basis. The reason behind that crankiness is the pain that they go through during menstruation and the abdominal cramping.

## **ENERGY LEVELS**

During the first few days of menstruation, women feel highly lethargic and fatigued which is again due to the low levels of the hormones that are estrogen and progesterone. You must feel highly deprived of energy and that is only natural. The endometrium scrapes off due to which bleeding starts and continues. You will also feel low on energy due to the lack of iron due to the excessive bleeding. Some women bleed so extensively that they even start to look a little pale. After two to three days, the energy levels start to revive because the periods are on the verge of ending and the hormone levels start to rise also. This leads to a boost up in energy and the person starts to feel that the level of endurance increases.

## **SEX DRIVE**

Sex drive, also known as libido, increases to a great degree during menstruation. This is due to the fact that the raising hormone levels lead to an increase in the urge to have some physical action. This is completely normal and there is no shame in admitting to it because your body works on certain principles and this is one of them. It is not under your conscious control to feel this way so you can be open about without feeling like you are doing something wrong.

## **THINGS TO BEAR IN MIND**

During your menstrual cycle, you are more prone to headache and other minor problems like that. Also, for past few decades we have been seeing that breast carcinoma has become very common and a lot of awareness campaigns have also been arranged regarding that. You are also advised that you should go for a breast exam on the seventh day of your period. The reason why this is a very good idea is that during this week and especially at the end of the week, the density of the tissue is very low and so it gets easier to feel the lumps if there might be any.

## **SECOND WEEK OF MENSTRUAL CYCLE**

During the second week of menstruation, the levels of estrogen and progesterone keep on increasing to a great deal. With the raising level of hormones, the mood is also affected. Let's explain how your mood is being affected by the raising hormone levels.

## **MOOD AND ENERGY**

When the level of estrogen increases it makes you feel more cheerful and you start to feel very optimistic about yourself. This week is the most content week out of all the weeks of the cycle due to the extremely raised levels of hormones. You will specifically feel that your energy to do any normal daily life activity has increased to a great extent. One thing that you need to remember is that because of the increased estrogen levels, you might feel very overwhelmed and in certain cases this might lead to anxiety attacks. You need to keep that in mind and in case you go through an anxiety attack, you should breathe deeply and just relax for a little while.

## **THIRD WEEK OF MENSTRUAL CYCLE**

The third week is the week in which ovulation takes place. In this week, by day three or four the levels of estrogen tend to increase which is why you start to feel all cheerful and chirpy again. The mood seems a little down initially because of the low level of hormones but as soon as the hormone level increases, you will again start to feel fine. This is the case for estrogen while as for progesterone; it will keep on increasing every day throughout the week.

Progesterone is known for its sedative effect. You will feel lethargic because the levels of progesterone keep on increasing throughout the week which is why you will feel really lazy and sluggish but as soon as the levels of estrogen are revived to normal, you will start to feel energetic all over again. This is going to make the overall mood better as well.

## **FOURTH WEEK OF MENSTRUAL CYCLE**

During the fourth week of the menstrual cycle, your body is preparing your uterus for the upcoming menstruation phase and the endometrial lining of the uterus also thickens. This is going to plunge the levels of all the hormones which include estrogen, progesterone, and testosterone. This is going to have a very major effect on the mood. You will feel like you can become irritable within no time for any apparent reason. The reason behind this is again the same- low level of hormones in your body.

This cycle is going to continue until you don't get periods for at least 12 months consecutively which is an indication that you have reached the stage of menopause. You need to stop worrying about your varying emotions but one thing that you need to keep in mind is that during the time

of menopause you will go through phases where you are going to face a lot of symptoms that include hot flushes, irritability, sudden change in mood etc. Once you have completely attained menopause, these symptoms are going to go away.

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## **CHAPTER 2: WHAT IS HORMONAL RESET**

It is not an exaggeration to say that hormones are responsible for maintaining your weight as well as your anxiety levels and fatigue is all dependent on your hormone levels. You don't realize that your mood also depends upon your hormone levels. If you have any hormone-related problem going on, you might consider medication as the first line of treatment but that not right. You can fix almost every hormone related issue without taking any medication and by simply just fixing your routine.

So coming to the definition of hormone reset, we can simply explain this by saying that bringing the hormones back to normal levels in order to maintain good health is known as hormone reset. As you have already been told that a lot of your daily life issues are due to the imbalance in these hormones. You need to know how and which hormone affects you in what way. Your weight gain is related to a specific hormone which is known as leptin.

Before we start explaining this to you specifically, we would like to give you a general idea about the hormones and the way they lay their effects on you. The most important hormones with specific effects on the body are estrogen, testosterone, progesterone, insulin, leptin, cortisol, thyroid and growth hormone. These hormones are potent enough to bring very drastic changes in your body. Hence, this is essential to balance and maintain the levels of these hormones in your body otherwise this can lead to unfavorable circumstances.

Now it is important for you to know how you can reset the hormone levels. Your hormones are basically produced by the endocrine cells and are transported to their site of action. We will tell you a few things that you need to keep in mind in order to maintain the normal levels of hormones. They include:

### **AVOID TAKING A LOT OF CAFFEINE**

Caffeine is the chemical present in coffee. It might be something that you rely on in order to wake up or stay active throughout the day and a lot of people feel that they just can't be as productive if they don't take a cup of coffee right after getting up. But the truth is that it causes very hazardous effects on your endocrine system which leads to a great deal of hormonal imbalance so you should avoid caffeine as much as you can. Another safer option is that in case

you think you are not capable of getting rid of it or if you find it way too hard then you can just mix some coconut oil in it while making coffee. This is going to make it a little healthy and you won't have to stop taking it altogether.

## **STAY AWAY FROM TOXINS**

There are some very hazardous components in the atmosphere these days which are responsible for causing hormonal disturbances. These include the insecticides and the pesticides also that are very widely used nowadays. What happens is that often these chemicals have a similar chemical structure as that of your hormones and hence they start to compete with the actual hormones and bind with the receptors and that causes harm to your body. It's not just the insecticides and pesticides that you need to stay away from. You also need to understand that the birth control pills also have a very bad impact on your health and you need to stay as far away from them as possible.

## **ADEQUATE SLEEP**

Importance of sleep is unfortunately very under-emphasized in this case. This is true that we have always been told that all those people who achieved success in life were so passionate about their work that they hardly took any time out for sleeping. Sadly, no one ever told us that lack of sleep has a lot of detrimental effects on your brain also. Even if we don't talk about the hormones for now and consider the ill effects of sleep deprivation on our neurons then even that should be enough to scare you. Your neurons are permanent cells and once a neuron is degenerated, it will not renew itself. It is simply just going to die.

If this is not enough to make you feel that you need to maintain proper sleep hygiene then let's tell you about the hormonal aspect of sleep. It is an essential need to sleep well because otherwise your hormones get out of control. This is why you are being told to take an adequate sleep of eight hours a day. It depends upon you if you want to sleep for eight hours straight or if you want to take a nap in the evening for two hours and sleep for the rest of the hours at night. Basically, what happens is that when you don't sleep properly then your hormones as well as your metabolism, both get affected. As a result of the fact that your metabolism gets affected,

you start to gain weight and if this continues for a long time then you might as well just start to lead towards obesity.

## **STAY AWAY FROM OMEGA-6 POLYUNSATURATED FATS**

This is very true that you can't wipe fats altogether from your diet because they are very important for the synthesis of some hormones. They serve as the building blocks for this purpose. The general ratio of polyunsaturated fats in the body is extremely low. Approximately 97 percent of the fat present in your body is saturated or monounsaturated fat.

Only a very small amount of 3 percentages is poly-unsaturated fats and even out of that there is a great part of omega 3- polyunsaturated fats. The reason why it is so bad for health is that it get oxidized very easily and when these fats get incorporated into the cells then they either clog the arteries or cause severe inflammation. In more severe cases, this gradually leads to cancer also when these fats become a part of the skin cells.

Now, the question is that how can you get rid of them. You can simply get rid of them by completely avoiding all the artificially prepared fats and consume as many natural fats as possible which include coconut oil and olive oil without heating. You should also try to eat as much fish as possible because it contains omega 3 in it. This is going to create a hormonal balance in your body.

## **EXERCISE PROPERLY**

You must have read a large number of very extensive articles focusing on the importance of exercise regimes but what you need to understand is that you don't need the same kind of strenuous exercises in all situations. When your body is going through a stressful period and has an undergoing hormonal disorder then you need adequate sleep and to achieve that, you don't need to do any strenuous exercise like cardio or prolonged running sessions.

What you need the most is some relaxing exercises. Among the relaxing exercises, the best ones are walking at a normal pace or swimming. These exercises help your muscles to relax and hence they help you in recovering your sleep if you are suffering from sleep disorders like insomnia etc. If you keep on focusing on the normal regime of exercises that includes strenuous activities

like lunges and crunches and leg raises etc., then you are going to cause harm to your body because it is not in the state of dealing with all this vigorous activity.

### **LIFTING HEAVYWEIGHTS:**

We have already told you that it is really important that when you are going through a period of hormonal disorder, you must not undertake any work out that might take large shares out of your energy reservoirs. There is another thing that you need to keep in mind also. This might sound like an irony, but the truth of the matter is that you can undergo short bursts of weight lifting and that also with heavy weights. The ideal way of doing this is by doing sets (approximately 5 to 6 in number).

The benefit that is provided by this is that it helps in giving rise to a cascade of events that lead to triggering the reactions of different hormones. One important thing that you must not forget at all times is that you must make sure that you are doing it the right way. In case you haven't done this before, make sure you take help from a trainer. If your technique isn't right, this can cause more harm than benefit. It can be very harmful to you so just in case you are an amateur, you must practice it first in front of the trainer first and if he approves off your angle and everything else, only then you should perform this weight lifting.

### **EAT HIGH AMOUNTS OF COCONUT OIL:**

Like we already mentioned, it is important to have fats in your diet as they serve as the building blocks of the important compounds including hormones. This is why you should add coconut to your diet. The best results can be attained by taking  $\frac{1}{4}$  cup of coconut every day. You can add it into any other edible product for example tea or coffee. This is going to serve as a good mixture and will help you in weight loss also. The reason being this that it corrects the hormonal imbalance and hence it proves out to be beneficial. Coconut oil is responsible for reducing the inflammatory process also and it can even act as an anti-bacterial and anti-microbial agent. Considering these advantages, you must start to take adequate quantities of coconut oil in your diet.

## **AMOUNT OF LEPTIN**

Leptin is the primary hormone that is linked with so many important functions in your body, the most important one being weight loss. If the level of leptin in your body is disturbed then all the mechanisms in your body will also be disturbed. With disturbed levels of leptin in your body, you need to stop dreaming about having that perfect figure that you have always wanted to attain. The main problem is that leptin not only causes issues in your lipid metabolism which lead towards obesity but also it increases the sleep disorders and increases inflammation to a greater degree.

It has also been observed in some women that with the disturbance in this important hormone, their fertility also decreases. Precisely, you need to make sure that the level of leptin in your body is maintained properly otherwise this is going to lead towards a lot of unforeseen circumstances which are going to cause problems for you.

## **DON'T TAKE TOO MANY SUPPLEMENTS**

Lately, people have started taking supplements in order to cure their natural deficiencies. You need to understand that an excess of everything is bad. This might seem like a very good idea to simply just take a tablet and get over all the deficiencies but in the long run it is harmful to you and this is something that a lot of people fail to comprehend. Your body has a proper mechanism for everything and it needs to produce all the elements in proportionate amounts.

When you start taking supplements, you are probably providing your body with the right amount of the desired substance but that is causing so many other problems that it's just not worth it. Yes, if a medical practitioner prescribes you a supplement then that is a different case because they would know that which substance should be given in what quantity but if you start taking supplements on your own due to whatever reason, it is going to cause you more harm than benefit so it is a very bad idea. We can name a few supplements for you that you can incorporate in your diet and they will make your hormonal system better but even before trying these, you should definitely consult a doctor. The list is as follows:

## **MAGNESIUM**

Magnesium is very vital for your body as it is responsible for being a supportive mineral in a large number of reactions in the body. Also, it helps in attaining a better sleep cycle which is again going to put a good impact on your hormones and your over-all health. Magnesium supplements are available in many forms. You can either have them in powdered form or you can take them in liquid form also. Sometimes, for people who are suffering from gastrointestinal tract issues, they can also be applied to the skin in the form of oil. This is also good for people who have a severe magnesium deficiency.

## **VITAMIN D**

Vitamin D is very important for your bones majorly but it is also a prohormone which means that it acts as the initiating element for some hormones. By far the best source of vitamin D is the sun and you can attain as much amount from it as possible but due to the potential hazards of ultraviolet rays a lot of people try to stay away from the sunlight and hence they get deprived of this extremely important pro-hormone. You can attain it from fermented COD liver oil. This oil is beneficial for providing not only vitamin D but also vitamin K and A. According to research, it has also been proven that you can get large amounts of omega 3 fatty acids and other beneficial fats.

## **GELATIN**

Gelatin is also among the excellent sources of magnesium, phosphate, and calcium. It is claimed that gelatin can be very useful in the process of hormone production and for old age people when they have inflammation around their joints, gelatin tends to lower that inflammation also. Problems related to the digestive system can also be solved with the help of gelatin. One of the best sources of gelatin is the cow that is fed on grass and is raised by humans. The gelatin that is extracted from these cows is the best and is highest in its nutrition content.

## **CHAPTER 3: COMMON HORMONAL SYMPTOMS**

Now that you are very well aware of the importance of hormones and you know the ways in which they can affect you, you should be able to tell when there are some hormonal disturbances going on in your body. This is very important. You should be able to distinguish normal conditions from abnormal so that you can tell when you need to consult a doctor for your hormone check-up.

The first and the foremost thing that you need to keep in mind is that different hormones have different functions so in order to identify when there is any anomaly going on in your body related to hormones, there will be different symptoms also. Hence, you will be able to recognize that which hormone is causing the problem and you can fix the levels of that particular hormone in your body and attain better health. In the forthcoming paragraphs, we will mention some very common symptoms that you might be observing in yourself if you have any hormonal disturbances going on. If you suffer from at least three of these symptoms then you must consult a doctor and get yourself checked.

### **1: WEIGHT GAIN**

Here, you need to understand that losing or gaining a few pounds is no big deal because depending upon your routine, this keeps on happening and it is a very normal phenomena. The alarming sign is when you have gained a lot of weight over a very small period of time. That's when you should take it seriously. Mostly, in middle age people tend to gain weight and that is because they think that it is unavoidable to gain weight at this age and so they just stop paying attention to this issue. This is not the right attitude towards this problem. You need to understand that there could be an underlying problem also.

The most probable reason in this case is that your adrenal glands can get fatigued and so they send signals to the thyroid gland to reduce its secretions so that the overall rate of metabolism gets lowered and then pancreas also receives the signals which is why it starts to make sure that maximum amount of fat gets stored because the message that is received by pancreas is to conserve the fat as much as possible. Now you see how only one hormone can cause such a drastic effect on the overall body and the metabolic rate. This is the reason why people tend to

accumulate large amounts of very stubborn fat that doesn't go away no matter how hard they try. Remember this- no matter how much effort you put in, as long as your hormones are not balanced properly, all your efforts will go in vain. Even if you exercise every day for hours, you will not be able to get the desired results until you fix your hormones.

## **2: PERSISTENT FATIGUABILITY**

It is completely normal to have days where you feel super exhausted and all that you crave for is a good night sleep. There is nothing wrong with that but like we already mentioned, an excess of everything is bad. If you feel tired and sluggish throughout the day then that is not considered as normal. There is a possibility that your body is lacking thyroid hormone which is known as thyroxine. This condition, in which there is less amount of thyroid in your blood, is known as hypothyroidism. People who suffer from hypothyroidism are seen to be very lazy at all times. Even if they don't do anything at all throughout the day they will still feel very tired at the end. The reason behind this is that your thyroid hormone is responsible for triggering your overall metabolism. When there is a lack of thyroxine, automatically so many other mechanisms of the body are slowed down as well. The person is going to feel lazy all the time and would want to sleep all the time. These people are generally very easily irritable also and are always low on energy. Despite having a very sedentary lifestyle they feel very lethargic and tired all the time.

A lot of people and especially kids in the younger generation are suffering from hypothyroidism and they get dependent upon thyroxine for their whole life. They tend to live a normal life in general, but they have to take a certain dose of thyroxine all their lives otherwise they will suffer from problems like headache, irritability, pain in the body and in severe cases they can even have fever.

## **3: MIGRAINES AND HEADACHES**

This is again one of those issues that are more prevalent in women and that also when they approach middle age. You will often see that women complain of a headache for no apparent reason. Even when they are taking proper meals and their sleep cycles seem to be completely fine, they complain of having a constant headache. Headaches can be due to a lot of reasons and this is not an absolute necessity that they can only be due to hormonal imbalance but if you pay

attention and keep a record of the times when headache suddenly starts then sometimes you might be able to find a certain pattern. Basically what happens is that in this age a lot of women suffer from hormonal disorders and that could be one of the reasons why they suffer from a headache so often. If you see a pattern which indicates that you suffer from headaches mostly when you are about to get your periods then this is an indication that your body is going through a stressful period of hormonal imbalance. You must immediately get yourself checked by the doctor in this case.

#### **4: GASTRO-INTESTINAL PROBLEMS**

Hormone imbalance could also lead to a lot of gastrointestinal issues as well. This is due to the fact that hormones play an over-all very important and evident role in the metabolism. You will often see that a lot of people suffer from a condition known as irritable bowel syndrome and as unfortunately most of the percentage suffering from this disease constitutes of women. This is being linked to the levels of serotonin in your body. The more elaborate reason behind this is that women tend to worry more and that is why they have a high level of cortisol in their body which is the stress hormone released by the adrenal medulla.

As this hormone gets higher, the level of serotonin, which is also known as the happy hormone, keeps on falling down. When the level of serotonin falls down then it causes certain other changes in the body which lead towards irritable bowel syndrome. It has also been observed that in women, menstruation seems to aggravate this issue even further. This tells us that even estrogen and progesterone have something to do with this disorder because the rise and fall in their levels seem to have an effect. All those women who are suffering from this issue are going to find it even more uncomfortable when they are on their periods. This is why we are stressing so much on the importance of hormone regulation and that also especially in women.

#### **5: SLEEP DISORDERS**

You must have seen that a lot of women become really restless and seem to find it very hard to get their proper sleep right before menstruation. This is also one of the reasons why women get so cranky during their periods. Generally we blame everything on PMS but we never looked into the science of it and never paid attention to the actual reason why this might be happening.

Basically what happens is that right before you hit your periods, progesterone levels in your body drop to a great degree. Progesterone is known to have a very relaxing effect on the body. When progesterone levels in the body drop to a certain level, a general restlessness is experienced by the person. Right after parturition (the process of giving birth to a baby) the progesterone levels fall down as well. This is why women often experience disturbed sleep after giving birth but we generally never pay attention to this because the baby gets all the attention and everyone thinks that it's because of the baby that the mother is unable to take proper sleep.

Besides these related to the progesterone levels, there are other disorders also that are related to other hormones. For instance when a person eats a fatty meal right before going to bed then you must have noticed that for some reason he is just unable to sleep properly. Have you ever wondered why that happens? Yes, there is obviously a reason for everything because our body is very logically operated.

The reason behind this is that when you eat a fatty meal and go to straight away then two things will happen. One, you might get acid reflux which means that you will experience the feeling of heartburn. It has been scientifically proven that when you sleep after taking a large meal, without doing any walk, the acidic content of the stomach will get back to the esophagus and the process is known as acid regurgitation. Secondly, what happens is that there is relaxing hormone in your body which is produced while you are sleeping so that you can sleep properly. The hormone is known as melatonin. When you eat a fatty meal, the secretion of melatonin gets decreased and you are unable to sleep properly because your body is not fully relaxed.

## **6: POLY-PHAGIA**

Polyphagia is a condition in which the person feels hungry all the time. Like we explained earlier, leptin is the hormone that makes sure the person's weight is controlled properly but at the same time there is another hormone known as ghrelin which is responsible for making you feel hungry all the time. When this hormone is in action, it makes sure that the levels of leptin are decreased to a great extent. Leptin is responsible for suppressing the levels of hunger in your body while ghrelin is known to increase the appetite to a very high degree.

Now, you must be thinking how the level of ghrelin increases in your body. The answer to this is very simple. If you pay attention, you must have seen that people who are deprived of sleep for a very long time are usually more obese. There are a lot of other causes as well that can lead towards obesity, but sleep deprivation is one of the very prominent reasons.

This is due to the fact that when a person is sleep-deprived, there is more production of ghrelin in their body which leads to stimulation of hunger. This is why these people feel hungry all the time and hence they tend to eat more and get fat. In short, if you want to maintain a proportionate balance between the levels of ghrelin and leptin in your body then you have to make sure that you always get adequate sleep and by adequate we mean at least 5 to 6 hours a day.

## **7: POOR MEMORY**

This is one of the biggest problems that people these days are suffering from. We have become so forgetful in our daily life that sometimes we enter a room and then we forget why did we even come to that room in the first place or sometimes we put money in our purse to keep it safe and then we forget where did we put our purse. This is not the case with old people only as it was being thought at one point that with increasing age memory gets poor. In the present era, even teenagers are coming across problems like these. Now, our job is to find the root cause of the problem.

It has been proved through research that when you are going through a stressful period in life, the level of cortisol in your blood will increase abnormally. High levels of cortisol can prove out to be very unhealthy for you especially with respect to your learning ability and your memory. This is extremely important for you to make sure that you stay calm and do not take too much stress at all times otherwise this is going to hinder your path towards better learning and a better memory. Also, when you are under stress your body follows the rule of fight or flight and in short term, this lets you focus better and your thinking process gets better but in case of chronic stress you fail to concentrate on things and your memory gets poor with time which is why you are told to not take tension all the time.

## **8: ACNE RELATED ISSUES**

Normally it is considered fine when girls and sometimes even boys get acne on their faces at the time when they hit puberty. Girls generally also get a few pimples when their menstruation starts on a monthly basis. If this is the case then there is no problem but some people have persistent cystic acne that does not go away all year round.

If this is the case then there is a problem because this usually happens due to unusually high testosterone levels. Testosterone is the male sex hormone which when found in excess in females, causes more production of sebum due to which the pores get clogged and acne-causing micro-organisms also get activated. They will eventually cause blemishes and scars also. This is why you need to stay careful and consult the dermatologist if you have persistent cystic acne.

In a nutshell, if you encounter any of these symptoms then you must consult your doctor immediately because these are all the signs that are indicative of an underlying hormonal disorder that most people aren't even aware of. It is always better to be safe than sorry so you must consult the medical practitioner before it gets too late or your case gets worse.

## **CHAPTER 4: THE CONNECTION BETWEEN HORMONES AND YOUR WEIGHT**

Now, we already explained briefly how hormones are related to your weight and how they can have a very dominant effect. Even if you give all your energy to it, you will still not be able to lose weight if you don't keep your hormones under constant supervision. Here are a few things that you need to bear in mind when you start your journey towards losing weight.

### **HORMONES THAT DO NOT LET YOU LOSE WEIGHT AND WHY**

#### **1: INADEQUATE ADIPONECTIN**

Now you must be wondering that what is Adiponectin? It is actually the hormone that advises your body to smolder fat for fuel. It's similar to your body's fat smoldering light. Numerous studies have demonstrated that the greater the amount of this super hormone you have to circle in your circulation system, the fatter you blaze every day. Research demonstrates that low levels of adiponectin are connected with a higher chance of getting fat. Indeed, an absence of satisfactory amounts of adiponectin is rising as a huge reason why individuals are unable to get rid of all the unwanted flab and stay thin and slender.

The baffling thing about adiponectin is that the more amount of fat you have, the lower will be the levels of adiponectin in your body- which is the reason why losing fat is so darn troublesome at the initial stages. You require a kick start and that is going to need a lot of energy which some of you might not be able to come up with. Now that you are aware of the problem, we will tell you about the solution also.

Here are two very simple techniques that you can use for normally boosting your adiponectin levels and stirring your FAT BURNING flame. For starters, expand your magnesium intake- either by taking a brilliant supplement (a supplement that is cheap cost-wise) or by bringing some seeds into use. For this purpose, pumpkin seeds are extraordinary and you can even use green, verdant vegetables like spinach and kale. A considerably more forceful methodology is to do something that many people refer to as irregular fasting which has been demonstrated to

altogether enhance adiponectin levels to the desired degree. This works by fasting one day and eating large amounts of food the following day. While it can work for weight reduction, this seems like a very inconvenient idea and it still hasn't been proven if this is a good idea or not. Besides, who would want to live a life like this? That is why this approach is not preferred because it takes too much effort.

## **2: EXCESS OF GHRELIN**

Ghrelin is known as the "Appetite Hormone." The more ghrelin you have in your body, the hungrier you are going to feel. In case you find yourself battling cravings and no matter how hard you try you just find it impossible to stay away from the kitchen then most likely it is because of increased ghrelin levels. The bitter truth is that ghrelin is a very evil hormone and it acts directly on the hunger center of your brain and forces it to get attracted towards the very addictive food items like sweets and other fatty foods. The worst thing is the timing of these cravings. You crave all these food items late at night and because you sleep right after eating them, you gain more weight than you thought you would.

Now, you know how ghrelin works and the way it affects your system so we will also give you a few advice as to how you can lower the levels of ghrelin. There is something you can begin doing this evening that can bring down your ghrelin levels and help you feel more fulfilled: Get some rest. New research has proved the fact that even a little bit of lack of sleep can increase your ghrelin levels and lead to more accumulation of fat to your body. Most grown-ups need between six to eight hours of rest.

There is one very important thing that you need to remember. Waking yourself up in the morning with caffeine or caffeinated beverages is the worst possible option that you have if you are interested in losing weight. Giving yourself the endowment of serene, the continuous rest is an awesome approach towards bringing down your ghrelin levels and supporting your weight reduction regimen.

### **3: INSULIN RELATED ISSUES**

In case you're overweight, there's a very big risk that you're encountering some level of insulin irregularity in your body which is causing the overabundance of glucose or sugar in your body. While this doesn't essentially imply that you're diabetic, it does imply that your body's insulin, or glucose controller, turns out to be less powerful at maintaining your blood sugar levels. The final result is that as opposed to utilizing the excess sugar and carbohydrates to nourish your muscles or smoldering it for provision of energy, the majority of the starches you devour get stored as fat. On the off chance that you have insulin resistance, it is for all intents and purposes difficult to lose fat. Having said that, there's a shockingly simple solution to the glucose excess issue—and it could conceivably be right in front of you.

A recent research has proven that study expending two tablespoons of apple fruit extract vinegar before a high carb meal altogether lessens blood glucose levels for those individuals with insulin resistance. While this may not be tantalizing for everybody, the study did say that apple fruit extract vinegar may act as well as prescribed medications at directing the levels of glucose in the blood.

### **4: EXCESS OF CORTISOL**

Your body produces cortisol because of anxiety and inclines you up so you can be prepared to fight or escape. This can be something worth being thankful for in stressful circumstances. However, today with the consistent anxiety we're all under all day, every day emergency driven the world, our cortisol levels are hoisted far more than what we were initially intended to handle. The outcome of this grave situation is quite evident on your waistline. Very high levels of cortisol build your yearnings for desserts and carbs, which can prompt towards consistent craving. What happens as a result? You get obese. This seems inevitable. Also, cortisol causes your body to utilize your muscle tissue for energy, which is totally the most noticeably a bad thing for weight reduction. The less muscle you have, the slower will be your metabolic rate and the fatter you'll pick up.

Additionally, increased cortisol levels cause a bigger rate of fat to be put away in the abdominal area. What's more terrible is that the more abdominal fat you have, the more cortisol your body produces in light of anxiety, which then causes more stomach fat to get deposited. At long last,

recent studies hold high cortisol levels responsible for depression in grown-ups and kids and we all realize that when you're depressed, you eat more. Here's the way to break this awful cortisol cycle. To start with, diminish or take out your caffeine consumption. Caffeine builds cortisol emission in individuals experiencing mental anxiety.

Now, we have concluded that the above mentioned four hormones play a very major role in maintaining your weight and we even briefly told you that how can you overcome the imbalance in these hormones but you need to know a more detailed account of how you can bring the levels of ghrelin and cortisol to normal. Also, you need to have a more detailed account of maintaining the levels of leptin in the body as we mentioned earlier that it is really important for weight loss.

## **HOW TO MANAGE THESE HORMONES:**

The three most important hormones that make the basis for slimming down include ghrelin, leptin, and cortisol. Without fixing the concentration of these hormones it is impossible for you to attain any fruitful results. Let's start off with them one by one and elaborate ways with which you can fix their amount in your body:

### **GHRELIN**

Ghrelin, as explained earlier is the hunger hormone that is produced in your body and it is responsible for inducing hunger sensations in your body when you haven't eaten anything for a while. It is produced in your stomach and the mechanism is such that if you skip a single meal, the level of ghrelin raises and it makes it very difficult to resist food because your body starts to crave food as your hunger center is directly stimulated by ghrelin.

Do you remember how your grandmother used to tell you that you are not supposed to skip the breakfast any matter what? She was right all along. She probably didn't know the science behind it, but she was right. You are not supposed to skip the breakfast because what happens is that when you get up in the morning, the level of ghrelin is very high in your body and that's because your body didn't get any food for a long period of time. When you skip your breakfast, you make the situation even worse and you raise the levels to an even higher degree.

What you should do is, have a proper breakfast in which you take a significant amount of proteins because protein is known to lower the ghrelin levels more than carbs or fats. This is why you should have high protein breakfasts that include vegetable based omelets and may be small amounts of casein and protein-based shakes. Also, breakfast is not the only time where you are supposed to take care of the ghrelin levels. You need to have at least 20 grams of proteins for your lunch and dinner so that the ghrelin levels are maintained to a great degree.

## **LEPTIN**

Leptin is another very important hormone that plays a role in losing weight. Basically, leptin's function is to decrease your appetite. It is called as an appetite suppressor. Leptin is responsible for sending signals to your brain telling it that your body does not require any more food. Hence, this hormone is all about the timing. It tells you when to stop eating.

The problem with it is that with advancing age, your body undergoes leptin resistance and your brain stops responding to the signals that are sent by leptin. Even when you are full, your brain will not catch the signal and you will keep on eating because there will be no one to stop but don't worry there is a solution to this problem. In order to increase the levels of leptin in your body and decreasing the resistance offered by the body towards it, you should try to consume foods that are high in omega 3 fatty acids.

Also, there is a chemical compound present in your body which is known as Ecosapentaenoic acid. It is responsible for stimulating the production of leptin. Among the food items, you should try to have sardines, mackerel and salmon etc. It has also been observed that lack of sleep causes the levels of leptin to lower down and ghrelin to increase so make sure you follow your sleep hygiene schedule in order to maintain a healthy life.

## **CORTISOL**

Cortisol is the hormone that is related to stress. Every time you put your body under stressful situations, you are going to have to face the consequences where the level of cortisol will be raised and hence cortisol will guide your body to accumulate fat around your waist. This is where the problem starts. The solution to this is that first of all you need to completely get rid of caffeine from your system. Caffeine puts a very bad impact in this situation because in stressful

situations. Small amounts of cortisol can prove out to be very good for you because it helps you in making your focus better and concentrate well but when you take coffee in these stressful situations then the caffeine that you have provided your body with, is going to increase the level of cortisol and keep it high for quite some time. This is why you tend to gain weight in these situations because the cortisol makes your body accumulate all the fat around your waistline and because it is a positive feedback mechanism- this will keep on making you fat. This makes the situation bad. Secondly, just remember that you don't have to starve yourself in order to get the body that you want to achieve. You are supposed to have a healthy body by taking the right kind of nutrition in. This is the secret to it and not starvation.

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## **CHAPTER 5: CAUSES OF HORMONAL IMBALANCE**

Hormonal imbalances are a very big issue that need proper attention and sadly they are not given the due importance and attention. A hormonal imbalance always has a root cause. It could be anything, starting from lack of proper functioning of the glands that produce these hormones or due to some underlying disease that you are not paying attention to. We have mentioned some important hormones and their glands in order to elaborate the reasons why there are chances of imbalance of these hormones:

### **ADRENAL GLANDS AND THEIR HORMONES**

The adrenal glands that are present above your kidney are small glands that are responsible for producing various hormones, glucose regulation, the regulation of the body's minerals; delivering and keeping up the body's vitality in relation with the thyroid gland; and creating anxiety checking hormones. These adrenal glands are considered as the body's safeguards and are the center of the body's endocrine anxiety reaction framework. Two of their most imperative hormones, adrenaline, and cortisol, are in charge of the fight-or-flight reaction. You must have generally heard about adrenaline whenever someone talks about fight or flight response. Basically, adrenaline is fundamentally held responsible for coping up with transient anxiety while cortisol is delivered as a consequence of both sudden as well as long haul stress.

Delayed anxiety, whether as an aftereffect of emotional, ecological or physical reasons, is extremely detrimental for the adrenal glands. At first, it brings about chronically enhanced cortisol levels, bringing about weight gain (particularly around the midsection), then fluctuations in the blood glucose levels, thinning of the skin, muscle squandering, memory loss, hypertension, giddiness, hot flashes, night sweats, unnecessary facial hair, and other masculinizing propensities. These are all the effects that are caused by the adrenal glands when they are damaged to a great extent and this causes a great deal of hormonal imbalance.

Exhausted adrenals in the long run just stop functioning properly, leading to the adrenal fatigue syndrome, where the body is not able to keep up satisfactory adrenal hormone synthesis. Indications of exhausted adrenals incorporate extreme weariness (Chronic Fatigue Syndrome), fractiousness, lack of the ability to concentrate, dissatisfaction, a sleeping disorder known as

insomnia, addictions to either sweet or salty food items, hypersensitivities, apprehension, discouragement, nervousness, PMS, more than normal sensitivity to cold, diabetes and migraines. Another symptom that indicates towards the exhaustion of adrenal glands is chronic hypotension- which means low blood pressure.

Since the adrenals add to around 35 percent of premenopausal female hormones and very nearly 50 percent of postmenopausal hormones, compromised adrenal capacity significantly influences hormonal equalization.

As we already know that progesterone is the essential crude material for creating cortisol. At the point when the adrenal glands are in overdrive, the body will occupy progesterone to the adrenals to enhance cortisol generation. With diminished progesterone, the body may encounter estrogen dominance where all the effects of excessive estrogen will be seen i.e. PMS, hot flashes, night sweats, headaches, fibroids, heavy bleeding, breast tenderness, weight gain, and so forth. Raised cortisol additionally blocks the progesterone receptors, further adding to low progesterone. These two uneven characters are the essential reasons why adrenal fatigue eventually leads to estrogen predominance.

Restoring adrenal capacity is very preliminary for maintaining the hormonal balance. Supplements that have a proper significance to the adrenals are the B vitamins (particularly B5), vitamin C, proteins, manganese, potassium, zinc, plant chemicals, magnesium, adrenal extracts and the amino acids phenylalanine and tyrosine. The rest of the elements, also help in bringing the adrenal glands back to their functioning state. People who suspect adrenal depletion can figure out if the body is creating sound levels of adrenal hormones through legitimate testing. Cortisol levels can be measured with a saliva test that gathers no less than four samples over a period of 24 hours

## **THYROID GLAND AND ITS HORMONES**

It is a widely known fact that exhausted adrenals can prompt hypothyroidism, which has an immediate impact on specifically a woman's hormonal wellbeing. By age 50, one in every twelve ladies has a huge level of hypothyroidism. By age 60, it is one lady out of each six who suffers from this problem so you can make an estimate that how many women get affected by

this. The bigger problem is that first one of the important gland gets affected i-e the adrenal gland and then due to that, the thyroid gland also gets affected. The thyroid gland, which controls digestion system, may slow down its hormonal activity trying to invert the adrenal overdrive that the body just suffered from. A few side effects of hypothyroidism may incorporate fatigue, weight gain, fibroids, endometriosis, ovarian cysts, very extensive and prolonged bleeding, fibrocystic breast disease, melancholy, PMS, headaches, lack of focus, chilly hands and feet, menopausal side effects, miscarriage and infertility.

A very important thing that you must keep in mind while you are getting yourself checked for the levels of thyroid hormones is that birth control medication pills and estrogen increase the thyroid binding proteins in the blood stream. This implies that thyroid blood test outcomes may be questionable. Despite the fact that they may demonstrate typical thyroid hormone levels in the blood, there may be deficient thyroid hormone in the tissues in the reality because the test results can be wrong due to the above-mentioned facts.

A hypothalamus-pituitary-adrenal axis that gets formed due to the anxiety will eventually diminish the production of thyroid-stimulating hormone (TSH). When there is lack of thyroid stimulating hormone in your body then the function of the thyroid gland will also be compromised which means that the thyroxine will not be converted into the more potent and the active form which is known as triiodothyronine and this is automatically going to decrease the metabolic rate of the body. There are a lot of different approaches that are available for directing the thyroid. Common progesterone adjusts the thyroid-restraining impact of estrogen strength, and so does supplementation with thyroid glandular extracts and protein treatment, minerals (Iodine, selenium, and magnesium), vitamins etc. All these elements are responsible for directing the thyroid gland maintaining the levels of thyroid hormones.

These were the very specific causes of hormonal imbalance that we mentioned here with respect to different glands. Now, let's talk about the general disturbance in the hormone levels which can be due to your lifestyle or any other reason. Let's consider those reasons one by one.

## **SLEEP DEPRIVATION**

Like we mentioned earlier, sleep deprivation can cause a lot of hormonal problems that can't be fixed just like that. The hormone that is affected the most due to an improper sleep schedule is your cortisol. Other than that there are some more problems also, but this one is amongst the major issues. You need to have a proper sleep-wake cycle in order to stay in the best form.

This is going to make things worse for you if you do not control this issue because like we mentioned earlier, high levels of cortisol lead to a lot of other problems as well and then this becomes a vicious cycle. So you better get at least 6 to 7 hours of sleep daily in order to stay healthy. Also, sleep deprivation in general is a very bad idea because basically what happens is that when you do not get adequate amounts of sleep, your overall metabolism also gets affected badly and you feel drowsy all the time.

## **MENOPAUSE**

Menopause is also one of the reasons why so many women undergo hormonal imbalance every year. The levels of estrogen and progesterone get highly disturbed during this phase of life. This apparently general disturbance can lead to very severe circumstances as well.

A lot of women suffer from diseases like osteoarthritis and osteoporosis due to low levels of estrogen after menopause. They often undergo estrogen replacement therapy in this case, but estrogen replacement therapy can't be taken without a proper prescription because that can lead to even worse hormonal imbalances. One of the reasons why women feel all the symptoms of menopause like hot flashes and irritability etc is also because of the sudden halt in the normal levels of the hormones like estrogen and progesterone.

## **GENETICALLY PRONE**

It is true that some women are genetically more prone towards acquiring hormonal imbalance. This is extremely important because in the circumstances while leading a similar kind of lifestyle a lot of women will be more predisposed to acquiring certain hormonal disorders while others seem to be completely fine. The only reason that we can come up with is this that they probably genetically had a higher tendency towards acquiring these problems. This is why it is advised

now that everyone and especially women should get their genetic checkup done regularly because there are a lot of diseases for which they are genetically more prone. Even for the sake of next generation, they should undergo this genetic test because they could be carriers for so many diseases. Not just women, even men should get their checkup done for that matter. It is essential for assuring a better future for your off springs.

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## **CHAPTER 6: GETTING READY FOR HORMONE RESET**

It is very important to start off with a proper routine in order to reset the hormones. It is not an easy job to reset the hormones as this is not an overnight change that you can start off just like that and get done with it. You need to prepare your body first and then undergo the steps regularly. It all starts off with a detox diet. Now, let's elaborate the detox first.

### **DETOXIFICATION**

When you start off with any weight reducing regime, the first thing that you need to do is, detoxify your body. The best possible way for detoxification is by drinking a glass of luke-warm water with lemon and honey in it. You should start off your day with that. Make sure you drink water right after you get up without eating or drinking anything else.

Now that you have had a glass of water your body has already started the mechanism of detoxifying. Now take a break for an hour and drink a fresh juice. For juices, you have a lot of options but preferably you should have a mono fruit juice which means that you should use only one fruit for making the juice. Now, you must be feeling full after having juice and the levels of ghrelin that are always very high in the morning, must have lowered down to a great degree.

Next, you need to have a proper lunch. This is very important for you to know that whenever you want to lose weight, you need to pay special attention to the fact that you can't deprive your body of the essential nutrients. By doing that, you are causing more harm than good to your body. It is like a very simple rule. Your body will give you the required results only when you provide it with the right kind of nutrition that it has asked you for.

The more you deprive it, the less effective will be the results. Now, moving on to the next step- it is time for lunch. As much as you would want to skip this meal, you can NOT skip it if you want to see the fruitful results. Eat whatever it is that you want to have for lunch but try not to have a lot of carbs for food and stick to more protein based stuff that includes beans and legumes etc. After lunch, you need to take another glass of shake in order to feel more energetic. Here is a very important thing that you can't afford to forget. Make sure that you drink a glass of water with a small amount of honey mixed in it, before every meal or even before having a shake also. This is going to provide you with two benefits. One, your body's water based needs will be

fulfilled adequately and two, the lemon is going to fully function and provide with its detoxifying effect. We have told you already and we are repeating it again, do NOT deprive yourself of food. That's the last thing that your body needs right now. It's like a mutual thing. The more you provide your body with nutrition the better will be the results.

There is one thing that you need to take care of while you are on your detox diet. Make sure you do not eat food items with a high glycemic index. Those are the substances with a lot of carbs in them. You must avoid consuming them if you want to see the results. Other than that, you need to stay away from baked goods and pasta. Soda and sugar are also strictly prohibited here.

Anything that is processed can't be consumed either and by processed food we mean all the junk food that everyone and especially younger generation are very fond of. It is very important to avoid the above-mentioned food items otherwise you will not be able to see the desired results. This was the start off the process of resetting your hormones. Now, we are going to target specific hormones and tell you how you can maintain the levels of these important hormones in your body.

## **RE-SETTING SPECIFIC HORMONES**

### **SAY NO TO CAFFEINE AND MAINTAIN CORTISOL**

Like we mentioned earlier and explained it to you in detail that cortisol has a very bad impact on your body and especially when you are trying to lose weight because it tends to accumulate fat around your waistline and that is one of the hardest areas for getting rid of fat. The reason being this that it has a direct connection with the cortisol levels in your body. When you want to lose weight, you take stress also because the results are not as clear as you would want them to be.

This gives rise to a positive feedback mechanism which means that the level of cortisol will rise even further making weight reduction an almost impossible task. In such situations when you drink coffee it comes up with two kinds of harmful effects. One, it increases the level of cortisol in your body and two, it gives you a sugar rush which is going to give you cravings throughout the day because your body wants the same sugar rush at all times. This is why you need to completely stop having coffee if you want to set the level of cortisol in your body.

## **MEAT FREE DIET TO RESET ESTROGEN LEVELS**

It has been commonly observed that people who eat meat (carnivores) have a tendency to have more elevated amounts of estrogen than veggie lovers and this could be because of the hormones in meat. Hormones, for example, estrogens, are frequently given to the cattle with a specific end goal to advance development. The issue here is high levels of estrogen as compared to progesterone.

Generally women have estrogen in them and that is what pronounces their femininity- it gives you breasts and hips, yet the issue is you can get a lot of it sometimes. Carnivores make a greater amount of certain microscopic organisms that raise their estrogen levels, so it continues to get recycled in the body again and again. We need to stop that from happening.

We need to reset estrogen by going meatless for a little while at least and furthermore by surrendering alcohol for 21 days at the very least. Leaving alcohol will have a lot of other benefits also including proper liver health. Another motivation to change your estrogen levels is that from age 35 to 50 ladies generally have a tendency to make more estrogen in respect to progesterone so you don't need all that extra estrogen in your body. In order to cope up for all this extra estrogen that you are already carrying in your system, you must prevent yourself from having meat and alcohol both.

## **LESS FRUITS TO CONTROL LEPTIN**

Fructose is the sugar found in fruits and consuming a lot of it in your eating regimen is connected to issues with insulin and the hormone leptin that is held responsible for controlling hunger. Generally these days the vast majority is advised to eat nine servings of fresh fruits a day because fruits are considered healthy when they are taken in the raw form, yet we can let you know that most ladies are eating a ton of organic product - and they're not eating the sort of natural product that is considered as healthy for the body. An apple that was grown back in days when there was no concept of artificial sweetening had 2 grams of fructose which is the thing that makes natural product sweet. An apple today has undergone a lot of artificial mechanisms for sweetness.

It's more like a sugar explosion that you are exposing your body to because it has 20-25 grams of fructose. So what we need to do is guide far from the high fructose products and develop a habit of eating things like olives and avocados which are vastly improved for your hormones. This is going to help you in overall weight reduction because your body will not be under a constant sugar rush which is responsible for altering the levels of leptin.

## **GO SUGAR-FREE AND RESET INSULIN**

The insulin hormone is the one which is essentially responsible for the conversion of the food into virtually available energy. Expending a lot of sugar all the time can massively aggravate your body's demands for insulin and make you insulin resistance. When you have insulin resistance than glucose tends to accumulate in the blood, which can prompt diabetes, pre-diabetes, and different genuine wellbeing issues. Numerous specialists additionally accept that an overabundance of fat around the waist is an essential cause of insulin resistance.

What you need to do in this reset is get off of sugar products and get off of the sugar substitutes which are primarily the manufactured sweeteners. For appreciable results, you are advised to be mindful of slippery concealed sugars in our daily life that we don't even bother noticing. Sugar is covered up in a ton of spots. You would go out for a dinner and get balsamic vinaigrette and not mull over it, but the truth of the matter is that balsamic vinegar has a decent lot of sugar in it contrasted with red wine vinegar for example. Hence, you need to search for those concealed sugars and get them out of the eating routine. This is the only way that will help you in getting rid of all the sugar in your diet attain normal levels of insulin in your blood.

## **AVOID DAIRY PRODUCTS TO RESET GROWTH HORMONE**

It is a known fact that ordinary dairy raises growth hormone, which is responsible for development and insulin. What's more, similar to insulin, growth hormone can decide the amount of fat you store on your waist line so it carries a lot of importance as well. You should be aware of the fact that the normal dairy animals these days which are raised as domesticated animals are infused with six distinctive steroid hormones- - intended to make them fat. However, then we are eating those cows and eating the harmful fat and getting some of those awful substances that are not all that great for you and us. Milk is generally considered very good for

health and for your bones especially as it provides them with the right amount of strength, but these toxic chemicals that we ingest with it are the root cause of the problem. As an alternative, you could try having almond milk, coconut milk, and coconut kefir. These are potentially helpful substances that you could add to your diet and they won't cause as such any harm.

## **GO GRAIN-LESS TO RESTORE THYROID HORMONES**

It has become a trend recently that if anyone wants to lose weight they would start having things like cereals and oatmeals for breakfast. While this might seem like a very good idea, you need to know that a portion of the most noticeably awful grain-guilty parties is breakfast oats, white rice, pasta, and potatoes. Numerous studies have demonstrated that grains can bring about glucose spikes in your blood that lead your body to store more fat.

The smart idea, in this case, is swapping out your grains for coconut wraps, yams, sweet potatoes and flaxseed saltines. Grains influence the thyroid, yet gluten is particularly the issue here in light of the fact that gluten looks a great deal like the thyroid thus it can make your body assault the thyroid. Precisely, the problem is not the grain itself. The problem lies in the fact that gluten can affect the thyroid gland causing it to malfunction and disturb the levels of the thyroid hormones in your body. This is why you are being asked to especially stay away from these cereals.

## **RESET TESTOSTERONE BY STAYING TOXIN-FREE**

Sadly, we are presented to toxins consistently. Our food products become dangerous when they are genetically altered and splashed with pesticides or fertilizers and even our cosmetics and cleaning items can be lethal. The critical thing is to acknowledge we all get exposed to these endocrine disturbing agents which are presented to us in the form of these fake chemicals that are present in plastics. We get presented to them in various ways.

Let's consider some really inevitable daily life things-receipts that you get at your nearby store frequently are coded with bisphenol A (BPA), which follows up on your testosterone levels. So in ladies it has a tendency to make you raise your testosterone, and in men it has a tendency to bring down your testosterone levels. In our body, it goes about as an endocrine disrupter, and we need to stop that war that is going on in the body and dispose of these poisons. Detoxifying helps

evacuate estrogen-upsetting chemicals, enhances thyroid working and supports metabolism which is why we should focus on detoxifying our bodies from time to time.

Precisely, these items that we have mentioned above should not be taken in your diet as this is the mechanism through which detoxification is intended it can take up to 21 days, so this is short term. It's intended to get you in touch with your body so you can make a new beginning.

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## **CHAPTER 7: FOODS TO EAT AND FOODS TO AVOID FOR HORMONE RESET**

There are certain foods that you must incorporate in your diet in order to reset your hormones and then there is food that you must stay away from if you want to maintain a healthy balance of all the hormones. Let's start off with the foods that you must eat.

### **FOODS THAT YOU MUST EAT**

#### **BROCCOLI**

Broccoli and other vegetables like cabbage, brussel sprouts and kale as well as cauliflowers should be added in your diet as they are known to contain substances known as isothiocyanates including indole-3-carbinol which are claimed to break down a very powerful metabolite of estrogen that can cause growth of abnormal cells known as tumor cells especially in the breast cells as they are sensitive to the levels of estrogen in them. Indole-3-carbinol is known as one of the protective cells against breast cancer and it is said that it decreases the risk of breast cancer by preventing its spread.

#### **GREEN TEA**

One of the excellent ways of keeping your weight under control is by having green tea on a daily basis and that also on an empty stomach. If you take green tea on an empty stomach, you will evidently see the difference that it is going to cause to your belly fat. You might want to have a cup of coffee when you get up in the morning in order to make you feel active and energetic but the bitter truth is that it causes more harm than good and like we already explained, it is going to increase the levels of cortisol in your body which is going to be very harmful in the long run. Also, green tea contains a compound known as theanine which has a very strong relaxing effect on your body and so this is a very good alternative for tea of coffee.

## **OLIVE OIL**

Oil is something that we use in our daily lives and we can't get rid of it. The smart thing to do is that start using olive oil instead of any other random oil that you might be using. The benefit of olive oil is that it contains monounsaturated fats and these monounsaturated fats are capable of production of the appetite suppressing hormone known as leptin. When there is more secretion of leptin then automatically there are more chances of weight loss. Another amazing benefit of olive oil is that it increases the sensitivity towards insulin which is why it is being preferred by all the mothers now.

## **AVOCADOS**

Like we already mentioned, avocados are one of the healthy options when you are choosing to have some fruits in your diet. The reason behind this is that they have a comparatively low glycemic index and they are rich in a natural compound known as beta-sitosterol which can render the blood cholesterol levels low. It also helps to combat the stress hormone known as cortisol. When you exercise very vigorously, you can feel the cramps and the inflamed tissue. That inflammation can also be lowered with the aid of avocados.

## **NUTS**

Just like avocados, nuts are also an amazing source of beta-sitosterol and specifically almonds are known to contain protein and plant sterols as well as fibers along with some other very healthy nutrients that are beneficial for your heart. The good thing about almonds is that they slow down the absorption of carbs and that can prove out to be very helpful for people who are suffering from diabetes. Almonds are also considered to be a very good source of a sleep-regulating hormone known as melatonin. All you need to do is just take a handful of almonds three to four times a week and you are good to go. This is going to help in the release of leptin.

## **ADEQUATE WATER**

One thing that you must remember is that staying hydrated is the key solution to so many solutions that you will be surprised to know. It is very important to maintain a constant amount of water in your body. When your body gets dehydrated, a lot of different hormones are released

and they act as a stimulant to our appetite which is why we feel hungry and then we eat more, leading to the same consequences that we have mentioned above. This cycle is going to keep on repeating itself if you do not fix your routine. Also, other than the hormones water also helps in getting rid of the stiffness that you might feel in your joints and weight gain and headaches can also be prevented by staying hydrated. We get so focused on fixing the other constituents of diet that we completely forget how important it is to stay hydrated at all times.

## **BERRIES**

Berries are known to decrease insulin resistance and lower the blood glucose levels. Berries contain large amounts of anthocyanins which prove out to be extremely important in lowering the blood sugar level by producing insulin. They act directly on the pancreas and can lead to a great degree of improvement in the condition of people who are suffering from diabetes. All you need to do is drink a cup of berry juice for at least three weeks on a daily basis and make sure you stay compliant. Topical berries are known to have an even higher amount of antioxidants present in them. This is why it is advisable to add them in the mixture as well.

## **ORGANIC PLAIN YOGURT**

Plain yogurt is considered very healthy. It helps you to maintain the normal flora of the intestine but other than that it can also promote digestion and metabolism. Estrogen is also positively affected by it. When you eat plain yogurt, you feel full and your brain gets the message that you need to stop eating and this can help you in decreasing your waistline and get rid of all the unwanted fat. The best thing about yogurt is that it makes you feel full and then you don't feel the need to eat anymore.

## **FOODS THAT YOU MUST AVOID**

There is a large variety of very basic food items that you need to avoid in order to stay healthy and maintain the normal levels of hormones in your body.

## **COFFEE**

Like we have explained earlier in a very detailed manner that coffee is one of the very basic agents that is being widely used by everyone these days but what we fail to understand is the consequence of it in the long run. Yes, it might seem like a very good idea in short term because it gives you an instant energy boost but the bad part is that it is also responsible for increasing the cortisol levels in your body and that is one of the major causes of so many problems, obesity being one of them. This is why it is better to take green tea as an alternative as it is going to be a healthy alternative as well considering its antioxidant properties. Next time when a friend offers you to have coffee, just tell them that you don't want to cause all the havoc in your body which coffee causes and convince them to go out with you for a green-tea date instead.

## **BURGERS**

By burgers, we mean all other kinds of processed foods as well. These foods are known to have such ingredients in them which make you crave for them even more after you have had them once. These are one of the leading causes of obesity. According to a survey, more than 80 percent of the teens in America are overweight because of this obsession with junk food that the new generation has developed.

These food items are known to have polyunsaturated fats in them and the calorie intake exceeds way above the normal range of 2000 calories per day when you start taking these food items. It is advisable to eat subway if you really feel like having something from the mall because the subway is not cooked the way all the stuff that is used in these burgers is. From today, your new slogan should be SAY NO TO BURGERS!

## **CHEESE**

One of the worst food items that are being used very widely these days in almost everything is cheese. It is extremely fattening and no benefit can be gained from it whatsoever. The worst part is that cheese is being used in the burgers and all other substances that are already very bad for health and when you combine them with cheese then the combination serves to be even more lethal. Make sure when you go out to eat next time and they ask you if you want extra cheese, proudly tell them that you don't want any amount of cheese at all.

## **BROILER**

One of the most potent food items that can cause a great degree of hormonal imbalance is broiler chicken. There was a time when chicken was considered as something really healthy but these days that's really not the case. Broilers are artificially raised in the poultry farms. They are injected with many different types of steroids which are responsible for their increased size. These chickens might look very healthy but that's all because of the steroids and in reality their nutritional value is zero.

It's not just their nutritional value that is zero but also they have detrimental effects on the hormonal system of the body. They cause such hormonal imbalance in the body, especially in women, that it leads to disturbances in the menstrual cycle also. In extreme cases, the hormonal mechanisms can be altered so badly that a woman's fertility might as well just get compromised because of that. This is why you are advised to eat meat (both beef and mutton) or vegetables because the quality of chicken that is available is of very bad quality.

## **ARTIFICIAL SHAKES**

It is a very common trend in places like McDonald's and Cold Stone that you get to have the most amazing shakes possible. There is no doubt about the fact that they taste amazing and one can try them once in a while but making that a habit is the worst thing that you can do to yourself. If you are planning on losing weight then bear this in mind that the whipped cream and all other ingredients that are present in these substances will never let you lose those extra pounds. In fact, they will keep on forming a layer over layer of fat.

The more you have these shakes and the more will be the craving for them in your body. If you look at the calorie counter while having these items, you will be shocked to see that these items have huge amounts of calories in them even though you might think that it's just a shake.

These are the food items that are being very commonly consumed by us these days and they are extremely unhealthy. You must avoid consuming that at any cost as they are not bringing us any benefit and are only responsible for causing problems in the hormonal system of your body by creating an inevitable imbalance that has a very long-lasting effect on the body.

## **CHAPTER 8: RESET RECIPES**

We will tell you about simple and easy to make recipes that are going to help you in getting the hormonal balance back. We will elaborate different types of recipes which are going to cater the complete fitness regime.

### **GRAIN FREE ALMOND COOKIES**

#### **INGREDIENTS**

- 2 cups almond flour
- 3½ Tbsp. ground flaxseeds
- ½ tsp. baking soda
- Pinch of sea salt
- Pinch of freshly ground black pepper
- 3 Tbsp. pure maple syrup
- 2 Tbsp. coconut oil
- dash of vanilla extract
- large pinch of ground cinnamon
- 1 Tbsp. toasted sesame seeds

#### **INSTRUCTIONS**

You will start by preheating your oven to 350 degrees F. Now, prepare two large, rimmed cookie sheets with the help of a parchment paper.

Next, in a large bowl, combine almond flour, ground flax seeds, sea salt, baking soda and a pinch of black pepper and mix them well until a proper homogenous mixture is formed. Add maple syrup, vanilla extract, and coconut oil; mix them well until the mixture forms a dough. Now, you have to add cinnamon and sesame seeds and mix them well again until they are combined properly.

Transfer scoops of dough onto the prepared baking sheets and make sure the scoops are not bigger than the size of a tablespoon.

Bake for at least 15 minutes or until they have turned golden brown and are not doughy anymore.

Remove from oven and set them aside to cool before serving. You can present them whatever way you want to.

## **RAW RASPBERRY LIME TARTS (GLUTEN, DAIRY, SUGAR-FREE)**

### **INGREDIENTS**

- Raw Tart Crust
- 4 cups raw nuts (pecans, walnuts, almonds)
- ¼ teaspoon of sea salt
- ½ teaspoon of cinnamon
- ⅓ cup of pitted dates
- Cashew Filling
- 1 ½ cups of cashews (soaked for a minimum of 3 hours)
- ⅓ cup unsweetened almond milk
- zest of 1 small lime
- ½ cup freshly squeezed lime juice
- 4 Tablespoons of pure maple syrup
- ¼ cup virgin coconut oil
- Pinch of sea salt
- 1 ½ cups of organic fresh raspberries

### **TOPPING**

- 1 cup of Driscoll's organic fresh raspberries (from a 6-ounce container)

## **INSTRUCTIONS**

Soak the nuts for at least 3 hours in a large bowl covered with water on the counter top. Set it aside and then coat the cavities of a 12-cavity muffin tin with coconut oil and set that aside also.

In a food processor, blend the nuts, sea salt, cinnamon, and dates until the mixture takes the form of dough. Make sure that you scrape down the sides every few minutes.

Divide the mixture into the prepared cupcake cavities and use your fingers to mold the mixture into the cavity to form the crust on the bottom and up the sides. Once you are done with that, transfer it to the fridge.

Drain and rinse the soaked cashews. Pat them dry with a cloth and transfer to a food processor. Add almond milk and puree until it gets smooth. Now next step is to add lime zest, lime juice, pure maple syrup, raspberries, sea salt and coconut oil. Puree again until it is smooth and very well mixed.

Now, lastly you have to remove the crusts from the fridge. Spoon the mixture into the refrigerated crusts and fill it to the top. You will have some leftover filling that you can store in the fridge in a sealed container. Transfer this back to the fridge to chill for at least 6 hours or until ready to serve. Before serving, remove from fridge and top the tarts with 1 cup fresh raspberries. This is going to make it look very pretty. Now you can serve it when it is chilled. Also, serve any leftover cheesecake filling over coconut milk yogurt, fresh fruit or coconut ice cream

## **TRIPLE LAYER VEGGIE SANDWICH**

### **INGREDIENTS**

- 4 slices whole grain gluten-free bread
- 4 Tablespoons of hummus
- 1 tablespoon of hot sauce
- 1 cup mixed greens such as spinach and arugula
- 4 Tablespoons of cooked white beans

- 1 thin sliced small apple
- 1 small pear, thinly sliced
- ½ small cucumber, thinly sliced
- ½ small carrot, shaved
- sea salt and pepper depending upon your taste
- pinch of chili powder
- 1 box of Campbell's Organic Tomato & Basil Bisque

## **INSTRUCTIONS**

Toast the bread if you feel like it otherwise it is not necessary.

Spread hummus and hot sauce on the surface of each slice of bread. Top two sliced with greens, beans, apple slices, cucumber slices, pear slices, shaved carrot, sea salt, and pepper. Now, add a dash of chili powder depending upon how much you like it.

Place the other two bread slices on top of the toppings and slice both sandwiches in half and set them aside.

Pour bisque into a small pot over medium heat and cook it until it gets warm which is going to take about 5 minutes. Transfer it to two serving bowls and serve warm with the sandwiches and enjoy the delicious snack.

## **GLUTEN FREE CHERRY OATMEAL COOKIES**

### **INGREDIENTS**

- 1 cup gluten-free rolled oats
- ¼ cup ground flaxseeds
- 3 Tablespoons of raw shelled pumpkin seeds
- 2 Tablespoons of chia seeds
- 6 Tablespoons of almond butter, slightly melted
- 3½ Tablespoons of honey

- ¼ teaspoon of vanilla extract
- 3 tablespoons of dried cherries, chopped
- pinch of sea salt
- large pinch of fresh orange zest
- pinch of cocoa powder or cinnamon

## **INSTRUCTIONS**

Take a large bowl and combine oats, flaxseeds, chia seeds, pumpkin seeds and mix them well. After mixing, set it aside.

Meanwhile in a separate bowl, combine slightly melted almond butter, vanilla extract, and honey. Again, mix them well to combine properly and then transfer it to the oat mixture and mix them both well. You may want to use your hands to get everything mixed evenly or you can even use a spatula, whatever is convenient for you.

Add dried cherries, sea salt, and orange zest and then add cinnamon or cocoa powder, if you desire otherwise you can even skip it.

Roll the mixture into small balls which should be about 1 inch in diameter and place them in the fridge until ready to serve.

## **SWEET POTATOE AND KALE SOUP**

### **INGREDIENTS**

- 3 Tablespoons of extra-virgin olive oil
- 1 large Vidalia onion diced
- 1 large fennel bulb, thinly sliced (fronds and stalks removed)
- 1 large garlic clove, minced
- 2 small fresh sage leaves, finely chopped
- 1 head curly (or dinosaur) kale, finely chopped (stems removed)
- 1 large red bell pepper, finely diced (stem and seeds discarded)

- 2 large sweet potatoes, peeled and cut into ¼- 1/2-inch pieces (about 1.5 lbs)
- 2 large carrots diced (ends discarded)
- 4 cups Pacific Foods Chicken Bones stock or Broth
- 1 cup organic fresh corn kernels
- Sea salt and freshly ground black pepper depending upon your taste
- Large dash of chili powder
- Dash of crushed red pepper flakes
- 2 Tablespoons of raw, shelled pumpkin seeds, for garnish

## **INSTRUCTIONS**

Heat extra-virgin olive oil in a large heavy stockpot over medium heat.

Now the next step is to add the onion, fennel bulb slices, and minced garlic, Reduce heat to low and cook until it becomes tender which is going to take about 15-20 minutes and make sure you keep stirring often. Then add fresh sage, sweet potatoes, chopped kale, diced bell pepper, diced carrots which are optional and some corn and broth or stock. Bring it to a boil over medium heat and cover.

Reduce heat to a simmer for around 25-30 minutes or until vegetables are very tender. Add sea salt, pepper, crushed red pepper flakes and chili powder, according to the taste.

Transfer it to the serving bowls and make sure you serve it warm.

Garnish with pumpkin seeds and enjoy!

## **QUINOA CRANBERRY SALAD**

### **INGREDIENTS**

- 1 cup quinoa
- 1 red bell pepper finely diced
- 3 Tablespoons of dried cranberries
- 2 Tablespoons of chopped raw cashews

- 2 Tablespoons of finely chopped fresh basil
- 2 Tablespoons of balsamic vinegar
- 2 Tablespoons of olive oil
- 2 teaspoons of freshly squeezed orange juice
- ¼ teaspoon of fresh orange zest
- sea salt and pepper depending upon your taste

## **INSTRUCTIONS**

Cook quinoa according to the directions given on the package.

Take a big bowl and toss the cooked quinoa with bell pepper, cashews, cranberries, and basil.

Now, take a small bowl and whisk vinegar, orange juice, olive oil, orange zest, sea salt, and pepper.

Drizzle it over the quinoa salad and it is ready to serve.

## **STRAWBERRY APPLE PALEO CRUMBLE**

### **INGREDIENTS**

- 2 cups fresh halved organic strawberries with the stems removed and hulled
- 2 cups chopped organic apples (2 to 3 apples)
- 1 cup almond flour
- ¼ cup coconut oil plus more for coating the baking dish
- ¾ teaspoons of vanilla extract
- A pinch of ground cinnamon
- 2 Tablespoons of stevia in raw baked form
- 4 Tablespoons of sliced almonds
- ½ teaspoon of finely chopped fresh mint leaves

## **INSTRUCTIONS**

First of all preheat the oven to 375 degrees F.

Now, prepare an 8 x 8-inch glass baking dish with a small amount of coconut oil and makes sure you add berries and apples.

Combine almond flour, vanilla, coconut oil, cinnamon and stevia in a separate bowl.

Use your hands to mix the dough and create a crumbly consistency.

Add more almond flour, if needed then sprinkle this crumble mixture over the fruit in the baking dish.

Bake for 30 minutes or at least until it turns golden brown and tender.

Top with sliced almonds and mint and serve it warm.

## **BLACK BEAN AND TAHINI DIP**

### **INGREDIENTS**

- 1 (15 oz.) can black beans that are drained and rinsed
- ¼ cup tahini (sesame seed paste)
- 1½ teaspoon of ground flax seeds
- sea salt and pepper depending upon your taste

### **INSTRUCTIONS**

Combine all ingredients in a food processor and puree until smooth.

Transfer them to a serving bowl and serve chilled or at room temperature to enjoy the best taste.

## **CHAPTER 9: BEST TIMES OF THE DAY TO EAT**

Staying informed regarding what should we eat to stay strong and healthy is very important but at the same time it can also be a very overpowering factor that when do you eat. The truth of the matter is that as much as the quality of the food is important to maintain good health, the timing when you are having a food item cannot be considered as an unimportant factor. It is equally important to keep you away from perpetual sickness.

Now we realize that Mom was correct when she used to keep on telling us all the time that you ought to have breakfast. On the off chance that you don't believe mom because she isn't a medical specialist, you should know that a developing collection of studies demonstrates that a decent meal in the morning can help your body get ready for the day to come and make you all energetic to face the challenges of the world. An even bigger and more important advantage is that it is capable of bringing down the danger of suffering from any coronary illness, diabetes and obesity. We already know very well that these three are currently the most common and prevalent diseases that almost everyone is prone to.

Here we are talking about the breakfast alone but that does not at all mean that you can just have a proper breakfast and then you are free to skip the rest of the meals of the day. No, you are not allowed to do that. The rest of the meals are equally important for maintaining proper health.

### **MORNING**

Time and again we have tried to tell you in every possible way that please make sure you do not skip your breakfast. Reporting in the American Heart Association diary *Circulation*, analysts contemplated the wellbeing results of 26,902 male health experts whose ages varied from 45 to 82 which is more than a 16-year period. After consulting with the statistics, they concluded that the men who skipped breakfast had a 27% higher danger of heart attacks or passing from coronary illness than the individuals who made sure that they take their breakfast regularly.

As indicated by the researchers, skipping breakfast will not bring you any good and will definitely not assist you in losing weight if that's the delusion that you are stuck in. We have already explained in detail earlier how it is very important for your body to eat in the morning otherwise you will suffer from a grave hormonal disorder. There is an increased chance that

staying hungry in the morning will make you even hungrier later on and you will be craving food to the extent that you will whatever come to your hand first. You will be more inclined to eat bigger suppers and that is really not going to go in your favor because it is going to prompt a surge in the blood glucose levels.

It is always a bad idea to starve yourself at one point and then take in a lot of food during the next meal. Such sudden sugar rushes can make room for diabetes, hypertension and elevated blood cholesterol levels, all of which are danger figures that can eventually turn into a heart attack. Hence, you need to be very careful when it comes to the timings of your meals.

Now, we have established the fact that eating in the morning is very important but the next question is that what should you eat? It is critical for setting your glucose levels for the rest of the day so you can't ignore its importance. For the sake of discussion, let's say that you eat something that is entire grain and has some fat and protein to it, your glucose is going to rise gradually and go down gradually. This is exactly the kind of pattern that we want. On the other hand if you eat something refined, similar to an excessively sweet cinnamon roll, that is the worst thing you can eat.

The reason why it is very harmful to your body is because your blood glucose levels spike all of a sudden and then your glucose drops too low so you get hungry once again and then you get stuck in a vicious cycle. You would want to eat more and more junk food and even if you keep on feeding your body, you will still feel hungry.

In order to guide your body into a more reliable glucose pattern you should try having some cereal but that also made up of whole grain otherwise the rest of the cereals don't have a very good impact like we explained earlier. Among your other options, you have an entire wheat toast with almond margarine or an omelet with spinach and avocado.

One of the most filling breakfast options that we have is a prepared sweet potato with a smidgen of cinnamon and a little bit of margarine. Who says you need to eat only grains in the morning? You can have whatever you want to, as long as it is healthy and does not make you crave any further.

## **AFTERNOON**

It is very important for you to fill yourself up with the right amount of energy. You have taken a breakfast already and now all you need is a small snack that should fulfill your energy demands. You must have heard your elders telling you a lot of times that have breakfast like a lord, lunch like a sovereign and dinner like a beggar.

Why do you think you are told to do this? It would make sense if you power up your bodies well prior in the day when your body needs the most calories for vitality because this is what your body relies on throughout the day. This is why it is essential to make sure that you provide yourself with enough energy in the morning so that it keeps you going throughout the day. That is the reason why in numerous European nations, the biggest meal of the day is in the morning. Preferably, you need to give yourself energy before you start to do any hard work that is going to take a lot of energy.

In case you're accustomed to eating a little meal for lunch and a bigger supper later, you can still do that by treating yourself with a generous feast that has essentially less calories and is large in volume. For example, you can have a large bowl of fruits and raw vegetables that is not going to be very high in its caloric measure but has essentially all the nutrients that you need because a genuinely substantial meal that is brimming with a plate of mixed greens fruits and vegetables is what a lot of nutritionists are going to prescribe you.

## **EVENING**

Don't go too hard on yourself. Calories get consumed regardless of when you eat them, so hypothetically there should be no problem in eating them for dinner also. The problem here is that if you have an overwhelming supper, you're not as capable of disposing off those calories before you go to bed because by the end of the day there is hardly any activity left for you to do.

What you don't blaze off is more prone to be put away as fat, as you turn out to be less dynamic toward the end of the day, says Tracy Lockwood, A REGISTERED dietitian at F-Factor Nutrition. Eating excessively near to sleep time expands your glucose and insulin, which makes you have some major difficulty in sleeping properly. It has been confirmed by a lot of the scientists that people who eat right before are bed are generally more obese also. The reason

behind this is that one, they are unable to wear all that fat off and because they get fat, the level of cortisol in their bodies also increases a great deal which is going to lead towards more obesity and so the vicious cycle continues as such.

Another very important reason why late-night snacking after supper, isn't a very smart idea is because usually those late-night visits to the fridge include sweet treats, for example, frozen yogurt and ice creams, chocolates etc and other different treats that can make the glucose levels sore really high just before bed. That can lower levels of the hormone melatonin, which should help you feel drained and loose, so melting away levels can make it harder to sleep comfortably. As you can see that again basically it is the hormonal disturbance that is causing the entire problem.

An energy boost that is originating from your supper, which may have comprised of pasta, rice or bread, can go about as a brief stimulant, making you feel more wakeful quickly after a feast. Additionally, it is not prescribed to rests quickly after a feast, particularly a major one since it expands your CHANCE for indigestion and sometimes after a large fatty meal it can even cause acid reflux. In order to get rid of all these problems, you are advised to walk a little after taking your meal. This way you will be able to stay slim and smart and there will be no room left for problems like acid reflux.

Keeping it light is the key factor that you need to remember. In case you get a chance to go to Europe and other parts of the world where there is not as much stoutness the other parts of the world, individuals eat late and they're still not so much overweight. You must have wondered about the reason behind that at some point. That is due to the fact that they are always walking all over the place and they are commonly not eating a very fatty and overwhelming dinner. Mostly, it might be avocado and toast with a side of soup. There's unmistakably no recipe for adhering to a good diet that applies to everybody for keeping up a healthy weight and staying away from disease, yet paying consideration on both what and when you eat may be a decent place to begin.

## **CHAPTER 10: LIFE AFTER RESET**

Now that you are fully aware of all the things that you need to do in order to reset your hormones, you would also want to know that what will be the advantages that you are going to achieve once you have gone through this complete regime of resetting your hormones. Let's explain them separately in order to make you feel good about yourself.

### **SLIM AND SLENDER BODY**

Like we promised you in the start of this book, it is going to make you healthy and you will be able to lose all the extra pounds without making any extra out of this world- effort. Yes, it is very true that you are going to find it hard in the beginning to lose all the stubborn fat that your body has stored but then in everything it is always the start that proves out to be the hardest. Once you get in action, things will get so much easier for you. While you work according to the principles that we have already told you- which include the kind of food that you should have and the timings when you need to have these meals etc- it is also advisable that you start to work out a little bit.

It is never advisable to start off with a strenuous workout or even at a later stage we would not recommend you to do some extra gyming or any other such activity because all that happens due to these exercises is that you gain even more weight than before because as soon as you stop doing those exercises, things just get really messed up. You need to hold on to those exercises for a life-long period and that is just not humanly possible. Hence, it is advisable that you just fix your routine and eat according to a proper schedule as you have already been told earlier.

### **FEEL FRESH**

You are being told quite clearly that your sleeping hours are very majorly connected to your hormones and no hormone resetting can be done without fixing your sleep issues. Once you fix your sleep disorders more than half of the problem will automatically be solved. This makes sense because you will start to feel more energetic in your daily activities. You will be more active in all the tasks that you are going to perform and, as a result, your success rate is going to increase to a great degree. When you perform well in situations, you will be appreciated and that

is going to put a positive impact on your life and will prove out to be healthy for you. This is going to make your overall personality shine and everyone who knows you will be able to tell the difference.

## **GLOWING SKIN**

Your skin will also start to glow and that is because when the level of all the important hormones in your body will be maintained properly, the effect will automatically become evident on your face. One of the more important reasons why this is going to prove out to be very beneficial and effective is because hormonal reset starts off with a detox. When your body gets detoxified, the effect is always seen on the face very evidently. The reason being this that all the unwanted hormones and other substances that were causing the problem are gone which is why you start to look healthy. Also, when you start to take proper naps you start to feel more fresh and energetic and the effect gets prominent on your skin also.

## **BECOME A HAPPY PERSON**

We have already discussed that serotonin is the hormone that is responsible for making a person happy and for all the good feelings that you get to experience. When the levels of serotonin get balanced in your body, the person is going to feel happier about himself and his life. Of course, this is also one of the factors that life will generally be good after undergoing so many positive changes but a great deal of it can be attributed to the levels of serotonin in the body. This is why everyone will compliment you that you have become a more lively and chirpy person who is fun to hang out with. After all who doesn't like a person who is fun to talk to?

## **BETTER HEALTH**

Being healthy does not mean that you only have to be lean and that is when you will be called as a healthy person. You can have a normal amount of fat on your body and still be called healthy. Being slightly chubby is not considered as fat. The more important motive here is that the person needs to feel healthy and that is very simply possible because when you eat the right kind of food at the right time and you are also undergoing a little bit of exercise also then there is no reason for you to not feel healthy. It has been proved through research that people who adopt all the

healthy habits, generally tend to age less. This is very true that aging is a natural phenomenon which are inevitable and everyone has to go through it at one point but this is also a fact that people who take good care of themselves, age slower because they tend to stay active at all times. Your body is like a machine. The more you take care of it and make it work, the longer it is going to last. The more you leave it unguarded, the more will be the chances for it to get rusted. This is why we have been constantly emphasizing on the facts that take as much care of you as possible.

This was about general health. Now, let's look at it from the perspective of diseases. Well, even from that aspect if you look at it, you will see that people who tend to eat healthy and adopt healthy habits are always less prone to developing all these fatal diseases that are very common in the present era. Have you ever noticed the people around yourself? Have you ever tried to analyze that who are the people that suffer from these ailments the most? If you do, you will see a pattern. You will see that all those people who are used to eating out all the time and have very unhealthy habits, are the first ones to get diagnosed of these fatal illnesses irrespective of the age group that they belong to.

At one time, diabetes or heart attacks were considered as the kind of diseases that only old people could suffer from but now it is such a common occurrence that young teenagers die of heart attacks. What do you think is the reason behind that? The reason is again the unhealthy habits that everyone has adopted now. Precisely, coming back to how you would feel after this hormonal reset, you will feel a lot better and a lot younger and your stamina will also increase to a commendable extent.

## CONCLUSION

You have now been completely introduced to the entire concept of hormones and their effects on the human body. From the very basic of hormonal cycles experienced by the female body to the in-depth understanding of your mood swings and energy levels has been assured to you through this read. The sciences behind your sex drive to the points of considerations regarding your hormones; every little detail has been covered in order to enable you with a better understanding of your body functions. The kind of knowledge imparted to you will not help you understand your body better, but you will notice a strong difference in the way you manage your diet and your entire lifestyle solely based on this information.

The fundamentals of the all famous hormonal reset diet have been covered in detail starting from the concept of resetting process of hormones. The most common of pointers and dos and don'ts relating to this diet have been explained to you in depth in order to offer you help every step of the way. From realization of the importance of exercise for your body to the harmful effects of excessive consumption of supplements and heavy weight lifting; you have been thoroughly informed about every possible factor that might have a direct or indirect effect on your hormones and ultimately on the body functions.

All your confusions relating hormone symptoms have finally been cleared up. You have been provided an explanation for everything from the unexplained headaches and migraines to the sleep disorders and weight issues affecting your entire lifestyle. The sheer effect of your hormones and diet on your entire lifestyle is evident to you now by their association with issues relating to your memory and skin problems etc.

The relation of your weight gain and hormones has been thoroughly covered with every coverage of every little element and factor involved in the process. Not only have you been taught the various hormonal imbalances taking place in your body but you have been offered tips and solutions for managing your body through the management of each of these important hormones.

You know now the exact steps involved in prepping your body for the hormone reset diet. You have been informed about each stage in a stepwise manner in order to ease you in. Resetting your

hormones would never ever have seemed this simple and doable before. All of your possible ambiguities regarding which hormones to start off with and the process of detoxification have been catered to with the information provided.

You know which food items necessary in your diet and the ones which can never be included for your health's sake. Moreover simple and easy to create reset recipes will help you in making this entire process a delicious one. You will not have to search the internet in hopes of new dishes rather these versatile recipes will help you in keeping yourself entertained and your pallets satisfied. You know what to make and exactly when to consume your food in order to obtain optimal results in the most efficient manner. You're all set to revolutionize your world simply through alteration in your diet. Prepare the world for a whole new you. Good luck!

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