



OPTIMIZING WOMEN'S HORMONES

Session Three

Why Is Weight Gain Happening?

Classes featured: Why Is Weight Gain Happening?, Lifestyle Recommendations for Body Composition

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- Metabolic changes—ahem, weight gain—happen in the body when estrogen decreases.
- Hormone changes make your body more resistant to insulin and less effective at using food for energy. This contributes to fat storage, especially in the abdomen.
- Insulin is the major hormone that controls your blood sugar levels.
- Consume mostly low and moderate glycemic index carbohydrates.

Tips from the pros to remember:

- Aim for 20–25 grams (3–4 ounces) of protein at every meal. Choose plant or animal sources.
- Aim for 7–10 grams of protein with every snack.
- Be careful of protein bars. They often have a lot of processed ingredients and sugar alcohols, which can cause GI distress. Look for ingredients ending in “-ol.”
- Avoid high-glycemic foods unless eaten with protein.
- Sugar is addictive. It has been shown to stimulate the same area in the brain as opioid drugs.



HOMEWORK

Assignment

Choose one or two of the following to focus on:

- I will eat 20 grams of protein at breakfast.
- I will track my food and beverages to see how many grams of protein I am getting at each meal.
- I will eat only low or moderate carbohydrates this week.
- I will add in a restorative movement—like a light walk, yoga, or stretching—each day this week.

Quick notes:

GLYCEMIC INDEX AND FOOD

Glycemic Index (GI) is a ranking of carbohydrate foods on a scale from 0 to 100 according to how much they raise blood sugar (glucose) levels after eating.



Low GI: 1 to 55

Green vegetables
Most fruits
Raw carrots
Kidney beans
Chickpeas
Lentils
Bran cereal



Medium GI: 56 to 69

Sweet corn
Bananas
Raw pineapple
Raisins
Oat cereal
Multigrain/oat bran/rye bread



High GI: 70 to 100

White rice
White bread
Potatoes

Low-GI foods can:

- Stabilize energy levels
- Lessen mood swings
- Reduce cravings and hunger
- Avoid the blood sugar rollercoaster and stabilize your insulin levels

BUILD YOUR OWN OVERNIGHT OATS

Instructions:

- Add the oats, nut milk, and chia seeds to a jar or container with a lid.
- Then, choose from the additional add-ins and make it your own.

Pro tip: For extra flavor, add nutmeg, cinnamon, cacao powder, clove, ginger, vanilla extract, unsweetened coconut, instant coffee, or a dash of salt.

Base

+

Milk

+

Thickener



½ cup oats



½ cup–1 cup
unsweetened nut milk



1–2 Tbsp chia seeds

Add-ins



½ cup berries of your choice



1 tsp of agave, honey,
or maple syrup



2 Tbsp of nut butter

Quick nut milk tip: When shopping, pay attention to the nutrition label. Avoid added sugar and ingredients you can't pronounce or don't recognize. The ingredients should only read almonds and water.