



**Resource**

# HORMONAL SUPPORT

HORMONE	FUNCTION	TIPS	ORGAN
<b>INSULIN</b>	<ul style="list-style-type: none"> <li>Maintain safe and stable glucose levels after a meal</li> <li>Instructs liver, muscle, fat cells to use glucose for energy.</li> </ul>	<ul style="list-style-type: none"> <li>Pause before eating to feel hunger signals.</li> <li>Discern if your blood sugar or brain is hungry versus your stomach ready for food.</li> </ul>	Pancreas
<b>GLUCAGON</b>	<ul style="list-style-type: none"> <li>Fat burner hormone</li> <li>Signals the body to release stored fat</li> </ul>	<ul style="list-style-type: none"> <li>Protein or Veg Protein Meals &amp; non-starchy veggies</li> <li>Add in two cups of veggies per meal for 3 days in a row</li> <li>Drink herbal tea until hunger ignites</li> </ul>	Pancreas
<b>LEPTIN</b>	<ul style="list-style-type: none"> <li>Acts on the hypothalamus to turn off the hunger switch</li> <li>Weight loss lowers leptin levels</li> <li>Excess weight can cause leptin resistance, activating the body to store fat.</li> </ul>	<ul style="list-style-type: none"> <li>While eating, pause and put your fork down while speaking</li> <li>Chew thoroughly</li> <li>Observe thoughts around feeling full</li> </ul>	Fat Cells
<b>GHRELIN</b>	<ul style="list-style-type: none"> <li>Increases appetite and stores fat</li> <li>Activates the brain pleasure center</li> <li>Mindset and beliefs that you are satisfied can shift this hormone</li> </ul>	<ul style="list-style-type: none"> <li>Am I aligned with this food choice?</li> <li>Am I filling a feeling?</li> <li>Do I judge pleasure?</li> <li>What am I holding onto that is weighing me down?</li> </ul>	Stomach
<b>T4 &amp; T3</b>	<ul style="list-style-type: none"> <li>Controls the rate at which your body utilizes energy</li> <li>Influences every system in your body by sensing your internal and external environments</li> <li>Diet restriction increases levels of reverse T3 while decreasing levels of T3.</li> </ul>	<ul style="list-style-type: none"> <li>What time of day do I need more nourishment?</li> <li>Am I overwhelmed in my environment?</li> <li>Add in Adaptogens</li> </ul>	Thyroid

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<b>CORTISOL</b>	<ul style="list-style-type: none"> <li>• Primes the body for fight, flight, freeze or fawn.</li> <li>• Both a fat-storing and fat releasing hormone</li> <li>• Fat abdominal cells have special cortisol receptors</li> </ul>	<ul style="list-style-type: none"> <li>• How am I responding to stress? Do I feel safe?</li> <li>• What feelings are stored in my core?</li> <li>• Add in high fibrous veggies.</li> <li>• Meditate</li> </ul>	Adrenals
<b>ADRENALINE</b>	<ul style="list-style-type: none"> <li>• Heightens senses during fight and flight.</li> <li>• During exercise, it frees up glucose for muscles and the brain</li> <li>• Chronic stress, causes lower leptin and nervous system stress.</li> </ul>	<ul style="list-style-type: none"> <li>• What movements help me utilize fat for energy?</li> <li>• Use essential oils on your temples</li> <li>• Add in healthy fats in the mid afternoon.</li> </ul>	Adrenals
<b>HGH</b>	<ul style="list-style-type: none"> <li>• Peaks with adolescence and decreases with aging.</li> </ul>	<ul style="list-style-type: none"> <li>• Add foods high in glycine; salmon, legumes, collagen</li> <li>• Focus on sleep, go to bed early without technology.</li> </ul>	Pituitary
<b>TESTOSTERONE</b>	<ul style="list-style-type: none"> <li>• Women need the right ratio of Testosterone, Progesterone, estrogen for weight release.</li> <li>• For men, testosterone inhibits the creation of fat cells.</li> </ul>	<ul style="list-style-type: none"> <li>• Add in high-quality protein, lamb, buffalo, dark meat chicken</li> <li>• Eat when you feel the hunger in your gut.</li> <li>• Do high-intensity exercise once a week.</li> </ul>	Adrenals, Ovaries, Testes
<b>ESTROGEN</b>	<ul style="list-style-type: none"> <li>• Both fat storing and fat burning hormone</li> <li>• Works with Progesterone to keep the body balanced.</li> </ul>	<ul style="list-style-type: none"> <li>• Add in Fiber! from fruit, veggies, beans, artichokes, squashes.</li> <li>• Add in green tea</li> <li>• Try new leafy greens each week.</li> </ul>	Fat cells, Ovaries, Adrenals

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<b>PROGESTERONE</b>	<ul style="list-style-type: none"> <li>Makes several hormones</li> <li>Encourages the use of fat for energy</li> <li>Balances blood sugar</li> <li>Natural diuretic by releasing excess sodium in the urine</li> </ul>	<ul style="list-style-type: none"> <li>Add Vitamins B6, magnesium,</li> <li>Zinc, Vitamin C,</li> <li>Add Amino acid L-Arginine</li> </ul>	Testes Ovaries
<b>ADIPONECTIN</b>	<ul style="list-style-type: none"> <li>Increases the rate at which the body breaks down fat, boosts metabolism and balance blood sugar</li> <li>Lower Body Fat More Adiponectin</li> </ul>	<ul style="list-style-type: none"> <li>Omega 3's at night before bed</li> <li>Fiber with large meals</li> <li>Add Monosaturated fats: Olives or avocados as a mid-afternoon snack</li> </ul>	Fat Cells
<b>INCRETINS</b>	<ul style="list-style-type: none"> <li>Helps the body sense macronutrient amounts</li> <li>Increases satiety sensors</li> <li>Lessens sensations of hunger</li> </ul>	<ul style="list-style-type: none"> <li>Rotate the different Meal Types</li> <li>Try to balance your healthy fats, proteins and carbs throughout the day</li> </ul>	Intestines
<b>CKK</b>	<ul style="list-style-type: none"> <li>Cholecystokinin improves digestion</li> <li>by slowing down the emptying of food from the stomach</li> <li>Stimulates the production of bile and enzymes</li> </ul>	<ul style="list-style-type: none"> <li>Combine simple carbs with healthy fats</li> <li>Eat Pre-biotic Foods such as jicama and radish prior to a meal.</li> </ul>	Small Intestine & neurons in the brain
<b>PYY</b>	<ul style="list-style-type: none"> <li>Released and meals and remains elevated for about one hour after a meal.</li> <li>Slows down gastric emptying and aids in the absorption of nutrients</li> </ul>	<ul style="list-style-type: none"> <li>Wait an hour after a meal to see if you 'need' anything and the check in what you truly need? It may be a snack, hug, rest or hydration.</li> </ul>	Intestine & Colon