



**Hormone Strategies  
for Easier  
WEIGHT LOSS**

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# Hormone Strategies for Easier Weight Loss



Are you one of those people who easily lose weight by eating fewer calories than they burn?

If so, lucky you!

While burning more calories than you eat can work for many people, many others struggle to lose weight with little or no success.

It turns out that hormonal imbalance is a significant hindrance to losing excess weight.

If your hormones are out of whack, it won't matter what you eat or how hard you exercise. Weight loss may remain a faraway dream.

## Hormones with Metabolic Functions

Your body works when it has specific levels of different hormones. As far as metabolism and weight loss are concerned, insulin, cortisol, thyroid, testosterone, and estrogen hormones have the most impact. Hormonal balance occurs when each of these hormones is produced at levels in tandem with the others. However, some factors can lead to hormonal imbalance, and when this happens, it can be challenging to maintain healthy body weight.

## What Causes Hormonal Imbalance?

Some illnesses, stress, poor diet, excessive alcohol intake, inadequate sleep, too much or too little exercise can interfere with hormone secretion. This means that some hormones are produced in higher or lower amounts than average. As a result, your body suffers as far as the functions of these hormones are concerned. If the hormonal imbalance is temporary, the effects will be temporary too. However, if the conditions leading to the imbalance are chronic, many bodily functions can be affected.

The best way to get your hormones back on track and reinstate a healthy weight is to correct hormonal misfires with changes to the way you eat, move, think, and supplement.

## Effects of Hormonal Imbalance on Body Weight

Metabolic processes might be affected by hormonal imbalance since assimilation, breakdown, and storage of nutrients are controlled or otherwise impacted by hormones. Hormones dictate what your body does with food; hence if you have been trying to lose weight without success, your hormones could be the culprits.

Thyroid, insulin, cortisol, testosterone, and estrogen hormones impact metabolism and body weight.

## Thyroid Hormone

The thyroid hormone produced in the thyroid gland regulates energy production in the body. Hypothyroidism is a condition where your thyroid gland does not produce enough thyroid hormone. In that case, the body may no longer burn adequate amounts of calories to make all the energy it requires, leading to low energy and an inability to lose weight, despite exercise and diet.



### TIPS FOR EASIER WEIGHT LOSS:

- *Get enough sleep*
- *Exercise daily*
- *Get enough water and fiber*
- *Limit processed food*
- *Include seaweed, sea fish, nuts, and eggs in your diet to improve thyroid hormone production. (1)*

## Insulin

Insulin is a hormone produced within the pancreas and is responsible for controlling blood sugar levels by enabling body cells to take up glucose from the blood. If the body does not have adequate amounts of insulin, or your body's insulin sensitivity is low, blood sugar levels remain high. This ultimately leads to the conversion of glucose to body fat.

**TIPS FOR EASIER WEIGHT LOSS:**

- *Choose a diet rich in whole, unprocessed foods.*
- *Reduce sugar intake, including table sugar and refined foods.*
- *Get adequate sleep. Eat more protein. Regular exercise can also help reduce insulin resistance so that the body requires less insulin. (2)*
- *Eat medium-chain triglycerides found in MCT oils such as coconut oil, olive oil. This will help reduce feeling hungry so that you do not overeat. (3)*

**Cortisol**

Cortisol, also referred to as the stress hormone, helps the body cope with stress besides other functions. It is produced by the adrenal gland and works together with adrenaline, a hormone that prepares your body for reaction to situations. If you are chronically stressed, your cortisol levels can rise too high. This can trick the body into signaling the need to eat more food to meet the increased demand for energy. (4)



High cortisol levels can also lead to increased insulin levels, as the body tries to remove sugar from the bloodstream into body cells for storage. At the same time, an increase in cortisol and insulin levels can reduce insulin sensitivity, which affects the regulation of blood sugar levels, leading to increased storage of fat. (5)

**TIPS FOR EASIER WEIGHT LOSS:**

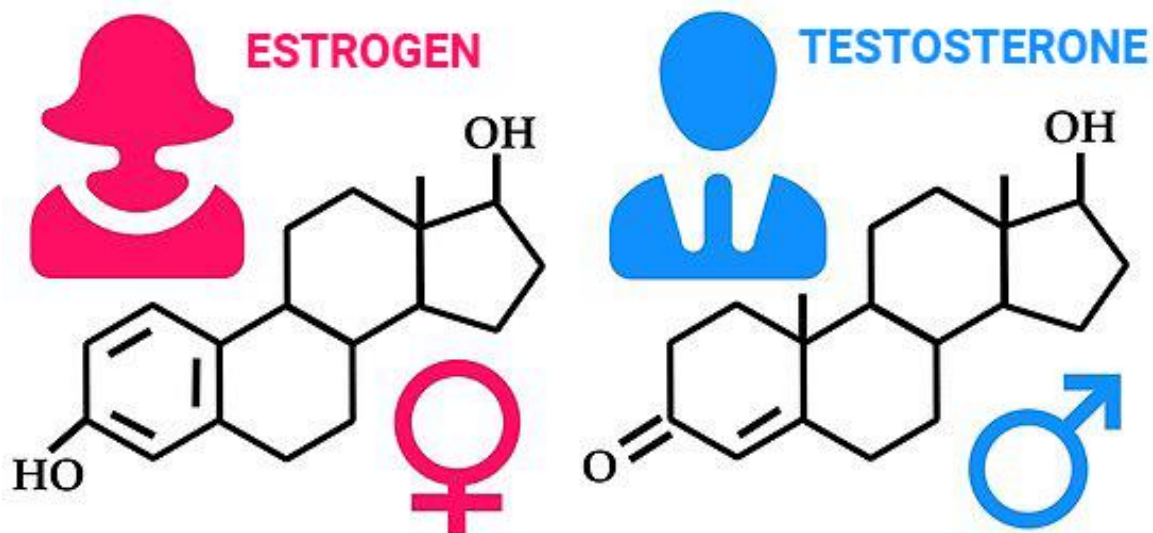
- *Alleviate stress by getting a massage once or twice per month*
- *Eat extra dark chocolate (80 percent cacao or higher)*
- *Incorporate relaxing activities, such as meditation or yoga, and exercise in your routine. (6)*

## Testosterone

Testosterone is the key male sex hormone that regulates fertility, muscle mass, fat distribution, and red blood cell production. It controls a number of processes in the male body. Women also produce testosterone, usually in smaller amounts. Low testosterone levels are associated with increased fat mass (particularly central adiposity) and reduced lean mass. They are also associated with obesity, usually accompanied by reduced muscle mass and higher estrogen hormone levels. (7)

### TIPS FOR EASIER WEIGHT LOSS:

- *Engage in an active lifestyle*
- *Reduce carbohydrate intake and increase protein intake, preferably at every meal*
- *Reduce stress and get enough sleep*





## Estrogen

Estrogen, the key female sex hormone, also found in men, impacts losing excess weight. In men, a high estrogen level causes an increase in body weight or obesity, while the reverse is true in women.

### TIPS FOR EASIER WEIGHT LOSS:

- *Avoid exposure to toxins such as BPA in plastics*
- *Quit smoking, and reduce or quit alcohol consumption*
- *Take adaptogens such as ashwagadha, rhodiola rosea, reishi, and ginseng, as they can also help balance estrogen and other hormones (8)*

## References

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