



Top 10 Tips for Hormone Balance and Healthy Body Composition

The ability to lose and maintain a healthy weight while also having sufficient muscle mass can be complex and involves many factors. Hormonal imbalance is one of those factors. In our clinical trials involving peri-menopausal women, we observed a 3.5 - 4.3% reduction in body weight (5-7 lbs.) after using Femmenessence MacaLife® for two months. *However, Femmenessence is not a weight-loss product.* Femmenessence could be complemented with food and lifestyle approaches consistent with healthy body composition.



#1 DRINK A MINIMUM OF 64 OZ. OF WATER EVERY DAY.

Proper hydration aids in the delivery of nutrients, regulates body temperature, improves mood and concentration, increases/maintains energy, lubricants joints, and supports healthy detoxification. Adequate water intake will improve the absorption of Femmenessence due to its high water solubility. Using Sole Therapy each morning can aid in improving overall hydration status due to the mineral content. Water intake may need to be adjusted based on physical activity and sauna use, to name a few. A general rule of thumb is to drink half your body weight in ounces. (Example: A person weighing 150 lbs. would aim for 75 ounces of water daily.)



#2 AIM FOR EATING WHOLE FOODS RATHER THAN FOLLOWING A "DIET".

Focus on high-fiber vegetables, fruit, legumes, lean meat, seafood, nuts and seeds, whole grains, and healthy fats like extra-virgin olive oil. Many food plans, such as a Mediterranean-style food plan, support this style of eating. Avoiding added sugar and processed foods and ensuring 28-30 grams of dietary fiber is recommended. Alcohol should be avoided or only consumed in moderation.



#3 "EAT THE RAINBOW" OF VEGETABLES AND FRUITS.

Aim for a minimum of 1 serving daily of the following colors from whole foods: green, yellow, red, orange, purple/blues, brown, and white. When you focus on these colors, you will reach your target of 7 servings of vegetables and fruits daily. Eating a diet full of vegetables is not only rich in nutrients but also aids in supporting detoxification, a process needed to balance hormones and maintain a healthy weight. pH Quintessence can also be added to further support the detoxification process and provide additional greens in the diet.



#4: AVOID POSSIBLE FOOD TRIGGERS.

Food allergies and intolerances create inflammation which can inhibit weight loss. Common food allergies and sensitivities include eggs, animal dairy, wheat/gluten, and peanuts; however, this will vary for everyone.



#5 GET ADEQUATE SLEEP.

Poor sleep patterns make individuals more prone to gain and retain weight. Sleep is vital in managing stress, improving mood, and supporting immune and brain health. It provides time for the body to repair and detoxify. Sleep for 7-8 hours in a cool, dark room, and avoid the use of electronic devices before bed. For additional support, use Herbatonin 0.3 mg 30-60 minutes before bed.



#6 ENGAGE IN STRENGTH TRAINING.

The more muscle one has, the more calories burned at rest, leading to a more efficient metabolic rate. A higher metabolic rate speeds up the fat-loss process. Additionally, strength or resistance training improves bone health. It is recommended to engage in strength/resistance training a minimum of 2 times per week.



#7 KEEP YOUR HEART FIT WITH AEROBIC ACTIVITY.

There are many known benefits to regularly engaging in cardiovascular exercises, such as walking, running, jumping rope, dancing, and more, including weight loss/maintenance, improving energy, supporting sleep, boosting mood, strengthening the immune system, and protecting the cardiovascular system, to name a few. It can also aid in reducing stress hormones (adrenaline and cortisol) and improve the metabolism of hormones. It is recommended to engage in cardiovascular activity for a minimum of 150 minutes per week.



#8 MANAGE STRESS.

The stress hormone cortisol is another contributing factor to weight gain. When elevated, it can stimulate appetite and increase cravings for sweet, fatty, or salty foods, as well as interfere with sleep. Regularly engaging in some form of stress management is ideal, such as activities such as meditation and deep breathing, as well as activities like puzzles, reading, or taking soothing baths. Further, Femmenessence supports adrenal health by keeping stress hormones in check.



#9 SUPPORT YOUR GUT.

A healthy gut microbiome can provide many benefits, such as supporting the immune system, lowering inflammation, regulating appetite, and weight loss. Consume probiotic-rich foods daily, such as fermented foods (sauerkraut, pickles, kimchi, miso), and consider the use of strain-specific probiotic supplements to support your health goals.



#10 EAT DURING THE DAYLIGHT HOURS AND LESS AT NIGHT.

For some, limiting the time in which food is consumed (known as time-restricted feeding) has many benefits, including the potential for losing weight and maintaining weight. There are many options to implement periods of eating and fasting; therefore, it is best to work with your healthcare provider to determine which pattern is best for you.

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Disclaimer: This is for informational purposes only and is not intended to be a substitute for medical or nutritional advice and guidance from a qualified healthcare provider. Always seek the advice of your healthcare provider before undertaking a new healthcare regimen.