

Outlet

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Hormones, it's time to get in line. *WF* naturopath Belinda Kirkpatrick has a menu that can help



FACT: THERE ARE MORE THAN 100 HORMONES

working closely together in your body every day. So it makes sense then, that if one is disrupted, the flow-on effect is huge. Cue moodiness, intense hanger, painful or missing periods, fluid retention or weight gain and plummeting energy, just for starters.

"Hormones are responsible for so many important things including regulating our periods, keeping us warm, giving us energy, helping us to sleep and keeping us happy – we literally couldn't live without them!" says *WF* naturopath Belinda Kirkpatrick. Most women of reproductive age experience hormonal changes on a daily basis, she adds, and if your balance is compromised as a result, the nasty symptoms can pile up. "This makes hormone production and balance essential for health and happiness," she says.

If you hear hormones and think periods, you're only just scratching the surface. Here's a quick cheat sheet: the thyroid hormones are key for energy, mood, weight and temperature; melatonin plays a big role in sleep; insulin and glucagon regulate your blood sugar balance; cortisol, often dubbed the 'stress hormone', also provides energy; and leptin and ghrelin are hormones that stimulate and regulate your appetite.

Just as there are loads of hormones at play in your body, there are loads of reasons why your hormones might stop playing nicely with each other, including stress, too much or not enough exercise, environmental toxins and a lack of quality sleep. One of the biggest disrupters, Kirkpatrick says, is diet. "What we eat plays an important role in keeping hormones happy and balanced," she notes. "Poor dietary choices can contribute to

imbalance, while inflammation an of building blood vitamins and mi

It can be tricky causing you to feel you're experiencing healthy lifestyle hormones into prioritising sleep cleaning products exercising regularly and processed foods hormones, your should contain a fats and some

Broccoli, salmon, eggs are some of Want to give your with this menu from *Healthy Hormone Balancing Your*



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