







# uh oh, where did my waistline go?

Weight is a litmus test for vitality. As our hormones shift, swirl and twirl throughout our life it is important to tune into our weight as a signal of optimal nourishment from cell to soul.

## 4 ROOT CAUSES OF WEIGHT RETENTION

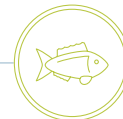
<p>cortisol dysregulation [chronic stress]</p>  <ul style="list-style-type: none"> <li>• stress tells the body it is no longer safe to lose weight [storing fat is survival insurance]</li> <li>• chronically high cortisol also increases your blood sugar [whatever you don't use gets stored for later]</li> </ul>	<p>blood sugar dysregulation [insulin insensitivity]</p>  <ul style="list-style-type: none"> <li>• when blood sugar is chronically high, the body learns to use sugar instead of fat for fuel</li> <li>• over time this infringes on the cell's capacity to use all of the sugar in the bloodstream leading to insulin insensitivity and necessitating perfection on the plate to keep weight off</li> </ul>
<p>stagnant drainage + detox</p>  <ul style="list-style-type: none"> <li>• many chemicals we are exposed to daily are rightfully called "obesogens" because they spur weight retention [detox obesogens daily through stool, urine, and sweat]</li> <li>• start by working on the gut</li> </ul>	<p>hormone imbalance</p>  <ul style="list-style-type: none"> <li>• weight is always a hormone issue [never a calorie issue]</li> <li>• if estrogen, progesterone or testosterone are out of sync the body is primed for weight retention regardless of how you eat or workout</li> </ul>

## 3 TARGETED WAYS TO RECLAIM YOUR WAISTLINE



**curate pockets of safety** what can you do 1-3 x every single day that makes you feel calm, grounded and safe? There is no food, herb or prescription that can replicate the power of lifestyle habits to stabilize the nervous system [the non-negotiable pre-requisite to weight loss].

**anchor blood sugar with protein** when you're building your plate, consider adding protein first. This addition will anchor your blood sugar enabling your body to better utilize all the fuel instead of storing excess for later.



**dump those toxins daily** by focusing on regular bowel movements, you are giving your body the capacity to release what no longer serves it taking the pressure off your plate and environment to be perfect to shed your weight. Adding in cultured food, magnesium and consistent hydration will keep things in motion.

## RECLAIM YOUR [WEIGHT LOSS] SUPER POWERS

Start by getting to know each of your superpowers [your hormones!] Once you know "who" they are and what they do, you can better strike re-alignment. What you're doing now [that used to work] to lose weight is no longer working because it is not aligned with your hormonal terrain of TODAY!

If you're feeling any of the following symptoms, hormone balance is the trailhead to reclaiming your waistline:

- hot flashes / night sweats
- loss of libido
- acne
- brain fog that just won't quit
- 2 am wake up call
- dry / thinning hair
- heavy / painful periods

The next session of The Table is dedicated to the untangling of hormone confusion - click [HERE](#) to join in on the reclamation of vitality along with a brand new trailhead back to your skinny jeans.