



Fat Loss for Women: Hips, thighs and butts!



This article will discuss ...

Supplementation and Nutrition for effective Oestrogen Metabolism in Women

Here we will share with you some information relating to supplementation to help combat the effects of raised oestrogen levels. Some of the common body hang ups for ladies with this issue include, **excess fat on the hips, legs and thighs!** By reducing levels of Oestrogens in the body you will see a difference in these problem areas. There are a few different ways to tackle this area: First and foremost is always nutrition (diet) after that would be supplementation to help metabolise or by using products to help limit chemical oestrogen exposures.

**WHICH SUPPLEMENTS/
NUTRIENTS ARE
RECOMMENDED FOR
OESTROGEN METABOLISM?
WHY?**

B Vitamins (B6/B12)

Vitamins B6 and B12 function as important cofactors for enzymes involved in oestrogen detoxification therefore decreased levels of B vitamins can lead to increased levels of circulating oestrogen.

Foods rich in **B6** Vitamins include- pork, chicken, turkey, eggs, peanuts and milk.

Foods rich in **B12** Vitamin include- salmon, cod, milk, cheese and eggs.

BCAAs

If you use BCAAS you may quickly become deficient in B Vitamins- therefore it is essential you take on board extra B Vitamins. A high protein diet that contains adequate BCAAs also requires extra B Vitamins.

Zinc

Adequate zinc allows women to use oestrogen and progesterone efficiently, supporting reproductive health and ensuring that oestrogen does what it's supposed to do in the body. When oestrogen levels become too high, or are inefficiently metabolised they can cause poor reproductive health and even breast cancer.

Foods rich in **zinc** include- beef, lamb, cashew nuts, beans in particular mung beans.

Omega-3

A benefit is that omega 3 fats decrease aromatase activity so that less testosterone is converted to oestrogen. Eat foods containing omega-3 fats daily focusing on fish, pasture-raised meats, and omega 3 eggs. Include small quantities ground flax seeds with the hull in your diet because they contain the omega 3 fats.

Foods rich in **Omega3** include- grass fed meat, edamame beans and of course fish such as salmon.

Magnesium

Magnesium plays a role in the final phase of oestrogen metabolism, most people need to supplement with magnesium because people are chronically deficient. Athletes and strength trainees are especially susceptible to low magnesium because this nutrient plays a role in muscle contractions. Foods rich in **Magnesium** include- raw spinach, pumpkin seeds, mackerel, avocados and whole grains.

Vitamin E

Low vitamin E is associated with elevated oestrogen and it has been shown to inhibit the growth of breast and prostate cancer cells.

Foods rich in **vitamin E** include- almonds, spinach, salmon, broccoli.

Vitamin D

Studies have shown Vitamin D is very effective at optimising oestrogen metabolism. For example, in a study of young women, those who had higher levels of vitamin D had lower oestrogen levels.

Foods rich in **vitamin D** include- oily fish and eggs.

Folic Acid

Works in conjunction with B Vitamins in converting oestrogen in the body. Combining B Vit with Folic acid will help in the metabolic process.

Foods rich in **folic acid** include- broccoli, spinach and asparagus.

DIM

Cruciferous vegetables such as broccoli and cauliflower contain a compound called DIM that promotes oestrogen metabolism, you would need to eat a lot of green vegetables to get a worthy amount. Supplementing with DIM is an option to help toward effective oestrogen metabolism. You can buy the tablet version of DIM from local health stores or online from a reputable supplier.

How can I limit my exposure to chemical Oestrogen? What does this mean?

Being a lady by nature means that hormonally we are different to men, therefore we have different nutritional requirements depending on not only our fat loss goals but also our varied hormonal levels.

Normally ladies who store fat on their legs, hips and thighs and regard this as a troublesome area have raised levels of Oestrogen in their bodies.

Therefore it is important to understand how this hormonal issue (in some cases) can be counteracted. We will always revert to our diets being nutritionally balanced, and discussed within this article are various vitamins and minerals that can be obtained through nutritious foods or supplemented if required to help with excess oestrogen in the body.

In addition all ladies with Oestrogen issues need to be aware of the following:

- Some cheap meats may be injected with artificial hormones in order to maximise profits. For example some chicken farmers will use chemical oestrogen

to bulk up their live stock. Ladies this is why ORGANIC high quality meats are really important. KNOW YOUR MEATS ARE CLEAN!! Consuming these artificial hormones when you already have an hormonal imbalance can make issues WORSE!!!

- TAP WATER- Do you know how many different types of hormones can be in your local water supply? Scientists have known for decades that there are artificial substances that are not natural components of water. Do some research and you will find that oestradiol the most potent form of Oestrogen is found in local tap water! Do you really need to think twice about drinking tap and topping up on artificial hormones??
- PLASTIC- did you know that xenoestrogens are hormones that imitate the effects of Oestrogen on the body. These are found in lots of plastic products! There are studies that have confirmed these chemicals can leach into food products such as from bottles water or plastic food containers. A general rule of thumb was always use BPA free labelled plastic bottles and containers and when at home the best best is to use glass instead to eliminate any harmful additions into your water.

Here is an idea of an oestrogen free summer Mokito to keep you cool all summer served in one of our new IronBarBelle Mokito Mason jars.



**BLT SALAD WITH
MOKHITO WATER**

Grab one of the new IronBarBelle Mokito Mason jars next time you are down at the PTStudio (£2.50), throw in some ice, mint and a dash of lime, top up with sparkling water and enjoy safe in the knowledge that there are no hidden nasties in this summer cooling drink.

By using Mint you will also be helping to

- promote digestion
- improve oral health
- help relieve fatigue (mint is a natural stimulant)
- can also help to prevent cancer!!!

For any ladies who are looking for a more personalised approach to their diet and nutrition and help with areas such as Oestrogen dominance. Here at the ***PTStudio and IronBarBelle*** we have years of experience in helping women achieving their fat loss goal. In particular helping to combat those hormonal troublesome areas.

We are now offering one off nutritional consultancies for ladies looking to optimise their diets and looking for those next level results.

Prices start at just **£25 for one off online nutritional** planning and support including a custom designed nutrition programme with full supplement advice and education. All our nutritional support programmes will use client preferences and include tailored macro and micro nutrient breakdowns calculated. There is no one size fits all or cookie cutter plans because all our wonderful ladies are unique and so are your requirements!

Here at the ***PTStudio and IronBarBelle*** anything is possible, even for those ladies who wouldn't naturally have the abs of steel- let us show you that anything is possible with the correct macro and micro nutrients!

'Together let us defy the odds and define new bods!'



Look how our diet programming can completely alter your waistline. By optimising macro and micro nutrients and help limit hormonal imbalances naturally.



Problem areas of hips and thighs can be addressed through our nutritional support service.

