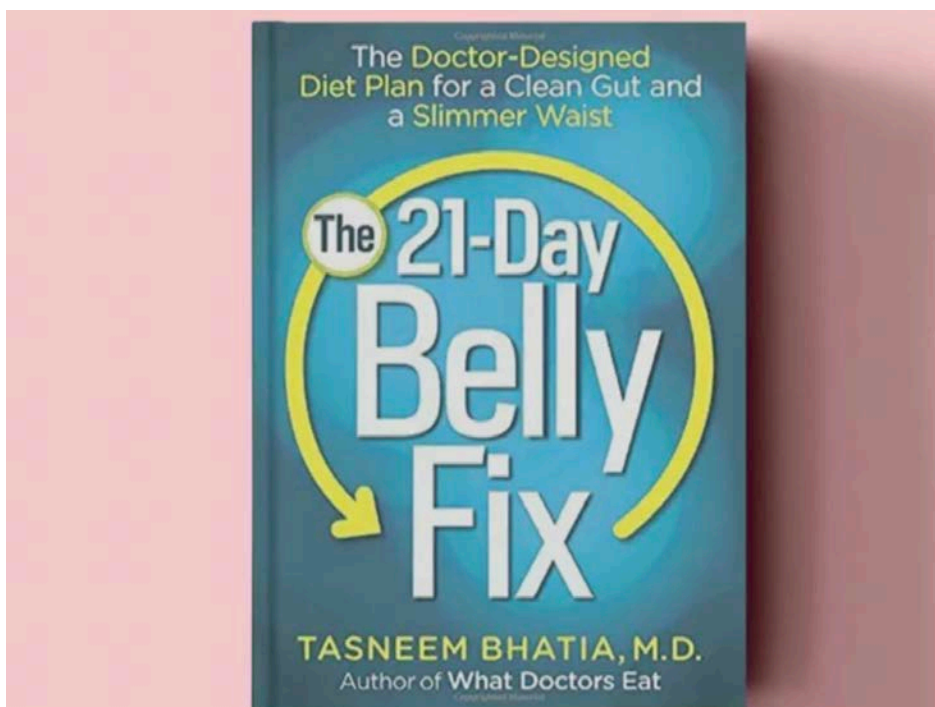


Weight Management Newsletter



Protein is key to losing belly fat

High protein foods, such as fish, lean meat, and beans, may be beneficial if you're trying to decrease belly fat.

Losing Belly Fat in May

This month let's target specific ways to lose belly fat. Weight loss occurs all over the body and its difficult to spot reduce. Some strategies specifically targeting belly fat are discussed in Dr Taz Bhatia's book, "The 21-Day Belly Fix". Additional information is found in this article <https://www.healthline.com/nutrition/20-tips-to-lose-belly-fat>.

1

Too much belly fat can increase your risk of certain chronic conditions. Drinking less alcohol, eating more protein, and lifting weights are just a few steps you can take to lose belly fat.

2

Soluble fiber may help you to lose weight by increasing fullness and reducing calorie absorption. Try to include plenty of high fiber foods in your diet.

3

Excess alcohol intake has been associated with increased belly fat. If you're trying to lose weight, consider drinking alcohol in moderation or abstaining.

Medical director of The Atlanta Center for Holistic Health & Integrative Medicine, Tasneem Bhatia, M.D., is an expert in unlocking the mystery of the gut and probiotic health. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz has developed a simple plan—one that has worked for thousands of her own patients—that aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days! The Belly Fix accelerates metabolism, increases energy, and jump-starts weight loss immediately. Once “fixed,” you’ll continue to feel the benefits

Drop pounds on the 21-Day Belly Fix plan, with more to come, as you continue to follow the program designed to balance your digestive bacteria and put you on the path to long-term health and vitality.

Speed up your metabolism with the help of research that proves a direct link between your gut bacteria and how quickly you burn fat.

Reduce inflammation and rebalance your body to help fight diabetes, arthritis, Alzheimer’s, skin disorders, and more.

Find focus and clarity with the help of simple and delicious foods that feed the healthy microorganisms in your gut—and fight the bad ones!

A Comprehensive Chart of
VEGAN PROTEIN SOURCES

NUTS AND SEEDS
(1 ounce or 28–30 grams)
Walnuts: 4.5 grams Flaxseeds: 6 grams
Almonds: 6 grams Hemp seeds: 9.5 grams
Cashews: 4.5 grams Sunflower seeds: 5.5 grams
Chia seeds: 7.5 grams Pumpkin seeds: 8.5 grams

LEGUMES
(1/2 cup canned or 80–93 grams)
Black beans: 8 grams Kidney beans: 8 grams
Pinto beans: 7 grams Lentils: 8 grams
Chickpeas: 7.5 grams Peas: 8 grams

SOY PRODUCTS AND VEGAN MEATS
(similar serving sizes)
Tofu: 4 grams (3 ounces or 85 grams)
Tempeh: 13 grams (3/4 cup or 100 grams)
Seitan: 19 grams (3 ounces or 100 grams)
Beyond Meat meatballs: 20 grams (5 total, 100 grams)
Impossible Burger: 19 grams (1 patty, 113 grams)

GRAINS
(1/2 cup cooked or 100–126 grams)
Quinoa: 4.5 grams Oats: 3 grams

ADVERTISEMENT

Vegetarian Protein

It’s more of a challenge to meet protein goals as a vegetarian but this is crucial for weight loss and maintenance.

Getting 80-100GM protein daily without too many carbohydrates is a challenge. This takes purpose, planning and tracking. Additional resources are available from Dr Kim.

**Fix Your Belly,
Find Your Health**

Do you have these symptoms?

- Abdominal pain & bloating, diarrhea & constipation
- Food allergies & intolerances
- Sleep problems
- Mood Swings
- ADHD
- Depression & anxiety
- Migraines
- Eczema
- Sinusitis
- Infertility

Your bacteria - not your willpower!

may be at the root of your weight gain. Systematically rebalance your gut bacteria for weight loss that lasts.

You have a “second brain” in your gut called the enteric nervous system. The gut-brain is wired to the head-brain so the state of your gut directly impacts your mental health.

The 21-Day Belly Fix
TASNEEM BHATTIA, M.D.
Author of THE BELLY FIX

Adapted from:
The 21-Day Belly Fix
By Dr. Tasneem Bhatia
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Client Spotlight



Jayme Haeussler
Age 43
Height 5'5"

Starting Weight: 161 lbs

Current: 132 lbs

Loss: 33 lbs

What was your motivation for starting this weight loss journey?

Over the course of 1-2 years I started gaining weight, losing my hair, and having trouble sleeping. I tried cutting out carbs, was working out 5-6 days a week, and yet was still gaining. I knew something had changed, that something was off. I was discouraged. I went to multiple doctors, had a lot of bloodwork done, and was told I was fine. The staff of Happy Hormone Cottage helped me to find the right supplements and regimens to get back on the right track.

Lessons learned

I learned that my body needs a super high protein diet. I don't have to "give up" anything. Balancing water intake, protein, fasting, portions, and exercise to get the results. And it's individual, it's OK to change based on your body and your mind. Give and take based on what works for you. If you don't want to do it, it's not going to last. So I try to find a balance between what I'm willing to do. give up. eat. etc.

Recommendations to others starting the journey

Take the help. I looked at using an injection to lose weight as cheating. It reset me and allowed my body to restart where I needed to. Then we could balance things out and put the work in to keep it. I wanted to push through, to just work harder, to do it without the "cheat." I was wrong. I needed the help and my body wasn't just going to back to my old self, that's not how it works. I am now tapering off the injection and feel great. It's OK to use the tools available to get the result and be happy, true me.



ANYTIME DESSERTS

SALTED CHOCOLATE NUT BRITTLE

What you need:



5¼ ounces/150g best-quality dark chocolate (70% cacao), broken into pieces



¼ cup/30g shelled pistachios



3 tablespoons walnut pieces



½ teaspoon sea salt

This dessert is the Glucose Goddess philosophy in a nutshell: very easy and very impressive. And with added fat, fiber, and protein to reduce its spike. Serve it at a dinner party to get admiring “ooohs” and “aahhhs,” or keep it to yourself and marvel at its beauty.

How to make it:

- Line a baking sheet with parchment paper. Place the broken-up **dark chocolate** in a heat-safe bowl and set it over a saucepan of simmering water (making sure the bowl doesn't touch the water). Stir from time to time, until the chocolate has melted and is smooth.
- Pour the melted chocolate onto the prepared baking sheet and spread it out to a thin, even layer. Scatter the shelled **pistachios** and the **walnut pieces** all over the melted layer of chocolate and then sprinkle with the **sea salt**.
- Place the baking sheet in the fridge and allow the nutty chocolate to set hard (about 30 minutes).
- Remove the set chocolate from the fridge and break it into bite-size pieces. Keep these ready-to-go treats in an airtight container for up to 2 weeks.

Makes: 1 batch / Prep time: 15 min
GLUTEN-FREE, VEGETARIAN



How to Combat Belly Fat during Perimenopause & Menopause

1. Prioritize Resistance Training – As we age, it's important to continue incorporating resistance training into our exercise routines. This helps to maintain muscle mass, which in turn boosts metabolism and aids in weight loss.
2. Focus on Whole Foods – Eating a diet full of whole foods such as fruits, vegetables, proteins, and healthy fats can help regulate hormones and prevent insulin resistance.
3. Manage Stress – Finding ways to manage stress, whether it be through exercise, meditation, or a creative outlet, can help **lower cortisol levels** and reduce belly fat storage.
4. Consider Bioidentical Hormone Replacement Therapy – BHRT uses hormones derived from natural plant sources that are chemically identical to those produced by the body. Unlike synthetic hormones, bioidentical hormones can be customized in dosage and delivery method to suit each woman's unique needs. More information on this in Dr Taz's book, **The Hormone Shift**.
5. Get Enough Sleep – Lack of sleep has been linked to insulin resistance and increased belly fat storage. Aim for 7-9 hours of quality sleep each night.

Belly Fat & Perimenopause

Hormonal changes during perimenopause amplify belly fat storage (1). This leaves many women frustrated that they haven't changed anything in their routine, and yet continue to increase around their midsection.

Weight gain in perimenopause is common, and many women report a change in how their weight is distributed with increased fat stored around the abdomen versus the lower body.

Belly fat during perimenopause is due to two main factors (2):

1. A drop in the hormone estrogen (which prior to menopause causes female bodies to distribute fat in the lower body)
2. A decrease in muscle mass

Supplement of Month



MitoCORE® Vitamin and Mineral Cofactors Plus Energy Support

- Scientifically formulated to recharge cellular energy production and boost mitochondrial reserves
 - Delivers comprehensive micronutrient support and key phytonutrients for all phases of detoxification
- Includes high doses of B vitamins and necessary cofactors used in Phase I and II detoxification
- Includes potent antioxidants to protect cells from toxins and free radical damage

Available at happyhormonecottage.com and IHC Pharmacy