

Diana Stobo's

Are Your Hormones Making You Fat?

Healthy Hormone Rebalancing Program

**6 Easy Steps To Quickly And Easily Rebalance, Reset
And Renew Your Hormones Without Any Medication**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

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EATING FOR HEALTH, VIBRANCE AND BEAUTY

1. Who is Diana Stobo?

Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.

She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.

2. What exactly is Diana Stobo's "HEALTHY HORMONE REBALANCING PROGRAM"?

It is a downloadable program with 6 easy steps to guide you toward balanced hormones without the use of medication.

3. How will it help me?

You will slim down and feel and look younger while resetting your hormones.

4. How do I know if it's right for me?

If you are in general good health but can't seem to lose weight you've gained from cortisol, stress, and thyroid imbalance, this guide is right for you.

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.



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Introduction

Many people still believe that it does not matter what you eat, as long as you control your calories and portions.

This mind-set is 100% incorrect.

What you eat, when you eat, and how much you eat can cause changes in the levels of hormones that affect your hunger, your satiety, and your fat accumulation. When your hormones are imbalanced, it throws off systems within your body and causes you to eat more and to store more fat.

Metabolism hormones

Hormones work in a complex system to make sure your body is satisfied and getting the right nutrients and fuel. The system works like this.

- The hormone *ghrelin*, known as the hunger hormone, is responsible for alerting the brain and telling you that you are hungry. On the opposite side, the hormone *leptin* lets your brain know when you are full and to stop eating.
- Thyroid hormones are responsible for your metabolism and how fast it may or may not work. *Testosterone* helps build muscle. *Glucagon* helps your body burn fat.
- When you feel stressed out, *cortisol* causes a survival response within your body and you start to crave more high-calorie foods.
- When you eat carbohydrates it causes *insulin* to be released in your body, which moves glucose into your muscles for fuel therefore locking any extra glucose into fat cells for later use causing you to gain weight.



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It is important to keep these hormones in check and functioning in their proper use. As you can see, any sort of imbalance causes a disruption within the body often leading to over-eating and improper breakdown of sugars and fats leading to weight gain.

This complex system can be disrupted by aging, menopause, stress, and poor choices in diet. And next thing you know you can't seem to lose weight. You cut down calories and exercise more. But if your hormones are imbalanced this actually can work against you and cause you to actually gain weight.

6 steps to achieving balance

Here is how to keep your hormones in check.

1. Get enough sleep.

A lack of sleep can reduce leptin levels in your body, which is the hormone responsible for telling your brain you are full. Make sure you get a full 8 hours of sleep a night and take the time to relax and breathe. Stressing out is not doing you or your body any good.

2. Change your attitude toward carbs.

Slow-burning carbs found in fruits, vegetables, and whole grains help you avoid over-eating and increase satiety because they are released slowly into your blood stream, which helps keep your sugar level balanced.

Carbs have a bad rep, but they are not actually all bad. Eating good, slow-burning carbs can help you lose weight. It is when you eat empty carbs like white potatoes, white rice, breads, pasta, cookies, and breakfast cereals that you gain weight.



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Good carbs are

- Vegetables like leafy greens, broccoli, string beans, asparagus, tomatoes, sweet potatoes, peppers and onions.
- Whole grains like brown rice, barley, quinoa, steel-cut oatmeal, and sprouted-grain bread products.
- Low-glycemic, high fibre fruits like grapefruits, apples, and berries.

Bad carbs are

- Processed fruit juices and sodas. Drink water instead and you will see drastic changes in the way you feel and look.
- Foods with processed sugars.
- Foods with processed wheat.
- Fried foods and fast foods.

3. Eat more lean proteins.

Glucagon helps with fat burning and is increased when you eat protein. It helps to suppress ghrelin (the hunger hormone) and increase testosterone (muscle building hormone).

Like all foods, not all proteins are created equal. Red meat is usually higher in both calories and saturated fat. Opt for proteins like organic, free range or wild poultry, fish, and eggs. If you are not a fan of meats, then try substituting quinoa, hemp, or a nut protein powder to make sure you receive the protein you need.

4. Choose good fats.

Yes, there is such thing! Fats that are high in omega-3 fatty acids can actually increase satiety and fat-burning hormones. Fats do not actually have a huge impact on weight, and when you choose the correct fats it can help you to lose weight.

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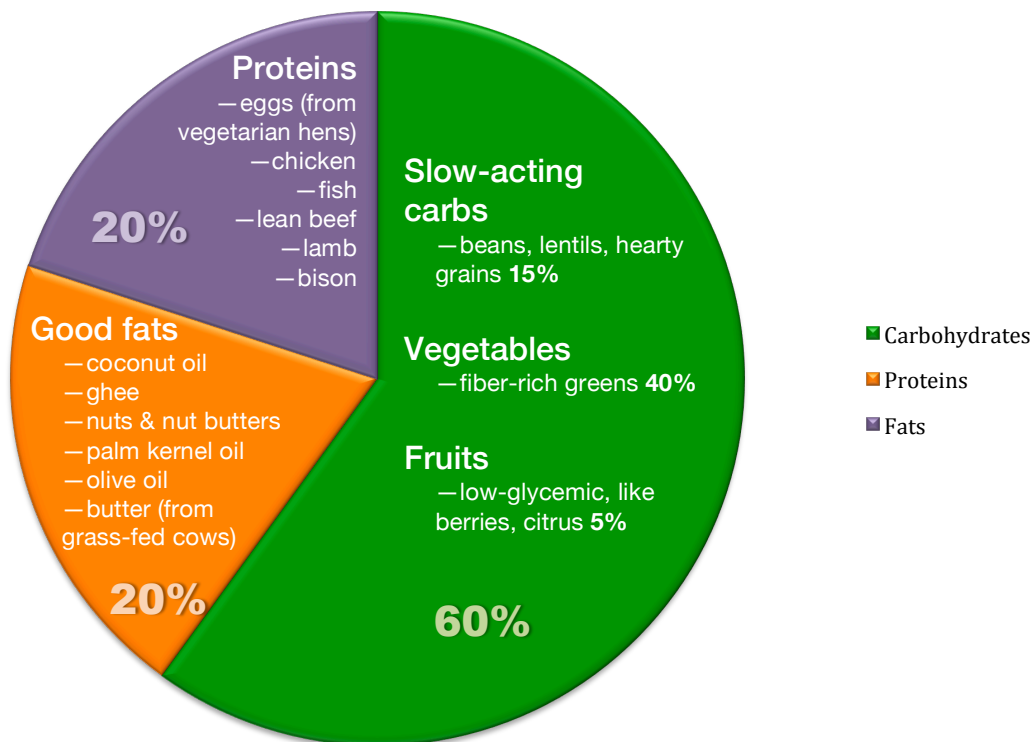
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Avoid artificial trans-fats found in margarine, packaged baked goods, and fried foods. Almost anything processed has trans-fats. These are bad fats you want to avoid.

Opt for full-fat dairy products (if you eat dairy), butter from grass-fed cows, raw nuts, avocado, olive oil, and yogurt (try those made from coconut milk or almond milk). These fats have no impact on weight gain and can even aid weight loss.

Overall it is important to have a 20-20-60 diet: 20% good fats, 20% protein, and 60% good carbohydrates.

Remember that carbs are not scary. A good balance is 40% vegetables, 15% grains, beans, and legumes; and 5% low-glycemic fruits.





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5. Revamp your workout.

When working out, don't focus on only cardio to burn calories. Doing too much cardio can cause cortisol, the stress hormone, to spike and eat away at your muscle. It also lowers testosterone and can reduce thyroid hormone levels, which are responsible for keeping your metabolic rate up.

Try doing shorter and more intense workouts. This helps your body raise its resting metabolic rate and build muscle, which will keep burning calories even after you're done with your workout. This effective workout is called high-intensity interval training (HIIT). This means alternating intensity by doing short bursts of intense exercise followed by a short rest period. Try doing several repetitions of 20 seconds of maximum intensity followed by 10 seconds of rest.

This has been shown to burn more fat and produce more muscle than long stretches of cardio exercise.

6. Eat at least 3 meals a day.

Do not try to starve yourself. The pattern of going hours without eating and then eating a lot to make up for it does not work. Many people try to skip breakfast and lunch to cut calories. This lowers your metabolic rate because your body goes into "starvation mode" and thinks it needs to store energy. Then when you do eat, your body stores fat for the next time you starve it.

Start each day with breakfast, whether that's a fruit and veggie smoothie, a nut-milk smoothie, or some sprouted-grain bread with almond butter. It's a good idea to eat protein with breakfast so that you have a start to steady insulin levels throughout the day.

Make sure to snack in between meals to avoid the hormonal imbalance that comes when you get low blood sugar. Snack on things such as raw nuts, green juice, non-dairy yogurt, fresh fruit, or smoothie.