

Hormone Triggers that Burn or Store Fat

Hormone Triggers that Burn Fat

Protein



- Triggers fat burning if you eat 3-6 ounces per meal

Fat

- Fat is neutral when it comes to hormones. Fat essential for intermittent fasting. 75% of your calories should be fat.



Vegetables



- Cruciferous vegetables (kale, cabbage, broccoli, etc.) can balance and decrease unhealthy estrogens and improve liver function. Vegetables indirectly enhance fat burning because the fat must be released through the liver when it gets burned up.

Fiber

- Fiber (especially from vegetables) buffers (slows) fat storing hormones and enhances fat burning.



High Potassium Foods



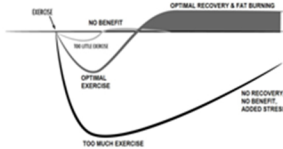
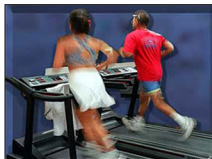
- Potassium allows sugar to be stored as sugar. Without potassium, sugar is forced to be stored as fat instead of stored sugar (glycogen). Potassium is needed to balance blood sugars. This is why people crave sweets when they are potassium deficient. Vegetables have the highest amounts of potassium of any foods.

Sleep

- Most fat burning occurs in deep sleep. When a person doesn't get at least 7 hours of quality sleep, burning fat can be non-existent.



Exercise



- Interval training (short bursts of exercise with lots of rest) will increase fat burning by 450% compared to sustained exercise (example, treadmill).

Intermittent Fasting

- Intermittent Fasting greatly reduces insulin this forcing your body to burn fat. Start with 3 meals, no snacks, then gradually pushing your breakfast later and later until you are at 2 meals only per day.



Hormone Triggers that Store Fat

Sugar

- Table sugar, brown sugar, and honey all increase insulin. In the presence of insulin, all 6 fat-burning hormones are nullified, even in small amounts.



Sugar + Protein



- Adding sugar to protein (example; meat) will increase insulin by 200%.

Excess Protein

- A larger amount of protein (> 9 oz) can increase insulin, the main fat-storing hormone by 200%.



Hidden Sugars



- This includes juice, sugar in flavored yogurt, vanilla yogurt, alcohol, or added sugar in deli meats.

Starches & Grains



- Potatoes, rice, grains (breads, pasta, cereal, crackers, muffins, etc.) all increase insulin, the main fat-storing hormone.

Fruits



- Fruits are sweeter than vegetables and obviously can trigger insulin. However, due to the amount of fiber in fruit, a greater amount of this process is slowed down. For this reason, I recommend avoid fruit and only consume 1/2-1 cup of berries per day.

MSG (Monosodium Glutamate)



- Oftentimes, MSG is hidden as other name as modified food starch. It is used as a flavor enhancer increasing appetite, taste and can spike the fat making hormone, insulin by 300%.

Estrogen



- Soy protein powder, soy milk, and soy protein isolate all can increase estrogen. Consume fermented and sprouted soy in small quantities (example, tempeh, tofu, and miso)

Stress

- Stress is cumulative. Stress activates the belly fat hormone called cortisol.
- Pain and inflammation can also increase cortisol.
- The more stress you experience, the more you need to sleep to counter the effects of stress on your body.
- Acupressure releases stress

