



GUIDE
TO
HORMONAL
BALANCE

INSIGHTS FOR LASTING CRAVINGS
AND WEIGHT MANAGEMENT.

CAT DILLON, RHN



ABOUT CAT

" Remember, greatness is not measured by the absence of struggles, but by the courage to rise each time you fall."

Welcome to my "Guide to Hormone Balance"! I'm Cat Dillon – a functional holistic nutritionist and somatic educator. With a background as a former professional chef and personal trainer, I bring diverse skills to help you achieve optimal well-being. Through a deep understanding of trauma-informed care and somatic training, I create a safe space for us to work together, restoring balance and vitality through nutrition, movement, and mindful living.

In this guide, we'll explore hormones and their impact on our bodies, from cravings to hunger cues and metabolism. Gain valuable insights to make informed choices for your health.

As a holistic nutritionist, I believe in nourishing our bodies with wholesome foods for overall well-being. Drawing from my culinary background, I'll share practical tips and recipes, making healthy eating enjoyable.

With expertise as a personal trainer and somatic educator, we'll incorporate mindful movement practices to enhance physical and mental health. Throughout this guide, empower yourself with knowledge and tools to promote hormone balance naturally. Create a lifestyle that nurtures your well-being and helps you thrive.

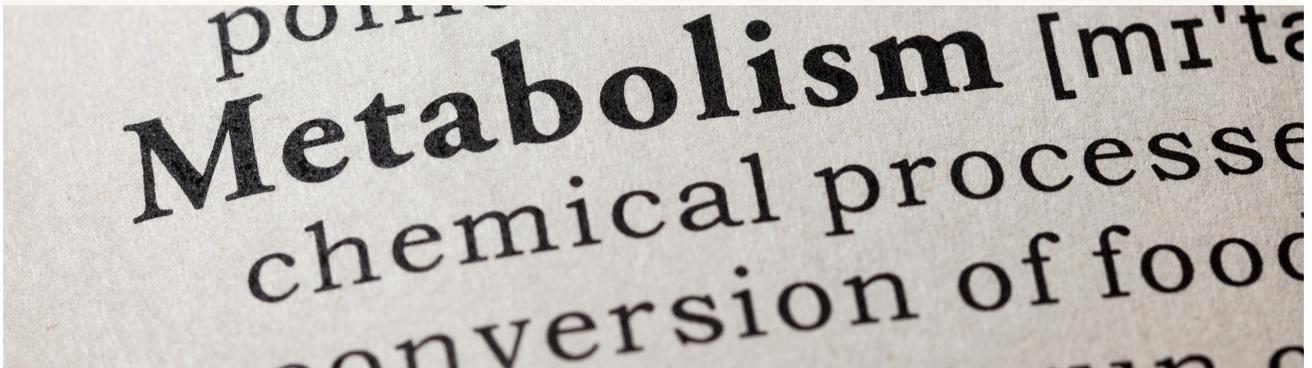
Ready to take charge of your hormone balance and embark on a transformative journey? Let's go!

WELCOME!

Welcome to your "Guide to Hormone Balance". I am thrilled to present this empowering resource, designed to offer essential insights and practical strategies for all of us navigating the complexities of hormonal changes, stress, cravings, and blood sugar issues during the midlife stage. I understand that this phase of life can present unique challenges and my goal is to provide you with a starting point for better understanding your body and fostering overall well-being.

As we go through midlife, we often encounter significant hormonal shifts, impacting various aspects of our physical and emotional health. From changes in appetite and satiety to fluctuations in blood sugar levels, this journey can be both enlightening and challenging. This concise yet comprehensive guide aims to shed light on the hormonal factors influencing hunger, stress-induced eating patterns and the critical interplay between hormones and overall wellness. Together, let's embark on this path of knowledge and growth to nurture ourselves and live our best lives in midlife and beyond.

Cat Dillon, RHN



REMINDER!

Remember to book your next session!

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1. Stress and Hormonal Response:

Stress triggers the release of various hormones that can impact appetite regulation and eating behaviors. Cortisol, often referred to as the "stress hormone," plays a significant role in this process. Elevated cortisol levels can lead to changes in hunger, satiety and food preferences.

2. Ghrelin and Hunger:

Ghrelin is a hormone that stimulates appetite. During periods of stress, ghrelin levels may increase, leading to heightened feelings of hunger and a desire for calorie-dense foods. Understanding the role of ghrelin in stress-induced hunger can help individuals make informed choices about their eating habits.

3. Leptin and Satiety:

Leptin is a hormone that signals satiety and helps regulate energy balance. Chronic stress can disrupt leptin signaling, leading to reduced sensitivity to its effects. As a result, individuals under stress may experience decreased feelings of fullness, potentially contributing to overeating.

4. Insulin and Blood Sugar Regulation:

Stress can influence insulin release and blood sugar levels. When stress hormones are elevated, insulin sensitivity may decrease, affecting glucose metabolism. Unstable blood sugar levels can trigger cravings and overeating. Being mindful of carbohydrate intake and considering stress management techniques can help maintain stable blood sugar levels.

5. Serotonin and Emotional Eating:

Serotonin is a neurotransmitter that affects mood and appetite. Stress can impact serotonin levels, potentially leading to emotional eating as a coping mechanism. Understanding the connection between stress, serotonin, and emotional eating can help individuals explore alternative stress management strategies.

Conclusion:

Understanding the relationship between hormones, stress, and their impact on hunger, satiety, and overeating is crucial for individuals of all ages. While this resource guide provides a *starting point*, to obtain personalized recommendations tailored to your specific needs, I encourage you to schedule a one-on-one session with me.

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1. Stress Management:

- a. Practice stress-reducing techniques such as mindfulness, deep breathing exercises, yoga, or meditation. These techniques can help lower cortisol levels, reduce stress and promote overall well-being.
- b. Engage in regular physical activity, as exercise has been shown to reduce stress and improve mood.

2. Hydration:

- a. Staying adequately hydrated is important in supporting overall health and hunger regulation.
- b. Keeping hydrated has been shown to assist in maintaining stable blood sugar levels and reducing the likelihood of mistaking thirst for hunger.

3. Cortisol Regulation:

- a. Adequate sleep: Prioritize quality sleep to help regulate cortisol levels. Aim for 7-9 hours of uninterrupted sleep each night.
- b. Balanced lifestyle: Maintain a balanced lifestyle with proper nutrition, regular exercise, and sufficient rest to support healthy cortisol levels.
- c. Limit caffeine and alcohol consumption, as they can affect cortisol production and disrupt the body's stress response

4. Protein Intake:

- a. Include high-quality protein sources in your diet such as lean meats, fish, poultry, eggs, legumes, and dairy products. These provide essential amino acids necessary for muscle and bone health.
- b. Aim for a balanced protein intake throughout the day, as this promotes muscle protein synthesis and helps maintain muscle mass. (30 g per meal minimum)
- c. Consult with a qualified nutritionist or dietician to determine your specific protein needs based on your age, activity level, and health conditions.

5. Muscle and Bone Optimization:

- a. Resistance training: Engage in strength training exercises at least 2-3 times per week. This helps build and maintain muscle mass, improve bone density and support overall musculoskeletal health.
- b. Ensure adequate calcium and vitamin D intake through dietary sources or supplements, as they are essential for bone health.
- c. Incorporate weight-bearing exercises such as walking, jogging, or dancing, as they promote bone strength and density.

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6. Nutrition and Glucose Regulation:

- a. Consume a balanced diet rich in fiber, protein, and healthy fats. This can help regulate blood sugar levels and prevent spikes and crashes.
- b. Avoid excessive intake of refined sugars and processed carbohydrates, as they can disrupt glucose regulation and contribute to insulin resistance.
- c. Regular physical activity, including both cardio and resistance exercises, can improve insulin sensitivity and promote glucose regulation.

7. Mindful Eating:

- a. Practice mindful eating techniques to enhance awareness of hunger and satiety cues, preventing overeating.
- b. Savor meals, eat slowly, and avoid distractions like electronic devices during meals.

8. Support Systems:

- a. Seek social support and seeking help from friends, family, or support groups to cope with stress and emotional eating.
- b. You may wish to look into professional counseling or therapy if struggling with significant stress-related issues affecting your eating behaviors.

9. Medications and Health Conditions:

Certain medications and health conditions may affect hormones, appetite and weight regulation. Here's a short list.

**Do not discontinue any medication without consulting your doctor, as abrupt discontinuation can lead to potential health risks and worsen medical conditions*

- Antidepressants (especially TCAs and SNRIs)
- Antipsychotics (e.g., olanzapine, clozapine, quetiapine)
- Mood stabilizers (e.g., lithium, valproic acid)
- Corticosteroids (e.g., prednisone)
- Antihistamines
- Insulin (in some cases)
- Sulfonylureas (oral diabetes medications)
- Tricyclic Antidepressants (e.g., amitriptyline, doxepin)
- Hormone Replacement Therapy (HRT)
- Beta-blockers
- Depot Medroxyprogesterone Acetate (DMPA)
- Progestin-Only Pills (Mini Pills)
- Valproic Acid