

Natural Healing Express Weekly

Column 370 Understanding Hormones and Metabolism, Part Four

Previously, we have been discussing hormones and how they physically work in the body. Last week, we chatted about stress disruption and weight control factors. This week, we will summarize and talk about ways to help balance your hormones. In essence, not that you understand what hormones are and how they work in the body, let's use it to your advantage.

First of all, know that weight problems do not develop because of lack of motivation, overeating or not enough exercise. Weight issues have evolved over the years to force your body to take on weight. On the evolution scale, we are still quite young. In a developed world, food is not scarce, but your body is still programmed that way. It really doesn't "know" that one day we won't be scrounging around the cave for a fajita.

I have heard a lecturer say that Obesity is in the top three of health challenges our species will ever face. It's an epidemic and we are getting fatter and fatter every day. Why is that? Well, my answer is simply this, Our Hormones have not yet been taught to balance in our new environment. It was last on the list. First, survive, second, learn to thrive, third, be fit. Most of us are still learning to thrive. And, sometimes, some of us, get fit, yet hit plateau after plateau and then begin to have issues in other areas. Sound familiar to any of my athletes? Well, let's just use our knowledge to see if we just can't "have it all". If you are going on a diet, let's make this your "last" diet. Let's stop guessing, but starting making educated responses. First, boost your metabolism. Ways to do that are turning down the heat in the house. When a body is warm, it does not burn as many calories. Many of us with hot flashes are happy to hear this! Second, Spice up your meals. Use warm spices such as chili peppers, cinnamon, ginger, cloves, mustard, vinegar and garlic. Third, Exercise just a little every day. I am aware that many of you are farmers, so I am not suggesting that you run a marathon after a hard day's work. I am only suggesting that those of you who may not be "moving as much", get up and get around a little. All we

really need here is a small increase in cardio or muscle activity to increase metabolism. Fourth, boost your muscle. Lift a few things, do a couple of squats or increase your CURRENT level of muscle by increasing a small amount of weight lifting.

Also, eat more brown fat instead of white. Typically, food that is colored white is of zero nutritional value anyway. Through complex brain-hormone interactions, the body learns to control its own temperature. A higher body temperature is a result of an increased metabolism. Non nutritional ways to increase brown fat are turn your thermostat down, exercise in cold weather, exercise in water, and sip on cold water all day long.

Next, balance your insulin. This could take a way column in itself, but the easiest way to do this if you are having a problem is to supplement with cinnamon. Last, learn your hormone identity and understand that hormones change as we age. If you still are having issues, please give us a call and we will help you get balanced!

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express