

Hormone Hacks

Fat burning tips, plus the #1 habit that's undermining your fat loss.



Picture this:

3 HORMONE HACKS:

Intermittent Fasting
Whole Foods
Stress Management

Before your alarm goes off, you wake up feeling energized and eager to greet the day. You start your morning routine and see yourself in the mirror -- you like what you see! You are lean, strong, and confident. Your mood is great and your stress is in check. You are calm and capable! You begin your day with focus and clarity.

Your energy is maintained through the day! You enjoy your dinner and feel satisfied when you're done. You fall asleep easily, and get a restful night's sleep. You wake up ready to get your workout in and wow! --you feel even leaner than yesterday!

Impossible, you say? No, just hormones that are in sync and working together to make your fat loss dreams come true!!

Hormones are chemical messengers that "make or break" your body's ability to burn fat! Read on to learn how to make your hormones your fat loss secret weapon!

Hack #1

Intermittent Fasting (IF) - The hormone stabilizer!

When you fast, insulin levels decrease and allow your body to burn fat rather than store fat. IF enables insulin levels to decrease low enough and long enough so that your body burns fat off!

IF also:

- Regulates insulin sensitivity, preventing chronic diseases.
- Balances ghrelin levels (the “hunger hormone”) to control appetite and cravings.
- Promotes human growth hormone (HGH) production to help burn fat, build lean calorie burning muscle, and promote anti-aging in the body.



HORMONE HACK: Swap out processed snacks for whole food options like fruit, nuts, veggies, and homemade protein bars. Your hormones will thank you!



HORMONE HACK: Start by pushing your first meal of the day back gradually! Try it!

Hack #2

Eat whole foods – naturally increase your nutrients and energy!

When you fuel with whole foods, you incorporate protein, fat, carbs, and fiber in their natural state, giving your hormones the tools they need to thrive. Processed foods and trans fats, on the other hand, cause major hormonal disruption-- bringing fat loss to a halt.

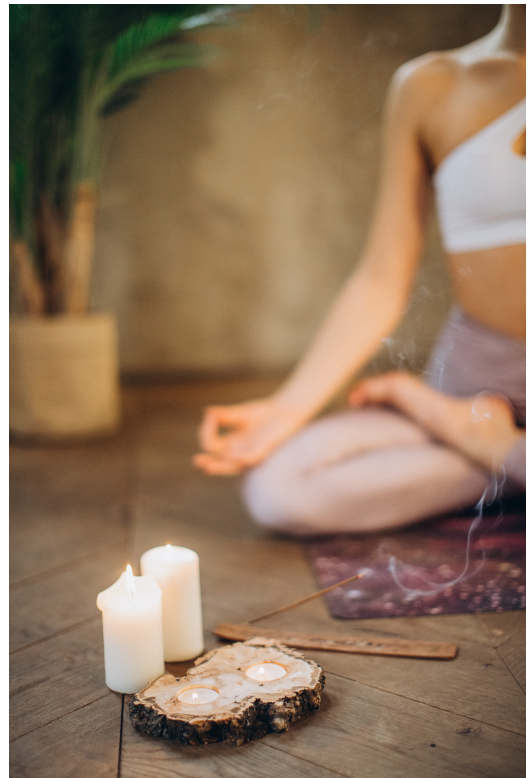
- Fibrous and cruciferous foods help metabolize estrogen.
- Healthy fats are the building blocks of hormones.
- Complex carbohydrates regulate cortisol, melatonin, and hunger hormones.
- Lean protein builds and repairs tissues, assists in lean muscle preservation, and helps with hormone synthesis.

Hack #3

A stressed body is a fat-storage paradise!

Elevated stress levels wreak havoc on your hormones and metabolism. If you're looking for a surefire way to store fat -- stay stressed. Stress comes in many forms from undereating and overexercising to chronic day-to-day stress that builds up over time. Here's why your hormones need you to chill:

- Stress raises cortisol, which causes you to store fat, especially around your waist.
- High cortisol also causes fatigue, depression, cravings, and worse!
- Cortisol suppresses your immune system, making you more susceptible to illness.



HORMONE HACK: Take deep breaths, practice gratitude, and prioritize self-care rituals!



BONUS HACK: Make note of your energy levels, workout performance, mood, hunger and cravings, skin quality, and the way your clothes fit in favour of relying on the scale to measure progress.

BONUS TIP:

Your daily weigh-in habit is undermining your progress and your hormone health.

Torturing yourself over that number on the scale each morning? Weighing yourself daily can become an obsessive and stressful behavior - hello cortisol spike and emotional rollercoaster! Not only does scale weight fluctuate based on a variety of factors aside from fat loss progress (such as sodium intake, digestion, PMS, and water intake) your preoccupation with that number can cause you to ignore the root cause of what's wrecking your hormones and what's truly causing you to gain and store fat. There are far better - and more hormone friendly - signs of progress to record!

Our next round is starting soon:

Don't wait to register! When you join the FASTER Way you'll receive:

- Comprehensive training by your Certified Coach, Dr. Natalie Cheng-Kai-On, ND
- Daily accountability and unparalleled community support
- Our highly-rated app
- Daily 30-minute workouts with modifications for all fitness levels
- Weekly meal guides with simple recipes (and no crazy ingredients!)



BENEFITS TO JOINING THE FASTER WAY

- ✓ WEEKLY MEAL GUIDES + RECIPES
- ✓ 30-MIN WORKOUTS FOR ALL FITNESS LEVELS
- ✓ SCIENCE-BACKED STRATEGIES THAT BURN FAT
- ✓ DAILY SUPPORT FROM A CERTIFIED COACH
- ✓ ACCOUNTABILITY FROM THE FASTER WAY COMMUNITY



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ARE YOU READY TO REGAIN YOUR **CONFIDENCE?**

ARE YOU READY TO BECOME A **STRONGER** VERSION OF YOURSELF?

But the best part?

You'll have the energy to play with your kids, the confidence you didn't realize was gone, and the health to live the life you deserve. Join today and receive immediate access to the app!

Try the workouts and meal guide BEFORE our next round officially launches. Connect with me to learn more.

Work with Dr. Natalie

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