

3 Hormone Hacks

Make your body a fat burner. Plus the #1 habit that's derailing your fat loss.



Picture this:

3 HORMONE HACKS:

Intermittent Fasting
Whole Foods
Stress Management

Your alarm goes off and you're energized and eager to greet the day, even before your coffee kicks in. You go about your morning routine and see yourself in the mirror -- you like what you see! You're feeling lean, strong, and confident. Your mood is high and your stress is in check. You feel calm and capable! You begin your day with focus and clarity.

As the day goes on, you continue to feel a pep in your step! 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 even feel leaner than yesterday!

Magic, you say? Nope, 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

WHAT: Intermittent Fasting (IF) - The hormone home run!

WHY: When you fast, insulin levels go down and fat cells release stored sugar to be used by the body instead of converted to fat. IF enables insulin levels to decrease low enough and long enough so that your body burns fat off!

IF also:

- Regulates insulin sensitivity, which prevents chronic diseases.
- Balances ghrelin levels (the “hunger hormone”) to control appetite and cravings.
- Promotes human growth hormone 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 a banana with almond butter, hardboiled eggs, nuts, hummus and veggies, and homemade oat balls. Your hormones will thank you!



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

Hack #2

WHAT: Eat sources of whole foods – a fat loss must!

WHY: Whole foods replenish and stabilize hormone levels. When you fuel with whole foods, you are 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.

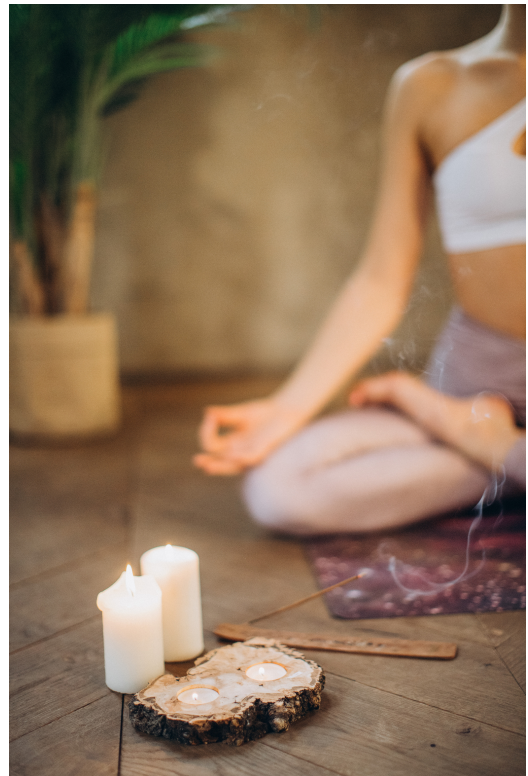
- Fibrous and cruciferous foods help metabolize estrogen.
- Healthy fats are the building blocks of hormones.
- Complex carbohydrates regulate cortisol, melatonin, and hunger hormones.
- Lean protein builds and repairs tissues, assists in lean muscle preservation, and helps with hormone synthesis.

Hack #3

WHAT: ZEN ZEN ZEN – a stressed body is a fat-storage paradise!

WHY: 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 PTSD to chronic day-to-day stress that builds up over time. Here's why your hormones need you to get zen:

- 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 favor of relying on the scale to measure progress.

BONUS TIP:

Your daily weigh-in habit is derailing 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, 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:

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- Comprehensive training by a Certified Coach
- 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

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- ✓ 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 BECOME A **STRONGER** VERSION OF YOURSELF?

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Work with Dr. Natalie

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