

Natural Healing Express Weekly

Column Volume 35 Stress and Belly Fat – The Connection Part Three

This week we'll list a few different ways to begin moving that belly fat. In the two weeks prior, we have discussed how stress chemically works in the body and how the body processes the hormones, increases the estrogen and adds to that extra "chunk" around the middle. Now, let's figure out how to reduce the spare tire.

Let's begin at a familiar angle – your food. One of the best ways to help flatten that belly is to consume lots of cruciferous vegetables. Their benefit to the body is the content of indole-3-carbinol (I3C) which make these vegetables critical to your belly busting plan. Examples are broccoli, cauliflower, celery, beets, kale, Brussels sprouts, turnips, radishes and collard greens. Spinach and asparagus are also great because they help to reduce estrogen dominance.

The second food group that will help with your belly busting are citrus fruits. They contain d-limonene and promote detoxification of estrogen. Examples of those are lemons, limes, tangerines, oranges and grapefruits.

The third item to add to your diet is insoluble fiber which helps to decrease exaggerated estrogen. Insoluble fiber is found in whole grains such as barley, couscous, brown rice, seeds, carrots, cucumbers, tomatoes and zucchini.

The fourth item which helps to bind the body's estrogen receptors therefore reducing estrogen activity is lignans. Examples of lignans are flaxseed, sesame seeds and flaxseed oil.

It is also suggested to consume at least one protein at every meal and preferably at snack time. Protein contains amino acids which are required for growth and the lean muscle maintenance. A higher protein diet also helps to produce peptide, which is a hunger fighting hormone. Good suggestions of lean protein are fish, especially wild salmon, omega eggs, black beans, chickpeas, veggie burgers, turkey burgers, almonds, pecans, walnuts, lima beans and chicken.

Now that your shopping cart is full, let's take a look at some of the foods to stay away from - particularly while attempting to bust the belly fat. By now, everyone is fairly aware of the super nasty foods, many of which contain aspartame – and you know my rant (shout out to my couple who were target shooting their full diet soda cans), so no need to re-rant.

This is just a polite, nicey-nice suggestion of what foods to waive off. First, reduce foods high in saturated fat – pork, ribs, bacon, ham, French fries, lard, cookies, and pastries, cream – you get the idea. All of these contribute to higher levels of estrogen in the blood- which contributes to that darling muffin top look. Is there a Barbie Muffin Top? Seriously?

Secondly, we want to eliminate simple carbohydrates such as sugar, white flour and white rice which all raise blood sugar levels and increase insulin which negatively affects hormone balance. Substitute with honey, agave and stevia and whole grains.

Third, reduce caffeine. Drinking more than three cups a day of coffee increases estrogen levels, so you guessed it, this helps to maintain chub-ette status. Even though you may have more energy, unless you dance all night at your favorite country bar, it's probably not doing you a whole lotta good. There are better ways to increase your energy. Stop by for some super nutrient spirulina.

And, last but not least, reducing alcohol will help break down that belly fat. Estrogen is metabolized in the liver, so if it is diseased (milk thistle) or overtaxed (yes, I'll have another) it is too busy to effectively break down the estrogen, which keeps the spare tire inflated.

Again, we are working to reduce stress, reduce cortisol, assist in reducing estrogen dominance and increase restful sleep. These factors, along with good nutrition as mentioned are of assistance in reducing the dreaded belly fat. I hope you have enjoyed this series.

I have been asked to delve more deeply into a series about how our emotions affect our health. As you might recall, we previously discussed the Theory of Feelings Buried Alive Never Die. Please get in touch with us if you have interest in this series. Reason being, I want to do a thorough job and would like to specifically address your areas of interest.

Next week, I should be at or near that famed race track in Indianapolis re-connecting to previous chapters in my life, so who knows exactly what one week topic I'll decide to cover before we start our series emotion. Godspeed.

As always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: Susan@naturalhealingexpress.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Susan Schafer or like Natural Healing Express