



HEALTHY METABOLISM



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Despite the age-old adage and simplistic view of “calories in, calories out” we now have a much deeper understanding of the factors influencing our metabolism. Often the real key to losing weight, and gaining energy, and a better mood lies within our hormones and hormone pathways.

Most diets won't work (especially for women), because they fail to address the hormonal root causes that are the most common reasons for weight loss resistance, like excess cortisol, insulin and/or leptin blockage, oestrogen dominance, a sluggish thyroid, low testosterone, and problems with the HPA (hypothalamic-pituitary-adrenal) control system.

The best way to get your hormones back on track and reinstate a healthy weight is to correct hormonal misfires with changes to the way you eat, move, think, and supplement. Start with the following suggestions:

- **Address nutrient deficiencies.** For instance, not enough vitamin C can lower your progesterone. Progesterone is nature's Xanax, so a deficiency makes you feel overwhelmed and anxious.
- **Reduce excess toxins.** Bisphenol A (BPA) is a good example: It can interfere with the oestrogen, insulin, thyroid, and testosterone messages in your body.
- **Improve sleep.** Sleeping 7 to 8.5 hours every night keeps cortisol in check.
- **Reduce alcohol intake.** Alcohol raises oestrogen and cortisol levels, robs you of deep sleep, and lowers metabolism by more than 70 percent.

Also, something to consider is genetic testing. This can guide us on the best ways for you to eat, move, think, and supplement to reach hormonal harmony and weight loss. I started genetic testing for my patients (and myself) some years ago now and it can truly help break through hormonal chaos and weight loss resistance.

As a Functional Nutritionist I absolutely love helping my clients solve their health puzzles. To achieve this, I develop personalised nutrition and lifestyle plans that are based on your symptoms and the analysis of relevant testing, such blood tests, hormone testing, and genetic testing.

Very soon I will be releasing an online masterclass for women wanting to do a deep dive into understanding their hormones and how to get the balance back. Sign up to my newsletter to find out more. [Click here](#)
You may also like visit my website www.vinka.co.nz or join my Facebook and Instagram page to get regular tips and vinkarisms on a weekly basis!

I believe we all have the right to feel good!! My mission is to get you controlling your hormones rather than being controlled by them!

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