

KetoSlim

Your Professional Weight Loss Program

Keeping you Informed & Motivated!

- Issue No. 6

Did You Know That Hormones Can Affect Your Weight Loss?

In order to lose weight most people generally think a change in diet and exercise is all that is required. Obviously diet and exercise are very important, but other factors can slow down weight loss, even if you are doing all the "right" things in terms of diet and exercise. For example, hormonal imbalances can affect your ability to lose weight. If you are suffering from persistent fatigue even when you are getting plenty of sleep, are having unexplainable mood swings, are menopausal, or stressed, you may be suffering from hormonal imbalances.

There are many different hormones that can affect weight loss, including

- **Cortisol:** When you are under stress, cortisol (stress hormone) levels increase. This in turn increases your appetite and more fat is stored around the waist, and this decreases metabolic weight so you don't burn calories as effectively.
- **Insulin and Serotonin:** Serotonin is a neurotransmitter released in the brain that makes you feel good, feel satisfied and prevents cravings. When you are stressed, depressed or have anxiety, serotonin decreases and can trigger cravings for high carbohydrate foods that give serotonin a quick boost. Long-term this raises insulin, which is the hormone that makes you store more fat and leads to a cycle of cravings and over-eating.
- **Oestrogen:** In women, oestrogen is another hormone that can fuel weight gain, particularly around the hips. If you suffer from premenstrual symptoms or menopausal problems, your oestrogen levels may be out of balance, which could be affecting your weight loss.
- **Testosterone:** In men, low testosterone increases body fat that tends to accumulate around the stomach.

If you think hormones may be a contributing factor in slowing down your weight loss, talk to your KetoSlim practitioner today!

KetoSlim Success Story of the Month

Shirley, 37, from Brighton, Melbourne

Shirley was an overweight mother of two. She had never been overweight until after having her children. Shirley's practitioner put her on the KetoSlim program, which she found very easy to follow, especially as she didn't have to cook separate meals for the rest of the family. She also joined the local gym, and she consistently lost 1 kg per week over a period of 6 weeks. It was then that her weight started to plateau, so she started changing her exercise routine to kick-start the weight loss again until reaching her 10 kg weight loss goal. Two years after losing this weight, she has managed to keep it off, is still exercising 6 days a week and is looking and feeling fabulous!

Exercise Tip of the Month Circuit Style Exercise!

Circuit training requires you to perform a series of exercises, for cardiovascular fitness and resistance, in a circuit. Complete at least three sets of all exercises in a circuit style (where you move through certain exercises, consecutively in a circuit, and without rest, before starting back at exercise one again) for approximately 1 minute each, depending on your fitness level. Arrange your exercises in order: lower body, upper body, abdominals, lower body and upper body (e.g. squats, seated rows, chest press, bicep curls, tricep dips and sit ups). Try to do the program every second day. On every other day of the week, use a pedometer and aim for at least 12,500 steps.

Ketoslim Recipe of the Month

Asian Chicken Soup

- Ingredients:

- 2 garlic cloves, finely chopped
- 1 long red chilli, and finely chopped
- 1 lemongrass stem, white part only, finely chopped
- 2 cm cube fresh ginger, peeled and finely chopped
- 2 spring onions, chopped
- 2 tbsp olive oil
- ½ tsp sesame oil
- 1 litre chicken stock
- 1 ½ tbsp fish sauce
- 2 tbsp lime juice
- Salt to taste
- 3 chicken thigh fillets, fat removed and finely sliced
- 10 mushrooms, sliced
- 1 bok choy stems and leaves, sliced
- Small handful coriander leaves, chopped
- 8 basil leaves, chopped

- Method:

Heat olive oil and sesame oil in a heavy bottomed soup pot. Add garlic, chilli, lemongrass, ginger and spring onions and fry until fragrant (almost browning). Add chicken stock and bring to boil. Reduce heat to a simmer, and add fish sauce, lime juice, sugar and salt to taste. Add the chicken and mushrooms and simmer until almost cooked, approx 5 minutes. Add bok choy stems and simmer until tender, approx 2 minutes. Remove from heat, add bok choy leaves, coriander and basil, stir well and serve into large soup bowls.

Serves: 2

Protein per serve: 20g

Carbohydrate content: 1½ cup vegetables

