

## Hormones on a diet

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Monotony is the enemy of the plate of female body. In each stage of the cycle need him after all the other ingredients. With a good diet, hormones start to work in your favor and provide a slim figure. Great strengthening: lean meat and citrus.

In the early days of the cycle there is weakness and drowsiness. That's because during the menstrual bleeding is the body through a lot of iron. It is worth at that time take care of a diet rich in this element. It is an excellent source of meat, particularly liver. It provides the form of heme iron, that is, that the body absorbs more easily. Some legumes, such as red beans and lentils, are indeed more of this element than meat, but in a less absorbable. In addition, the pods contain vegetable substances, phytates, which prevent the absorption of iron. In addition, beans and peas, as well as wholemeal bread and dried fruit, dramatically aggravates digestion. At that time, the best to avoid them, because often compounded by the accompanying menstruation diarrhea. Shall be guilty of uterine contractions, which lies close to the colon. In the early days of the cycle is best to choose lean meat, because the excess of animal fat in the diet, hormonal storm fuels in the body, responsible for being worse and cramps during menstruation. Can be alleviated with ginger tea, because it contains, plant substance that helps relax the muscles. Meat dishes combine the best of the salads with peppers and cabbage. They concluded vitamin C enhances iron absorption. For the same reason for the dessert to eat kiwi or an orange, a rich source of ascorbic acid. Follicular phase (7-12 days) In good time for slimming: broccoli, peas, cabbage, and liver. Estrogen levels are soaring, which adds confidence and energy. The easiest way to start dieting now, because we have plenty of strength exercise. This excessive appetite disappears before menstruation and can easily stick to the diet. Estrogen is also responsible for the increased desire for sex. Since a few days the chance of getting pregnant increases, now we take care of a menu rich in folic acid, or vitamin B9. In the first days after fertilization in the body, it is not enough, the fetus is exposed to congenital defects of the nervous system. Vitamin B9 may also cause miscarriage or premature birth. The best source in the winter diet are dark green vegetables such as broccoli, cabbage or peas, and offal such as liver. For the forthcoming ovulation strode went well, now we eat fewer processed products, namely biscuits and crisps. Contain harmful trans fats, which interfere with the female hormones act as needed. Scientists say that eating just 4 grams of trans fat per day reduces the ability to get pregnant. So much for the average contains one bud. Of assisting the body: multi-grain bread and soybeans. In those days, you can get pregnant. To increase the chances of your child, you should eat three daily servings of foods rich in carbohydrates, which is dark wholemeal bread and pasta. Then the blood insulin level will be stable. It's hormones remain in equilibrium, the ovulation will be correct. It interferes with a diet rich in white bread, sweet drinks, and animal protein. Now well turn them into soybean. Vegetable protein in the diets conducive to conceiving a child. It should also drink whole milk, a source of vitamin D. Its absence reduces fertility in fact. Ovulation or interfere with vitamin E. You can find it in oils such as sunflower. Luteal phase (16-28 days) Appetite defeated: fish, brown rice and dried fruit. Estrogen levels fall, and progesterone enters the scene. This means that the amount of serotonin in the blood decreases and being glides down. We feel like a momentary mood corrector, such as sweets. That's because serotonin is governed not only humorous, but appetite. Scientists confirm that at that time, women eat daily cycle of up to 200 calories more than usual. This can make it, gain weight during the year up to seven kilograms. So now we put on low-calorie dish, but hearty. Best to combine protein with complex carbohydrates such as chicken with rice. Greater appetite during the luteal phase that trick the body, which hopes to make up deficiencies of vitamins. For their "resort" is responsible for high levels of estrogen. Now, there is no particular vitamins from group B. Many have their rice, dark pasta, meat and nuts. Calm before the storm. Swollen belly, the three kilograms more weight, insomnia, and moodiness. These are the symptoms of the last few days of menstruation. To reduce, to the diet we introduce products rich in vitamin B6, or fish, poultry, and dark bread. This will help remove excess estrogen from the body and alleviate symptoms of PMS-in. Vitamin B6 also improves the mood because he cares about the cells of the nervous system. Also promotes the absorption of magnesium, which also soothes nerves. Most of it is it in nuts, sunflower seeds and cocoa beans. Due to excess water in the tissues of the stomach looks like a swollen, well so avoid products that promote the release of gases, such as cabbage or peas.