June Newsletter

3 Great Ways to Reduce Your Belly Fat



Homemade granola-Homegrown berries

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Hello

We all want to look better in order to feel better, but the information on socials can be both confusing or plain wrong and potentially harmful.

All I ask is should any of the tips below peak your interest, please consider one food habit you will change this Summer. Write down what one healthy food you will replace or add to your current diet, along with which time of day and how often.

Be that rare individual committed to improve yourself just 1% each day. It's such a powerful mindset to have and will improve your chances of a happier healthier longer future.

Change for the better does take time but -

As Thomas Edison said 'I have not failed, I just found 10,000 ways that won't work. Attempt 10,001 could be your lightbulb moment too !

Good luck and remember that I'm here for you.

Your feedback helps me to better support you.

Reduce excess oestrogen in fat cells With More Fibre and Less Saturated Fat

Yes that includes you gentlemen !

Why this Matters

Put simply, as oestrogen and testosterone declines around midlife. Our liver can't metabolise fats as well as before, and we develop hormonal imbalance which contributes to endocrine dysfunction. One result of this is more body fat especially at the belly, both in men and women. What's more, excess fat cells store more oestrogen which lowers progesterone and testosterone further, driving further unwanted mid life changes both in men and women. This includes belly fat.

Make it Easy

- Adding more fibre to your diet helps to reduce excess oestrogen in fat cells.
- 30g of fibre daily is a great goal.
- Remember to drink more water with it.

90% of us don't eat enough
Soluble Fibre
Add some berries & beans to meals

Fibre doesn't have to be fibrous, chewy and unpalatable. Great sources of fibre can easily be added to your breakfast, lunch and dinner

Why this Matters

- Helps lower cholesterol and blood sugar levels.
- Increases satiety.
- Supports healthy gut bacteria.

Make it Easy

- Add oats nuts seeds raspberries to your breakfast.
- Throw a handful of beans into your dinner
- Did you know that avocado is a great source of fibre

90% of us don't eat enough
Insoluble Fibre
Eat more raw fruit & veg

Why this Matters

- Promotes regular bowel movements, prevents constipation, and speeds the passage of food through the stomach and intestines.

- You stomach is full with less calories. You feel full with less calories.

Make it Easy

- Replace white bread, rice and pasta with their wholewheat brown counterparts. They often taste better too.
- Don't peel fruit & veg where possible. The skins are rich in both fibre and nutrients

Bonus tip
Considering Weight Loss injections for Summer?

Beware of frailty risk, muscle loss, water loss.
Where are your vital nutrients coming from if you're not hungry ?

Maintain good intake of protein and water throughout your treatment.

Satinder Sanghera is a**n** NHS & Private GP, UKIHCA registered Health Coach, Lifestyle Medicine doctor, Lifestyle Menopause & NLP Practitioner with a background in leadership. She helps high performing professionals who feel exhausted, overwhelmed or stuck due to life or health challenges.

Satinder knows how hard it can be to walk through change, having navigated personal traumas, disability, life-threatening and serious health conditions over 40 years.

Satinder teaches **sustainable, simple strategies** that help her clients reclaim their energy and feel like themselves again.



Stay Well

Dr Satinder

GP & Lifestyle Medicine Doctor

Lifestyle Menopause / NLP Practitioner,

UKIHCA registered Transformational Health Coach

DrSatinder@growyourlife.health / 07789 640421

SKS Medical Ltd trading as Grow Your Life

Woodside North Lane Killerby, Darlington

United Kingdom

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