



GemeyLovesKeto.com

Week 4

Gemey@GemeyLovesKeto.com

Eating For Your Hormones, Controlling Your Cravings and an Intro to Intermittent Fasting

Hormones

Men are from Mars... and their cycle lasts 24 hours. Women are from Venus... and our cycles last 28 days!

Ladies, when we can eat to SUPPORT our hormones, versus eating because we are hormonal, our bodies – and minds – feel so much better. Why spend half of each month – practically half of our lives! – miserable, bloated, and craving everything but the kitchen sink? We can prevent crazy hormone symptoms with delicious, ketogenic foods. Even if you no longer get a period, this is useful information as your body is still changing monthly. During the menstrual phase of your cycle your body is calling for proteins and fats.

This is a week to stay very low in your carbs and really focus on upping your fats and proteins.

The follicular phase is when you should be focusing on fermented foods – sauerkraut, kimchi, pickles and pickled veggies (beware of added sugars!), and raw cheeses, if you can tolerate dairy. Your body is preparing for ovulation and is asking you to take care of your gut health. If you're not yet taking a probiotic, now is the time to consider it.

While we are ovulating, our bodies love raw foods. This is a week to load up on avocados, coconut milk, raw cacao or cocoa powder, salads, and raw seeds/nuts. My favorite "raw" treat during ovulation week is the Bulletproof Get Some Ice Cream, and I have it left over from my menstrual week when I'm focused on proteins and fats!

The luteal phase is most well-known for PMS symptoms - feeling tired and emotional.

But it doesn't have to be that way, and if you are eating to support your hormones, it won't. This phase calls for fully cooked foods. Instead of raw salads, go for a bowl of roasted veggies, drenched in butter or ghee, and some tasty protein slow cooked in your crock pot or Instant Pot.



Controlling Your Cravings

Listen, carbs and sugar are incredibly addictive, and the cravings can be tough to kick.

The best way to stay in control is not to think of something as: “I can’t have it!” But instead, “I don’t want it!” Get into the mindset that you don’t want to cheat because it doesn’t make you feel good. A moment on your taste buds is not worth sacrificing your health. There are plenty of ways to treat yourself with ketogenic foods!

The word “restriction” does not need to exist in your ketogenic vocabulary.

See the graphic below for some ideas:

Controlling Your Cravings	What You Need	What To Eat
Chocolate	Magnesium	Nuts/Seeds
Sugary Foods	Chromium	Broccoli, Cheese
	Carbon	Spinach
	Phosphorus	Chicken, Beef, Eggs
	Sulfur	Cauliflower, Broccoli
	Tryptophan	Cheese, Lamb, Liver
Bread, Pasta, Carbs	Nitrogen	High-Protein Meat
Oil, Fatty Foods	Calcium	Cheese, Broccoli, Spinach
Salty Foods	Chloride	Fish
	Silicon	Nuts/Seeds



GemeyLovesKeto.com

Week 4

Gemey@GemeyLovesKeto.com

Intro to Intermittent Fasting

Just like the other “F” word – “fat” – fasting gets a bad reputation.

There are numerous studies suggesting that fasting actually improves brain function and helps to prevent some cancers.

For so many years we have been taught that breakfast is the most important meal of the day, and that we need to eat every 2-3 hours to keep the metabolism working. Not only is this not true, but eating during the majority of your waking hours does not allow the body to properly digest food, and you likely consume more food than you need.

As you have become keto-adapted and your body is burning fat for fuel, you have likely noticed that you are not hungry as often as you were when eating low calorie, low fat foods. Perhaps that bulletproof coffee is keeping you full until well into lunch time, or you find that breakfast and lunch carry you throughout the entire day.

One of the most common fasting practices is to shorten the feeding window to an 8-hour period, and fast for 16 hours. During the 16 hours of not eating, about half of those hours are spent sleeping. It does not matter when you start the 8-hour feeding window; do what works for you. I personally tend to eat my first bite of food around 12pm, and my last bite by 8pm, however, if I am hungry earlier or later, then that is when I eat.

There is no right or wrong way to practice intermittent fasting, though I will say that if weight loss and more restful sleep are priorities, it is best to stop eating at least two hours before bedtime.

Something else you may encounter: feeling hungry when you're already at your carb limit for the day. If and when this happens, first you need to ask yourself if you're REALLY hungry or just bored. The last thing you want to do is eat because it's something to do and the food is there. Eat when you are hungry and appreciate your food. If you are actually hungry, go for water (especially water with lemon and a dash of salt - it helps maintain pH levels and gives you a dose of electrolytes) then try some broth. If hunger still persists after 20 minutes, go for a small piece of protein smothered in some olive or coconut oils. Finally, just go to bed! Who couldn't use a little more rest anyway?!

Intermittent Fasting is as simple as this: Eat when hungry. Drink when thirsty.