

# Women's Health

Rebecca Wilson - Single Step Nutrition



# Who Am I ?



## Importance of Nutrition for overall health

“Let food be thy medicine and medicine be thy food”  
Hippocrates

Gastrointestinal Health, Hormone Balance, Metabolism, Weight Management



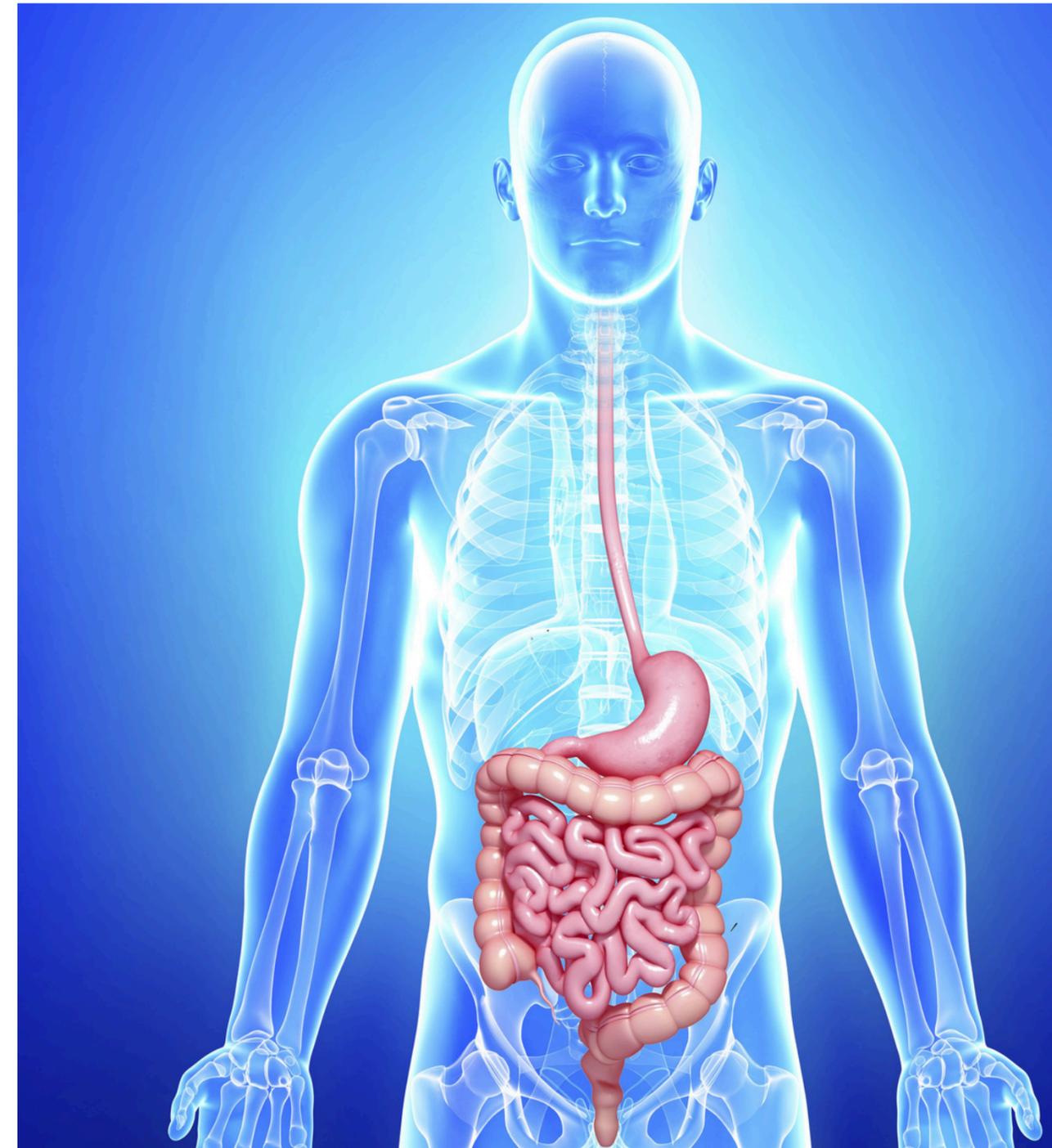
# Gastrointestinal Health

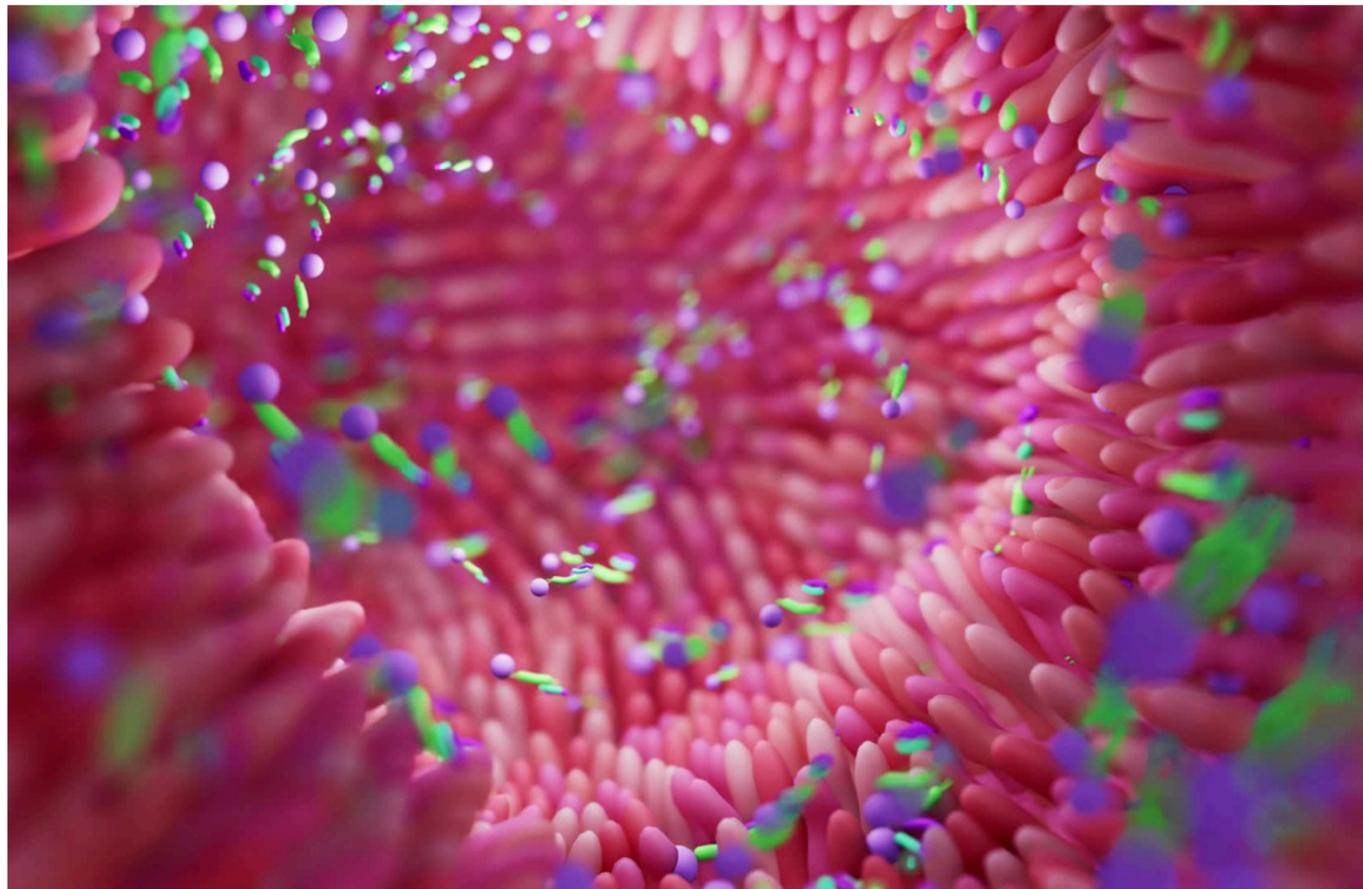
A healthy gut supports;

- Digestive health,
- Immune function (70-80% of immune cells present in gut)
- Blood sugar balance
- Nervous system health
- Mood stability
- Serotonin production (Happy hormone)
- Nutrient Absorption
- Weight Management

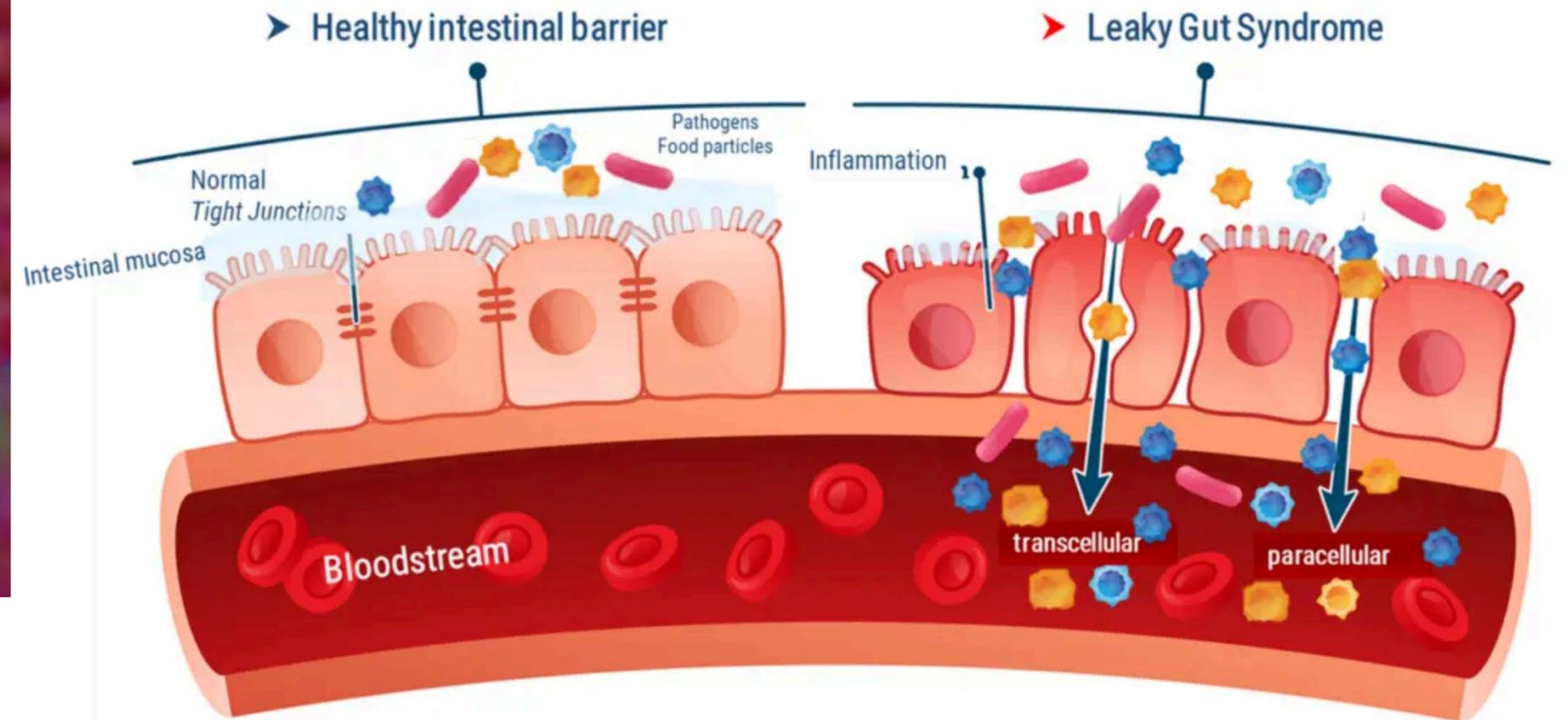
Things that can disrupt a healthy gut

- Antibiotics
- NSAIDS (non steroidal anti-inflammatories)
- Processed foods
- Stress
- Toxins
- Low stomach acid
- Auto-immunity
- Dehydration





## Impaired barrier of the small intestine (leaky gut)



A healthy gut works like a cheese cloth, allowing only nutrients through, but keeping larger food particles and pathogenic bacteria, yeast and parasites out. In a leaky gut, the tight junctions are loosened so undigested food particles and pathogens can get through and activate the immune system, causing inflammation and food sensitivities.

Over time, chronic dysbiosis and the translocation of bacteria and their metabolic products across the mucosal barrier may increase prevalence of type 2 diabetes, cardiovascular disease, inflammatory bowel disease, autoimmune disease, and a variety of cancers

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7602490>

# How you can support Your Gut

Key elements for a healthy Gut:

- Fibre (fruits, vegetables, whole grains, pulses, legumes)
- Probiotics / Prebiotics (homemade sauerkraut, live yoghurt)
- Staying hydrated

**Aim for 30 plants a week according to 'The American Gut Project'**

Foods:

Live yoghurt, Kefir, Kombucha, Kimchi, Tempeh

Whole grains - Oats, Brown rice, Quinoa, Buckwheat, Millet

Fruits,

Vegetables

Pulses

Nuts and Seeds

- Reducing Stress where possible
- Slowing down to eat your food mindfully
- Eat less processed food and cook from scratch



# Hormones

Hormones are chemical messengers that have an affect on your mental, physical and emotional wellbeing. There are over 200 in the body.

These chemical messengers are part of the endocrine system and help with;

- growth and development
- metabolism and digestion
- fertility
- stress and mood

Things that can disrupt hormones;

- alcohol
- artificial sweeteners
- pesticides
- stress

Regulating body weight and blood sugar levels with a diet rich in good fats, protein and fibre can help balance hormones.



# How to balance Hormones

Key Nutrients that are important for balancing hormones are;

- Omega-3 fatty acids
  - B vitamins
  - Magnesium
  - Selenium
- 
- Fish rich in omega 3 - salmon, mackerel, anchovies, sardines and herring
  - Leafy greens - kale, spinach, collard greens
  - Cruciferous vegetables - broccoli, cauliflower, cabbage and kale
  - Nuts - brazil, walnuts,
  - Seeds - chia, sunflower, pumpkin and linseeds

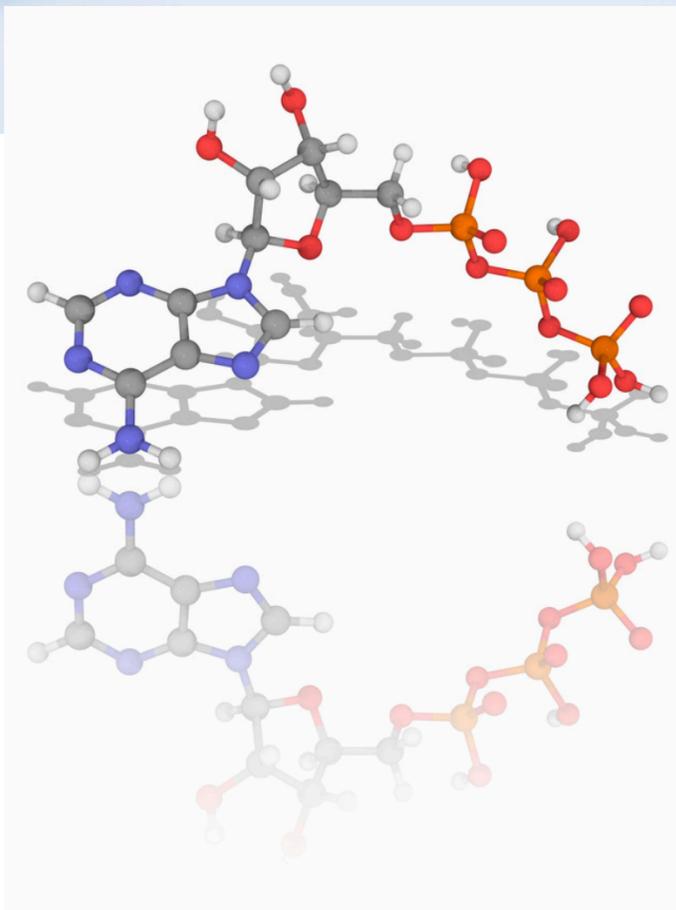
Add seeds and walnuts to porridge or yoghurt for rich omega-3 breakfast  
Salmon with steamed vegetables for lunch/dinner

Manage stress - Yoga, Breath work, Meditation  
Exercise is also beneficial for balancing hormones  
Manage sleep patterns and getting enough sleep



# Metabolism

Biochemical reactions within a living organism which are necessary to maintain life.



# Healthy Metabolism

Metabolism is a series of processes that control how your body creates and uses energy.

Efficient metabolism supports;

- healthy weight and energy levels
- blood circulation
- body temperature control
- muscle contraction
- food digestion
- nerve and brain function
- waste removal

What can slow down metabolism

- muscle mass
- sex
- age
- movement





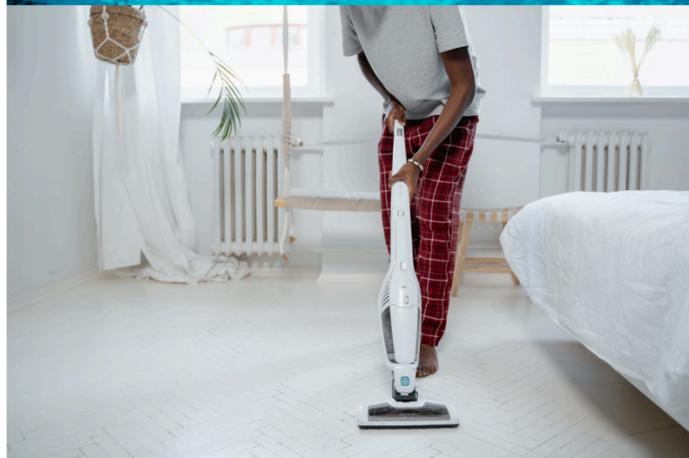
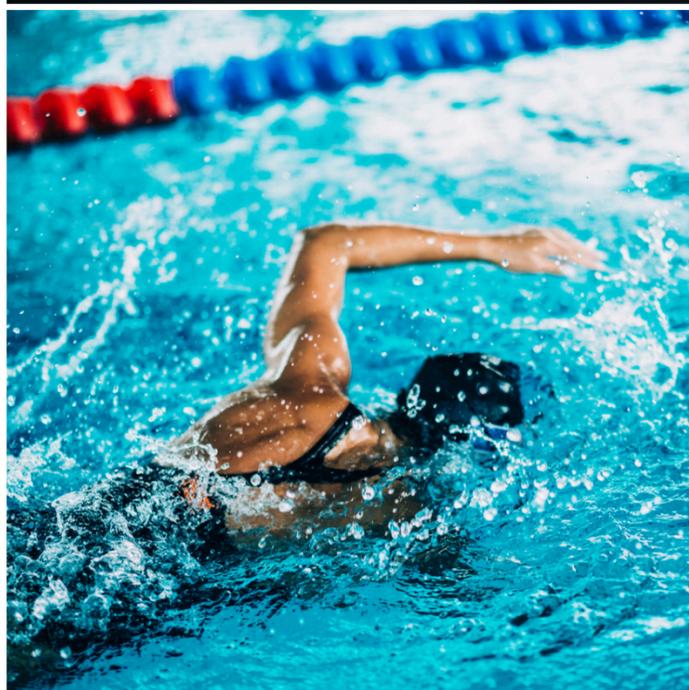
# Supporting Healthy Weight Loss

Approach: Focus on sustainable lifestyle changes

Key Strategies: Portion control, mindful eating, balanced diet

Foods: Vegetables, whole grains, lean proteins, healthy fats

Tips: Avoid crash diets, keep a food journal



# Exercise for Support

Enhances metabolism,  
Supports hormone balance,  
Aids weight management

Relieves stress

Releases endorphins for mental health

Types: Strength training, cardio, flexibility exercises

Aim for 150 minutes of moderate exercise per week

Strength training twice a week

Find activities you enjoy, incorporate movement into daily routines

I class cleaning my house as a movement activity



# Incorporating Foods into Meals



Breakfast: Greek yoghurt with berries and flaxseeds

Lunch: Quinoa salad with mixed greens, falafel, and avocado

Dinner: Grilled salmon with sweet potatoes and steamed broccoli

Snacks: Almonds, carrot sticks with hummus



Snack: Date, small handful of nuts and piece of dark chocolate





# Summary

Balanced diet using whole foods

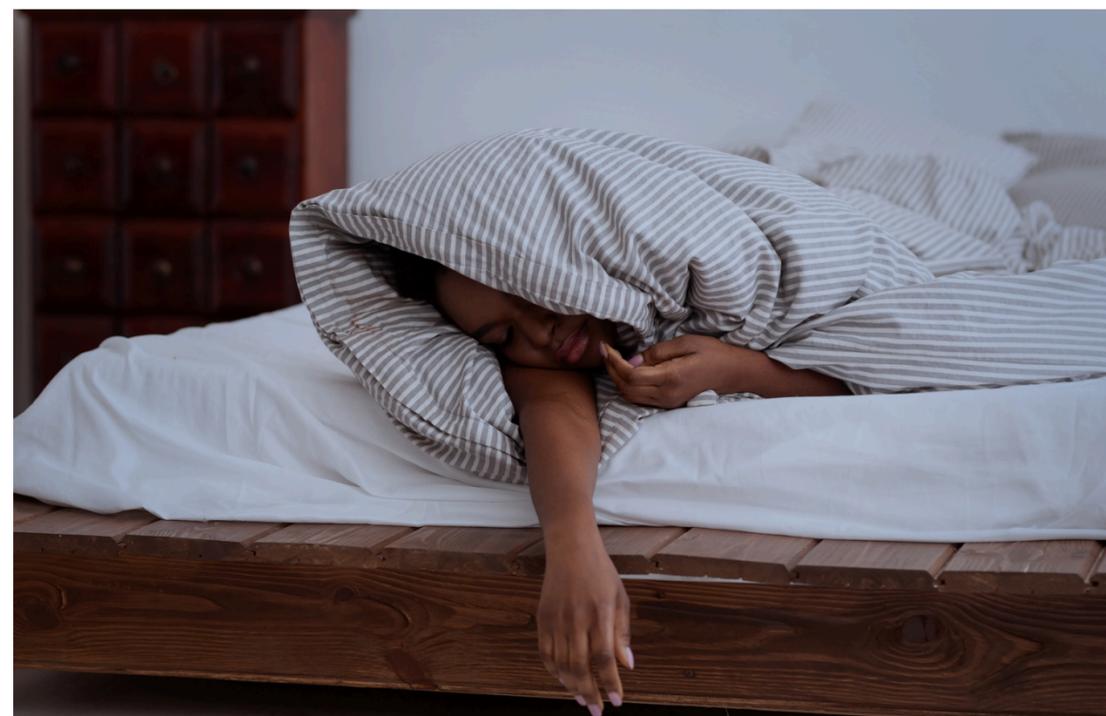
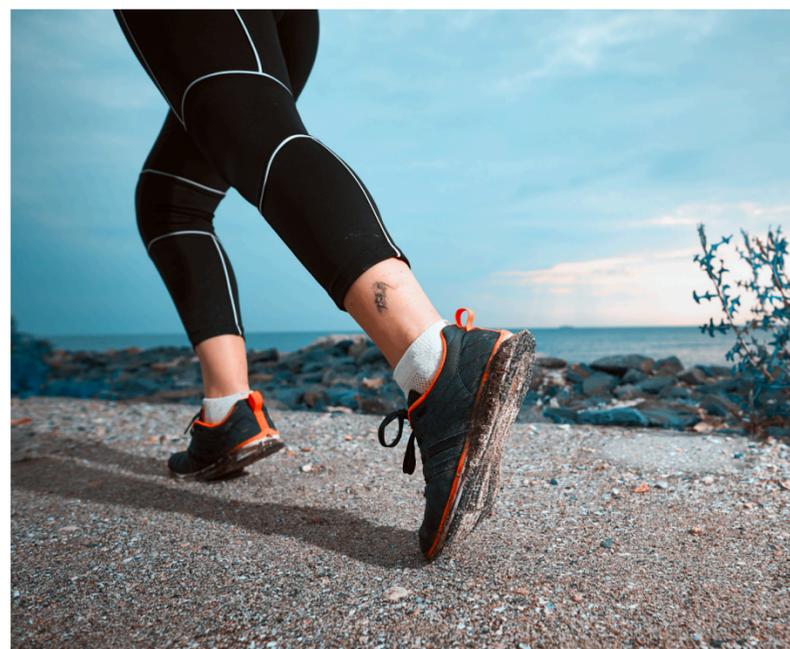
Regular exercise / body movement

Stress Management

Prioritise sleep and rest

Listen to your body

Set realistic goals, seek support if needed



# How you can work with Me

I offer free 30-60 minute Health and Energy Checks to establish what your health goals are and the 12 week programme that would be suitable for you.

Book today 07840364779

Complete an enquiry form on my Website [www.singlestepnutrition.com](http://www.singlestepnutrition.com)

Or come follow me on Instagram  
@singlestepnutrition

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