

# How I Ended Emotional Eating to Lose Weight



**My Freebie contains 5 tips to finally losing weight and finding hormone happiness, WOO HOO!**

**Hi, I am Alane Wincek. I am a top holistic nutritionist with over 30 years of experience. I can help you find hormone balance so you can lose weight easily**





**Protein Power** (eat more protein!) Protein locks blood sugar into place, preventing blood sugar from ups and downs. A healthy protein intake for lean muscle mass is 60-80 grams daily, which helps us to look slim and feel strong. Protein also allows us to be more active in life.

**Saliva Hormones** (your "true" hormones) Saliva tells what is bio available; it's 100% more accurate than blood. Hormones can be low in the blood and high in fat cells, preventing weight loss. Once I got this fixed, my hormones balanced, my confidence went up, and my weight went down.

**Thyroid Truths** (Not Just TSH) A "functional" or healthy TSH level is 2.0 or lower. Traditional labs say it should be 4.5 or lower. So what happens to people between 2.1 and 4.4? They cannot lose weight, no matter how little they eat! And don't leave out Free T3 and Free T4; they matter too! All parts of the thyroid matter to your metabolism, not just TSH.

**De-Flamed (bye-bye inflammation)** Many people get a healthy wake-up call when their inflammation levels are up. You may look and feel "swollen" and inflamed. Some markers that are tested are: crp, homocysteine, leptin, insulin, and fibrinogen. I adjusted my diet, and the inflammation levels were way down the following time labs were run. Phew!

**Cellular Hydration** (water, water, water) Blood tests always show dehydration. It matters! If you are dehydrated, your body is holding onto fat. You cannot release fat unless you are hydrated well. I made sure to drink half my body weight in ounces, and things started to move out, including toxins from fat cells. You could have clearer skin, softer hair, and leaner hips.

**I hope you like these five tips I have used to help me lose weight. Pick one and implement it today.**

**This Freebie is just the tip of the iceberg. In my E-BOOK " Metabolic Mastery: Science-Based Secrets for Women Over 40", I share more of what I have learned over the last 30 years. This way, for only \$19.97, you can take what you have learned and achieve metabolic mastery too! WOO HOO!**

*Hugs and Love,  
Alane*

