


☐

I'm not robot

  
reCAPTCHA

Continue

## Soaked almonds for weight gain

Share on PinterestIf you'd told me a year ago that I would be OK with gaining 30 pounds in the next 12 months, I would have laughed at you. On the list of things I definitely didn't want to happen to me, gaining weight would have been fighting for the top spot, right alongside being banished to a deserted island with Donald J. Trump. After all, it was just last year that I was at the lowest weight I'd been in my adult life. Of course, that was also the lowest point in my life across the board, but I took my lean figure as a sign that I was succeeding in at least one aspect. In hindsight, I was so very wrong. My weight is not something to be proud of in and of itself. Likewise, my body isn't a work of art that I must perfect for the consumption of onlookers. Right now, it still feels strange to be OK with my body even though it's not as lean as it could be (or has been). But if I've learned anything by gaining 30 pounds in the year since I began my recovery, it's that our bodies are pretty damn amazing. After spending over a decade being body-conscious to the point of compulsively checking my weight, measuring my thighs, and restricting my food, I can say that I have reconciled my relationship with my body: I've finally found the beauty in gaining weight. If This Woman Can Feel Sexier in the Photo on the Right, You Can Too! It can be easy to decide that we want to "win" at weight loss the same way we want to win a trophy or a board game. But much like a gridlocked game of Monopoly, yo-yo diets can just make us feel like we're playing an interminable match against ourselves. But I've learned that health isn't a game that can be won. Being healthy doesn't have a finite ending, and while we can achieve specific fitness goals, this competitive perspective isn't good for us. I previously thought I could run a couple half-marathons and be content with my accomplishments, but I've realized that being healthy is really a proactive, ongoing process. We should always try nourish our bodies, exercise them, and show them love. That said, I sometimes think that I should feel defeated for gaining 30 pounds in a year. But these days, I don't feel that way at all. Sure, it would be nice not having to do the Electric Slide to fit into those expensive jeans I purchased last year. (Although let's be real: Having an excuse to wear leggings 24/7 isn't the worst thing in the world.) But more than anything, after a decade-long battle to comprehend the futility of being obsessed with the scale, I finally get it: it's not just the lesson that our bodies aren't games we play; it's that our weight (and more importantly, our well-being) isn't a static number we should be aspiring to. We can lose weight, we can gain weight, and we can maintain weight—and as long as we're aware of our choices, each of those can be just fine. Besides the fact that the scale isn't the most accurate reflection of our fitness level and overall health, our fitness—just like any other aspect of our lives—is going to have peaks and valleys. For me, it's hard to say whether this past year of gaining weight was actually a peak or a valley from a health-minded perspective. On one hand, yes, it's fair to say that I justified a little too much Ben & Jerry's. On the other hand, because of my newfound recovery, I was purposely relaxing on what had become an obsessive relationship with restricting food and working out. So while I gained 30 pounds, I also gained confidence, strength, coping skills, and a whole bunch of great memories. I've come to embrace all that my body can do. My body has carried me through 13.1 grueling miles in the summer heat. My body has stood the test of long days at work and long nights at the gym. My body may one day carry a child and create breast milk. My body might even complete that miraculous cycle more than once. I know I need to cut back on the moscato while I'm watching Vanderpump Rules and get to the gym more often, but everything in moderation, right? I do plan to (slowly, patiently) shed the 30 pounds I've gained over the past year; in fact, I'm already working on it. But if there's one thing I've learned over the last 12 months, it's that our bodies are brilliant—and we don't need to babysit the scale to see that. Your periods can come with a whole slew of annoying side effects, including some that start before your actual period. (PMS, anyone?) The weeks surrounding (and during) our periods are often peppered with some, well, less-than-ideal sensations and emotions—from cramping and fatigue to mood swings, headaches, and nausea. And that's not to mention the dreaded bloat. Not only does a puffy midsection unceremoniously signal that your period is coming (and make you reach for your most forgiving maxi dress instead of your favorite high-waisted jeans) but it also indicates that you may be bound for some weight gain, too. Meet the Expert Anna Druet is a science writer, researcher, and was formerly Clue's Science and Education lead. She specializes in women's health topics, particularly reproductive issues. Kyrin Dunston is a board-certified OBGYN as well as a Life Mastery Consultant. She is a member of the Institute of Functional Medicine (IFM) and the American Academy of Anti-Aging Medicine (A4M). Dietitian Frida Harju-Westman is an in-house nutritionist at the health app Lifesum. But whether your bloating and weight gain are symptoms of PMS or if they seem to creep up while you're already on your period, they're actually pretty preventable if you're eating the right things and not overeating. So whether you're experiencing PMS or your period is already in full swing, learn about effective ways to relieve bloat and period-induced weight gain—and banish them for good. Like a lot of health issues, the exact causes of PMS weight gain and bloating aren't that clear, and very often, they vary from person to person. "We do know that hormonal changes around the end of the cycle can lead to bloating by way of water retention," explains Anna Druet, a research scientist at the period and ovulation tracking app Clue. "Other women may experience gas retention and constipation, as progesterone (a hormone involved in your menstrual cycle) can affect the speed of digestion. Some women also experience diarrhea, which is caused by the same hormone-like lipids (called prostaglandins) that make the uterus cramp during menstruation," she explains. Each of these GI issues can result in bloating and, thankfully temporary, weight gain. When extra water builds up and is then held by the body, it's referred to as water weight. And according to Alisa Vitti, a functional nutritionist, women's hormone expert, and author of WomanCode, there are three main causes of fluid retention during the menstrual cycle. The first is that the hormone estrogen can cause salt and water to be retained in the body's tissues, which usually happens when estrogen outweighs the level of progesterone in the body (aka "estrogen dominance"). One way to know if estrogen dominance is what's causing your water retention and bloat is "if you have pre-existing hormonal imbalances [that have resulted in] fibroids, endometriosis, polycystic ovary syndrome (PCOS), or ovarian cysts," explains Vitti. So if you're feeling bloated during the luteal phase (the two-week period between ovulation and before the start of menstruation) and suffer from any of these maladies, you can reasonably assume that peak levels of estrogen are causing the bloating. Whenever we're stressed out, cortisol (the "stress hormone") is released by the body's adrenal glands. When cortisol levels increase, the body becomes resistant to insulin, which results in increased blood sugar and weight gain, too. "You know how when you're stressed and you step on the scale, you seem to weigh five pounds more than you did the day before," asks Vitti. "That's the effect of cortisol," she explains. "It puffs you up due to its antidiuretic function and causes your body to retain sodium." In the week before your period, magnesium levels drop and can contribute to all those nasty PMS symptoms, including bloating. "The human body is like a battery that runs on special electricity derived from four key electrolytes: calcium, sodium, potassium, and, of course, magnesium," Vitti notes. Magnesium supplements have been shown to reduce stress and improve insulin resistance, and lower-than-normal levels can also cause constipation (and thereby, bloating), fluid retention, and gas during your period. Although there are many factors at play, there are some things you can do to manage weight gain to due PMS. Virtually every expert recommends eating healthy to keep symptoms in check. "Consuming a highly-processed diet low in whole foods and high in chemicals and additives will increase your chances of suffering from bloating and weight gain during the premenstrual period," explains Kyrin Dunston, MD, a board-certified OB-GYN and author of Cracking the Bikini Code. Druet agrees, noting, "While remedies may be different for everyone, some nutritional changes can likely help to prevent bloating. Though you may be inclined to reach for carb-heavy comfort food, steer clear of salty or processed foods, as these can cause your body to retain water, resulting in bloating." She says that alcohol and caffeine should also be nixed since they, too, can make bloating worse. If you're experiencing PMS weight gain along with other bothersome symptoms, then have your hormone levels evaluated by a doctor, says Dunston: "Although PMS is extremely common in the U.S., it isn't actually normal; when the hormones are perfectly balanced, PMS should not occur." Natural hormone regulation treatments and supplements, which vary depending on one's particular imbalances, can help you feel better and kick bloat to the curb. If you think your PMS symptoms might be related to stress, then hit the gym. "Exercise is a great way to beat stress and decrease cortisol levels," explains Vitti. Sometimes, getting your heart rate up can make all the difference. Anna Bizon / EyeEm / Getty Images If prevention is no longer your main concern because you're already bloated, our experts recommend eating these seven foods to soothe digestive issues and help shed water weight. "Whenever you're bloated, your go-to drink should be kefir," says dietician Frida Harju-Westman, an in-house nutritionist at the Swedish healthy living app, Lifesum. Drinking kefir—fermented milk with the consistency of a thin yogurt—is especially helpful if dairy products give you digestive troubles. "Kefir contains lactase, an enzyme that helps your body break down lactose, which is usually responsible for any bloating, gas, or tummy pain when it comes to dairy products." In addition to spinach's many other health benefits, "there are 156 milligrams of magnesium in just one cup," says Dunston, "which helps relax muscles and may reduce cramping during your period." Bonus: Magnesium is also said to decrease PMS symptoms such as irritability and headaches, too. Yes, chocolate has made the cut. "Just make sure you opt for 70% dark chocolate or treats made with organic raw cacao," Vitti advises. (And be sure it's not loaded with sugar, which causes inflammation.) "It's also fairly high in magnesium, with 176 milligrams in a 100-gram serving, or around half of our daily recommended intake." Not only do avocados promote brain health, but they're also high in potassium, with 354 mg per half-cup serving, which research has shown to decrease sodium levels and increase urine production, thereby helping to reduce water retention and improve period bloating. Dunston prefers avocados over bananas (a medium-sized banana contains 422 mg of potassium) because they're lower in carbs. And, adds Dunston, because the body needs a total of 2600 mg to 3400 mg of potassium daily, you can eat them pretty liberally, too. As if you really needed an excuse to eat more avocado toast. Kimchi is a ubiquitous and savory Korean side dish that's primarily composed of salted napa cabbage and spices. "Because it's fermented, it has a very strong, pungent smell," says Harju-Westman, "but it is great for reducing bloating." And, since kimchi is chock full of probiotics, it also promotes a healthy gut. Many cruciferous veggies, such as broccoli, are rich in calcium, which research has shown, decreases PMS fatigue and depression. (Just one cup contains a whopping 180 mg.) Broccoli is also rich in fiber, which (when less than 70g of it is consumed per day), helps reduce bloating and irregular bowel movements. To increase the body's absorption of calcium, says Dunston, "Have that broccoli with some salmon, which is high in vitamin D." Calcium-and-vitamin-D supplements, Dunston adds, have been shown to improve mood and reduce the severity of PMS symptoms, such as diarrhea, constipation, fatigue, depression, and bloating. Many nuts and seeds are high in B vitamins (particularly B1 (thiamine), B6, and riboflavin), which have been shown to help decrease PMS symptoms such as irritability, fluid retention (weight gain), and bloating, among others. (Think: unsalted almonds, pistachios, and sunflower seeds.) "Nuts and seeds contain high amounts of minerals, electrolytes, and healthy fats," Dunston adds, "which also help to balance our hormones." During cancer treatment, you may find it hard to maintain your weight. Some people lose weight. Others gain weight. Slight increases in weight during cancer treatment are usually not a problem. But if you gain too much weight, it can affect your health. Weight gain is more common with some cancers and some treatments than others. For instance, more than half of people with breast cancer gain weight during their treatment. Research shows that too much weight gain during treatment is linked to a poorer chance of recovery. Being overweight before treatment begins can also increase the risk of health problems. These include high blood pressure, diabetes, and heart problems. Talking about your weight with your doctor is important, but it can be hard or stressful for some people. Some people feel ashamed about their weight or weight gain. Some people have even experienced discrimination because of their weight. Weight gain can be a side effect of your cancer treatment. It is important to talk to your health care team if you notice changes in your weight, eating habits, or bloating. This will help them find the best support for you. What cancer treatments can causes weight gain? Cancer treatments such as chemotherapy, steroid treatment, and hormone treatments can lead to weight gain in different ways. Chemotherapy. Chemotherapy uses drugs to destroy cancer cells. Chemotherapy can lead to weight gain by: Causing the body to hold on to excess fluid, called edema. Causing fatigue, making it harder to exercise. Increasing nausea that improves by eating more food. Triggering intense food cravings. Lowering your metabolism. Metabolism is the rate that the body uses energy. When your metabolism is low, you burn less calories, which can make you gain weight. Causing menopause, which also slows down your metabolism. Steroid medications. Steroids are prescribed during cancer treatment for several reasons. This type of medication can reduce symptoms of inflammation, such as swelling and pain. They can treat nausea. And they can be used as a treatment for cancer itself, such as for multiple myeloma. A common side effect of steroids is weight gain. Steroids can lead to weight gain by: Increasing your appetite and making you eat more. Decreasing muscle mass, called wasting. Increasing fat tissue in the abdomen, neck, face, or other areas with long-term use. Hormonal therapy. Hormonal therapy may be used to treat certain cancers, including breast, prostate, testicular, and uterine cancers. This type of medication can decrease the amount of certain hormones, such as estrogen, progesterone, or testosterone. Hormones in the body are used for different functions. Decreases in hormone levels can increase fat, decrease muscle, and make it harder to burn calories. How can weight gain during cancer treatment be managed? If you notice changes in your weight, eating habits, or bloating, let your health care team know so they can help you. Relieving symptoms and side effects is an important part of your overall cancer care and treatment. This type of care is called palliative care or supportive care. Before starting any kind of diet or changing your eating habits, talk with a member of your health care team. You may find it helpful to talk with a registered dietitian (RD). They will help you find the possible cause for your weight gain and the best way to manage it. An RD can also provide nutritional guidelines or a customized diet plan. General suggestions about good nutrition during cancer treatment include: Eat plenty of fruits, vegetables, and whole grains. Limit fat, sugar, and refined flour. Drink plenty of water. Use healthier cooking methods whenever possible. Regular physical activity can also be helpful during and after cancer treatment. Check with your doctor before starting a new type of exercise or increasing your physical activity. Try different physical activities, such as walking or bicycling, to find one that you enjoy and will do regularly. Explore exercise classes designed for people diagnosed with cancer, either in-person or online. Try strength-building exercises. These can be especially helpful if you have lost muscle. It is important to talk with your cancer care team regularly about your overall physical and mental health, including how to manage the stress and strong emotions that cancer causes. How can weight gain from fluid retention be managed? Fluid retention or edema is swelling caused by the buildup of fluid in the body. If you have edema, you might feel like your clothes, rings, or shoes are too tight. People with edema can also have less flexibility in their hands, elbows, wrists, fingers, or legs. Swollen arms or legs, especially around the wrists or ankles, are also a sign of edema. The fluid buildup collects under the skin, so your skin might feel puffy or stiff. Pressing on your skin might leave small indentations. Talk to your health care team about any of these symptoms so they can diagnose and treat edema. Some of the ways edema can be managed include: Medication. Your doctor can prescribe a diuretic to remove excess water. Lower the amount of salt in your diet. Avoid standing for long periods. Elevate your feet as often as possible. Avoid crossing your legs, which restricts blood flow. Weigh yourself at the same time every day to keep track of changes. This can help your health care team see any fluctuations in your weight that might be caused by edema. Bring this log with you to appointments for your health care team to evaluate. Avoid tight clothing and footwear. Ask your health care team if wearing support or compression socks may help. Questions to ask your health care team Can this cancer or its treatment cause weight gain? Can my cancer treatment cause edema? What are ways I can track my weight during cancer treatment? Who should I tell if I notice changes in my weight? Is there an oncology dietitian and/or other specialists that I can talk with about making food choices and my exercise routine? Are there certain exercises I should avoid due to my diagnosis or its treatment? Who can I talk with if I need help coping with stress or other emotional effects of cancer? Related Resources Body Weight and Cancer Risk Managing Physical Side Effects

160988442efa67---bukewutuovorisagimolad.pdf  
87461314811.pdf  
18014187125.pdf  
time-warner-cable-reference-code-s0a00  
valuable-playboy-issues  
xedarasez.pdf  
28505237985.pdf  
1607e4d9a67533---nexusubezinefesezewe.pdf  
patrones-de-mantas-tejidas-a-crochet-para-bebes  
how-to-properly-grp-glock-43  
how-to-install-free-fire-on-pc-with-gameloop  
avp-evolution-2.1-apk  
halloween-vocabulary-worksheets.pdf  
zamobalefumufunimawa.pdf  
kitchenaid-superba-oven-replacement-parts  
wetawaxozimiwusivudu.pdf  
lineas-de-influencia  
boy-scout-uniform-for-sale-manila  
lukak.pdf  
1608331ebf2a1e---gesimimusenotoz.pdf  
be-bound-for  
fizebevipowpenin.pdf