

# Drop 5kg NOW!

The Secret To Weightloss Is Your Hormones



Every wondered why, no matter how hard you diet, your weight just won't budge? It might be your hormones are to blame. Some hormonal problems can cause your metabolism to slow down, so no matter how well you eat, you still put on weight. Naturopath Narelle Stegehuis has specialised in women's weight for over 10 years. With a 92 per cent success rate, her online naturopathy clinic Mass Attack has helped more than 10,000 women shed kilos. The MassAttack program can help test, prevent, reverse and even get rid of the hormonal problems that are turning your weight-loss journey into a weight-loss odyssey.

Below is a sample 7 day meal plan of recipes and foods that you can eat on the MassAttack program and still lose weight.

*"I'd spent the last 20 years on a diet roller coaster, yet I was overweight. I was frustrated and could probably have paid cash for an apartment with all the money I'd spent on weight loss over the years! It was time for answers." says Mandy. [Read More...](#)*

Mass Attack food tables are customised for different hormonal conditions, however there are some foods that appear on the tables that can be of general assistance.

## SAMPLE 7-DAY EATING PLAN

### MONDAY

#### BREAKFAST

Tomato, avocado, sunflower seeds, lemon juice on wholemeal bread or toast

#### LUNCH

Tuna and organic salad wrap

#### DINNER

##### Herbed Lamb Skewers

Create a marinade of white wine, lemon juice, olive oil, pepper, sugar, garlic, small onion and bay leaf. Add 150g of lamb and refrigerate for at least 30 min. Skewer the lamb, adding mushroom every two pieces. Cook under a grill or on a barbecue basting occasionally with the remaining marinade. Serve with tabouli and chickpeas. Serves one.

### TUESDAY

#### BREAKFAST

Muesli (without dried fruit)

#### LUNCH

Grated zucchini and sun-dried tomato frittata

#### DINNER

White fish with steamed asparagus and tomato salad

### WEDNESDAY

#### BREAKFAST

Oatmeal, ground flaxseeds, blueberries, almonds and natural yoghurt. Add cinnamon for flavour if you like.

#### LUNCH

Falafel, baby spinach, tabouli, and hummus wrap

#### DINNER

Mushroom and mozzarella lasagne (see Friday)

### THURSDAY

#### BREAKFAST

Berry smoothie with camu camu powder (available from health-food stores)

#### LUNCH

Grated zucchini and sun-dried tomato frittata

#### DINNER

##### Mustard & Rosemary Chicken

Combine mustard, garlic, salt, pepper, rosemary and oil. Brush mixture onto a small chicken breast. Cover with breadcrumbs and shallow-fry until browned. Serve with silver beet and carrots. Serves one.

FRIDAY

<b>BREAKFAST</b> Muesli (without dried fruit)	<b>LUNCH</b> Cannellini bean salad with tomato, cucumber, celery, capsicum and pumpkin seeds	<b>DINNER</b> <b>Mushroom &amp; Mozzarella Lasagne</b> Bake half an eggplant until soft. Cool, then peel off skin and discard. Puree with oregano. Grill 1 capsicum. Place in a bowl covered in clingwrap. After 10 min peel off and discard skin. Layer lasagne sheets on a baking dish. Spread the eggplant mix then the capsicum, then the capsicum, then mozzarella, then sliced mushrooms. Cover with lasagne sheets and repeat. Bake at 180°C for 20 min. Serves one.
--	---	---

SATURDAY

<b>BREAKFAST</b> <b>Designer Beans on Toast</b> Fry a small onion in olive oil in a pan. Add some rosemary, garlic and 10g anchovies. Cook until combined. Add ½ can mixed beans. Stir well, then add ¼ can diced tomatoes. Simmer for 5 min. Serve with parsley and parmesan. Serves one.	<b>LUNCH</b> Warm chicken salad	<b>DINNER</b> <b>Barramundi Fillets with Tomato Salsa</b> Coat barramundi fillets with flour. Cook on an oiled barbecue until crisp and brown. To create salsa, combine 1 diced tomato, ¼ red onion, ¼ red chilli, 1 tablespoon lime juice, zest of ½ lemon, sesame oil and coriander. Serves one.
--	------------------------------------	--

SUNDAY

<b>BREAKFAST</b> Poached eggs, sauteed spinach and mushrooms	<b>LUNCH</b> Chicken sandwich with avocado, lettuce, tomato and cucumber	<b>DINNER</b> <b>Spicy Tomato &amp; Lemon Beef Casserole</b> Coat 250g diced beef in piripiri seasoning. Brown an onion and garlic in a casserole dish. Add beef and cook until sealed. Add ½ can peeled tomatoes, ½ cup white wine and place in 170°C oven for 45 min. Season with parsley and lemon rind. Serves one.
---	---	---

The key to successful weight loss is first identifying the cause of the weight gain.  
Hormonal imbalances can be a significant factor in women gaining weight.

- Fatigue
  - Low libido
  - Insomnia
  - Acne
  - PMS
- Period problems
  - Mood swings
  - Hot flushes
  - Headaches
  - Bloating

Certain vegies like broccoli, cabbage, bok choy and spinach can actually make you put on weight if you have a thyroid condition.

Stressed? It could be because your adrenal glands are overworked. Avoiding certain foods, adding vitamins B & C in your diet and herbal remedies can help.

If you suffer from endometriosis, polycystic ovarian syndrome or fibroids, avoid food such as lamb, all non-organic meats & bananas. This can help these conditions.

3 Steps help me to uncover the reason for your weight gain:

- **Symptomatic Diagnostic Technique:** Symptoms provide important feedback and help to identify hormonal imbalances. My questionnaire contains over 200 targeted questions and your answers are analysed by a qualified and registered naturopath.
- **Further Testing Referral:** We determine if other tests are deemed necessary to provide a more detailed and thorough analysis. Eg salivary, urine or blood tests.
- **Analysis of Results:** We cross match the results of the symptom analysis with any additional test results to determine your hormonal profile.

Our methodology has been selected to provide the most thorough and accurate picture of what is occurring hormonally in your body. Using this information, we tailor a program specific to your hormonal needs. We adjust our recommendations to accommodate any current medical treatments or prescriptive medications.

Over the years we have provided a valuable resource to GP’s and other health professionals to uncover underlying health conditons requiring further investigation.

To get your personalised assessment, program and naturopathic recommendations, food charts, 12 months of naturopathic support and much more...

