

# The Menopause Survival Guide



## 10 Essential Steps for Thriving In Your Next Chapter

**#1 ELIMINATE SUGAR** - There is no nutritional value in sugar. It disrupts hormone balance, promotes aging, inflammation and stimulates weight gain. Eat single food ingredients, avoid processed and prepackaged foods. Eat organic veggies, low sugar fruits, humanely raised and hormone free animal products. Avoid or limit dairy products. Read labels and eat ingredients you recognize.

**#2 DRINK WATER** - The human body is 50-70% water and gets rid of waste through urination, sweating and bowel movement which are dependent on water intake. Lack of water can lead to hunger, joint pain, headaches, brain fog, and fatigue. Guidelines vary from half your weight in ounces to 1 gallon depending on the climate and individual activity.

### **#3 AVOID HORMONE ENDOCRINE DISRUPTORS**

Our environment is full of chemical that negatively impact estrogen and testosterone levels, Most personal care products (soap, shampoo, deodorant, laundry detergent, cosmetics, sunscreen) are loaded with endocrine disruptors. Avoid drinking from plastic water bottles, opt for stainless steel or glass. Avoid eating hot foods from plastic containers (they are high in Bisphenol A, BPA) they leach chemicals 55 times faster than usual. This chemical mimics estrogen in the body. See [www.ewg.org](http://www.ewg.org) for list of clean products.

**#4 KNOW YOUR HORMONE LEVELS** - Estrogen and progesterone are important for women's health, skin, brain health and cardio protective. Testosterone is important for both men and women and critical for energy, bone health, muscle, brain health and sexual drive. Other hormones that are vital include insulin, cortisol, DHEA, iron, comprehensive thyroid markers. Fat loss, sleep, energy, hair health are dependent on hormone balance. See our [website](#) for a list of blood test markers. Lab ranges provided are irrelevant and markers should be in the optimal ranges which can be in the middle or higher end for sex and thyroid hormones.

**#5 OPTIMIZE SLEEP** - A good night's sleep is critical for optimal health, energy, brain health and hormone balance. A regular schedule of 7-8 hours of uninterrupted sleep with same wake up and go to bed time. Avoid blue light (computers, iPad, cell phones) and food before bedtime. Track your sleep with an aura ring or similar. Need more sleep tips? [HERE](#)

**#6 MANAGE STRESS** - Stress related issues are the #1 reason for doctor office visit. Stress raises cortisol levels which promote weight gain, leaky gut, hormone imbalance and decrease cognitive function. Box breathing, meditation, prayer, journaling and spending times out doors are great ways to buffer stress. Adaptogenic herbs such as Lion's Mane, Rhodiola, Eleuthro, Astragalus, Maca Root, and Chaga help with stress.

**#7 FIX YOUR GUT** - Poor gut health can lead to PMS, obesity, infertility, hormone chaos, mood swings, heart disease, GERD and food allergies. Environmental toxins, sugar, grains, prescription medication, alcohol, stress, poor sleep are stressors and impact your gut health. Remove gut stressors, eat mindfully, eat real food: organic veggies, low sugar fruits, coconut products, sprouted seeds, hormone free eggs, beef, poultry, bison, organ meats and wild caught fish. Aloe vera gel, kombucha, sauerkraut, kimchi, probiotics are helpful for gut health. Consult with a qualified practitioner and get your gut checked for infections, bacteria, leaky gut etc.

**#8 MOVE IT** - The human body is designed to move and quick short burst of exercise like our ancestors did when they were escaping from danger. Research shows that high intensity interval training is more effective for fat loss, hormone balance, brain health and anti-aging. If you have a sedentary lifestyle, start with walking and add resistant training which is the secret to longevity, fat loss and bone health. Consult your doctor before starting a new program. Here's a [12 week workout](#).

**#9 TRACK IT** - There must be a goal and a method to track your progress while working on your goal. If it's a health goal, you may want to track your movement, sleep, food, weekly weigh in and have an activity or daily checklist as you create powerful habits. There are wearable tech, apps and check list to track your progress.

**#10 MINDSET** - What are you thinking? What's your self-image? Do you think you can have a healthy, vibrant, fit, powerful, mind and body? Train your mind to be AWARE of what you allow in your mind. The thoughts you think and the words you speak. Every single thought produces a chemical reaction in the body. Positive thoughts create positive reactions and negative thoughts create negative reactions. Read books, listen to podcasts and videos on personal empowerment.