

Midlife Mastery

How To Outsmart Your Midlife Hormones			
Factor	Hormone/ Lifestyle	What is Happening?	The “Fix”
Aging (Hormones)	Decrease in Estrogen	During menopause, when estrogen levels drop because less is produced in the ovaries, the site for fat storage shifts from the hips and thighs to visceral fat in the abdomen. This promotes insulin resistance and increases disease risk	~Eat plenty of fiber ~Eat cruciferous Vegetables ~Regular physical activity helps normalize estrogen levels.
Aging (Hormones)	Decrease in Testosterone	Decrease in Testosterone = decreased muscle mass as we age, so we burn fewer calories	~Strength training ~Yoga ~Regular physical activity.
Insulin Resistance	Too many refined carbs – especially refined sugar and flour in our diets.	Causes a blood sugar spikes which release insulin to convert the excess glucose to energy. Too much sugar in the blood causes the body to resist insulin and glucose gets converted to fat instead.	~Avoid or minimize sugar intake. ~reduce simple carb intake. ~Eat plenty of healthy fats, i.e. coconut oil, avocados, all-natural butter and salmon. ~Regular physical activity ~Magnesium supplements ~Drink green tea
Stress	Chronic life stresses, i.e. Demanding job, aging parents, teenagers,	Releases chronically elevated levels of cortisol, and encourages the body to store fat, especially around the middle.	~Healthy diet ~Meditation ~Energy work ~Soothing music ~Adequate sleep ~Lavender

	etc...		essential oil
Inflammation	Eating too many inflammatory foods + chemical poisoning from environmental toxins such as tap water, cleaning supplies, etc...	Too much inflammation causes the hormone Leptin (which normally regulates the body's level of fat by controlling appetite and metabolism) to malfunction. Inflammation in the body impairs the brain's ability to receive Leptin's appetite suppressing message which leads to cravings, over eating and weight gain, especially around the middle.	<ul style="list-style-type: none"> ~Avoid processed foods ~Avoid sugary drinks/sodas ~Exercise regularly ~Adequate sleep ~Eat anti-inflammatory foods ~Take a quality fish oil supplement. ~Take the 10 Day Whole Person Detox Challenge. ~Fennel essential oil
Insomnia	Not enough minutes or good quality sleep.	Melatonin, cortisol, and progesterone are the hormones that regulate sleep. The use of electronics before bed, too much stress and consuming too many stimulants such as coffee, alcohol and sugar unfavorably tip the balance on these hormones.	<ul style="list-style-type: none"> ~ Drink holy basil (tulsi) tea before bed. It's a great herb that helps with hormone regulation. ~ Start a bedtime breathwork routine to de-stress. ~Diffuse a few drops of lavender, bergamot, or ylang ylang essential oil. ~ Expose your eyes to sunlight in the morning whenever possible to reset your melatonin and circadian rhythm. ~ Shut off

			electronics as well, or at least dim the brightness of your devices.
Sexual dysfunction/ Decreased libido	Sometime around peri and full blown menopause, sex drive diminishes as hot flashes and night sweat increase.	Estrogen plays a major role in the female sex drive. As women age, the amount of estrogen produced decreases.	<p>~Improve your diet by eating mostly organic whole foods.</p> <p>~Avoid or greatly reduce intake of sugar, refined flour, and dairy.</p> <p>~Eliminate or greatly reduce caffeine and alcohol.</p> <p>~Supplement with a good quality fish oil, and vitamins D and B-complex.</p> <p>~Regular physical activity.</p> <p>~Adequate sleep.</p> <p>~Reduce stress.</p> <p>~Drink Dandelion tea.</p> <p>~ <u>Ashwagandha</u> has the unique ability to encourage hormonal health at a cellular level.</p>