



The 5 Lifestyle Changes

# Menopause Reset

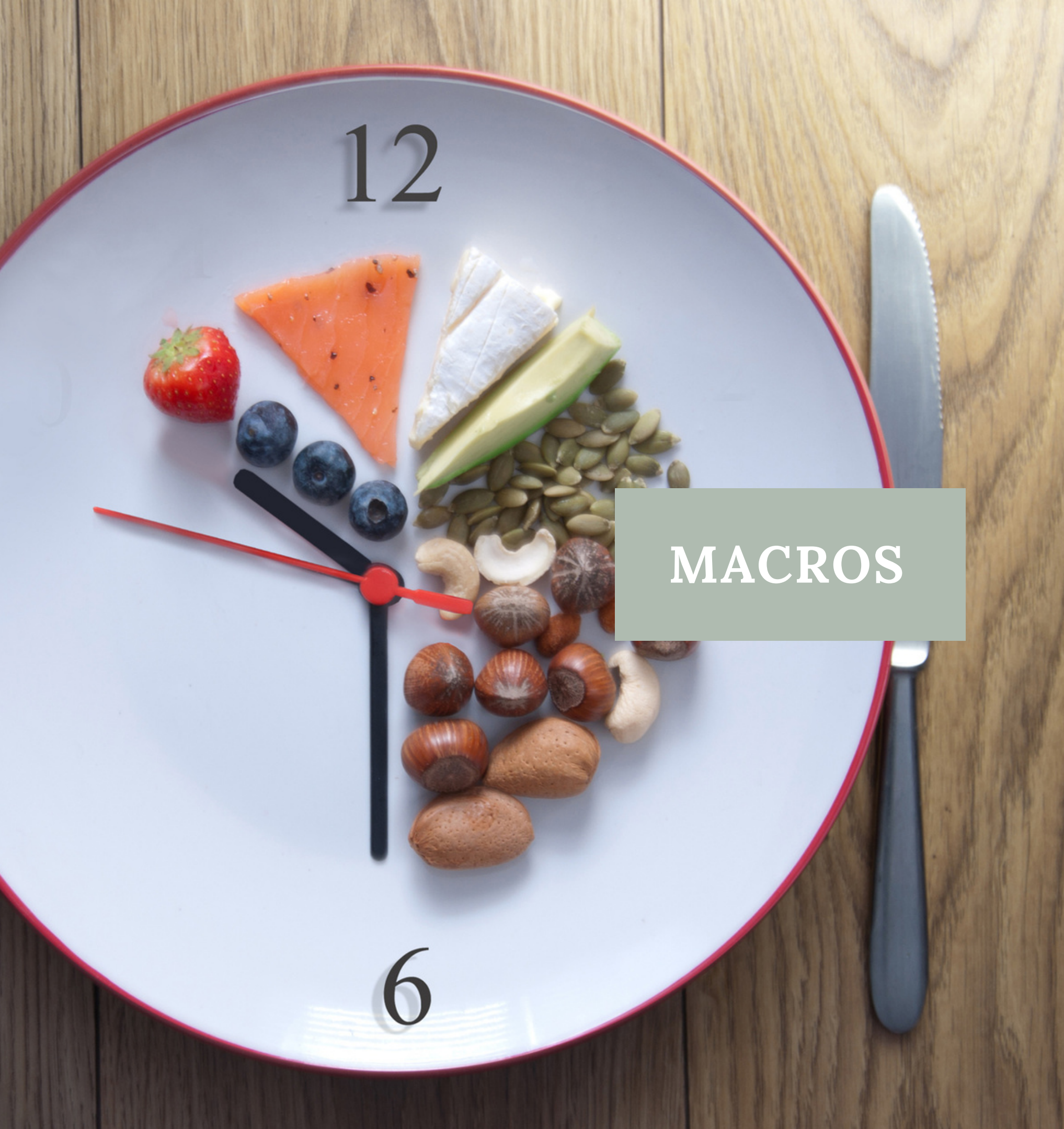
# 1. Change when you eat

Is breakfast really the most important meal of the day?

Intermittent Fasting to increase insulin sensitivity.

Start with 13 hours without food.





MACROS

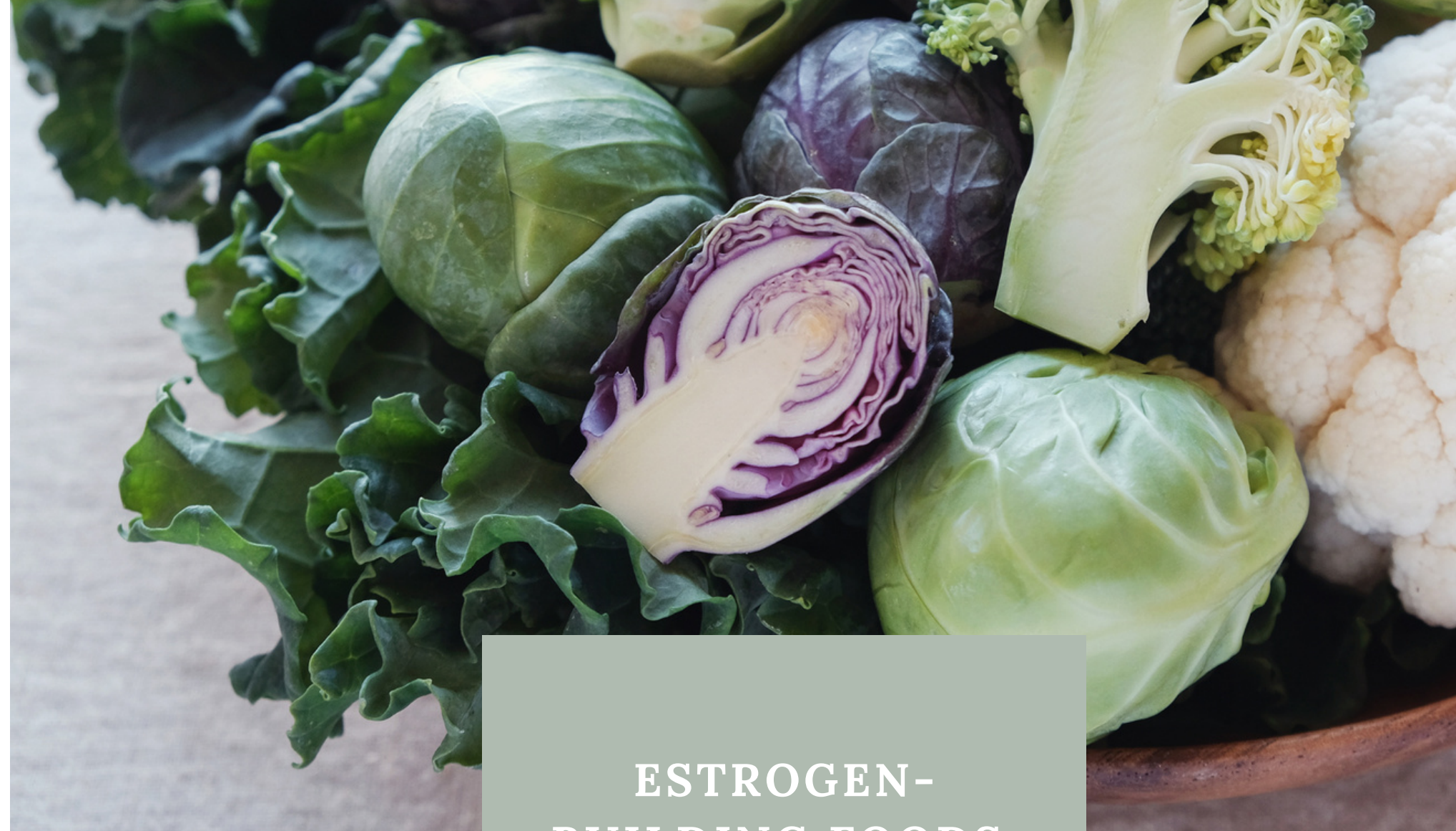
## 2. Look at what you are eating

Carbohydrates - remove refined carbs

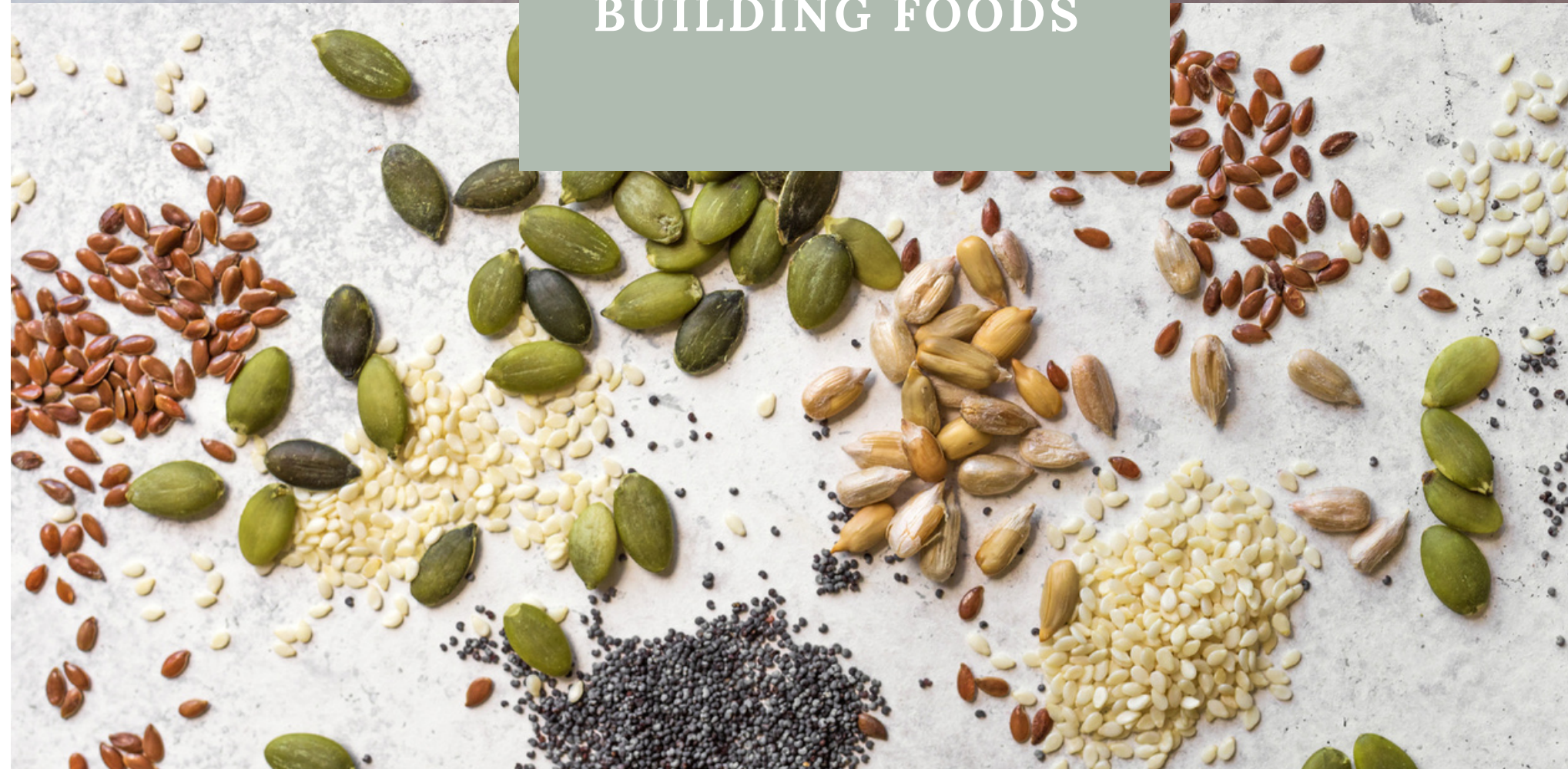
Protein - quality of protein

Fat - good vs bad

Flax seeds  
Sesame seeds  
Soybean  
Garlic  
Dried apricot, dates, Prunes  
Peaches  
Berries  
Cruciferous vegetables



**ESTROGEN-  
BUILDING FOODS**



Beans  
Potatoes  
Squashes  
Quinoa  
Tropical fruits  
Citrus fruits



PROGESTERONE  
BUILDING  
FOODS





## 3. Repair your microbiome

### MEET ESTROBOLOME

Breaks down toxic oestrogen  
Activate helpful oestrogen

### GROUP OF 60 BACTERIA

Lactobacillus Reuteri & Lactobacillus  
Rhamnosus

### PHYTOESTROGENS

Broccoli, Carrots, Organic Coffee,  
Oranges, Legumes (beans,peas) -  
Organic Soy (Miso, Tempeh)



## MOST TOXIC TIME IN HUMAN HISTORY

Over 87,000 new chemicals past 60 years. Toss the plastic.



## HEAVY METALS

Lead and mercury.



## SCAN YOUR BEAUTY PRODUCTS

Think Dirty - app

# 4. DETOX

You & Your Life





# REMOVE TOXINS

## OPEN UP DETOX PATHWAYS

Dry body brushing

Infrared Saunas

Red Light Therapy

Coffee Enema

Supplementation

## SUPPORT DETOXIFICATION ORGANS

Liver, gut, kidneys, skin, lymph system.



# EVOLUTIONARY MISMATCH

THE MODERN WORLD HAS  
**MORE** STRESS COMING AT  
US, **MORE** PHYSICAL, **MORE**  
EMOTIONAL, **MORE**  
CHEMICAL STRESS.....

EVEN **MORE** SO FOR WOMEN





HOW?

# 5. Stop The Rushing

Schedule downtime

Prioritise real self care

Adapt your workout schedule

Love your adrenals

Daily dose of oxytocin

(4 for survival, 8 for maintenance,  
12 to increase levels)