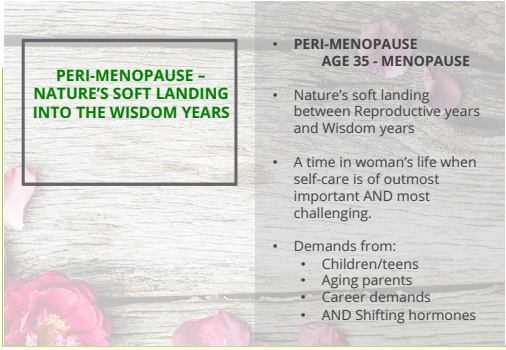


A WOMAN'S HORMONAL LIFE CYCLE

- Infant/Toddler/Girl years
- Reproductive years
 - Teen years - first period (avg. age 12) - age 19
 - Adult years - age 20 - 35, 15 years
 - Peri-menopause - age 35 - menopause (avg. age 51) 15+ years
- Menopause is an event - 1 year since last period.
- Wisdom years (post-menopausal)
 - Rest of a woman's life



PERI-MENOPAUSE - NATURE'S SOFT LANDING INTO THE WISDOM YEARS

- **PERI-MENOPAUSE AGE 35 - MENOPAUSE**
- Nature's soft landing between Reproductive years and Wisdom years
- A time in woman's life when self-care is of outmost important AND most challenging.
- Demands from:
 - Children/teens
 - Aging parents
 - Career demands
 - AND Shifting hormones



PERI-MENOPAUSAL YEARS - "EXTRA" DEMANDS

- Demands from
 - Children/teenagers
 - Behavioural or medical challenges
 - Aging parents
 - Sick or dying
 - Coping with loss
 - Career demands
 - Job loss
 - Career change
 - Relationships
 - Divorce
 - New relationships

**PMS - SELF-CARE
"REPORT CARD"
FOR PREVIOUS MONTH**

- Think of PMS as a "report card" on self-care during previous month.
- Symptoms during the days before/beginning of period.

**PERI-MENOPAUSAL
SYMPTOMS SELF-CARE
"REPORT CARD"
FOR YOUR "LIFE"**

- Think of Peri-menopausal symptoms as a "report card" on a self-care for your life.
- Symptoms erratic or most of the time.

MAIN ROOT CAUSE OF FEMALE HORMONE IMBALANCE IS CHRONIC STRESS

- Stress
 - Mental/Emotional
 - Lifestyle stress
 - Dietary
 - Food allergies or intolerances
 - Environmental
 - Xenoestrogens
 - Ex. BPA

CHRONIC STRESS CONNECTION - SURVIVAL FIRST

- Body prioritizes Survival over Reproduction.
- Stress today is very different than our ancestor's stress BUT our bodily response is the same.
- We get used to chronic stress and may lose awareness.

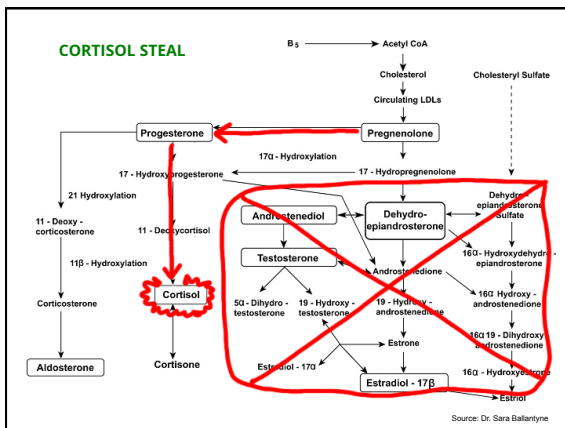
CHRONIC STRESS CONNECTION - SYMPATHETIC VS. PARA-SYMPATHETIC STATE

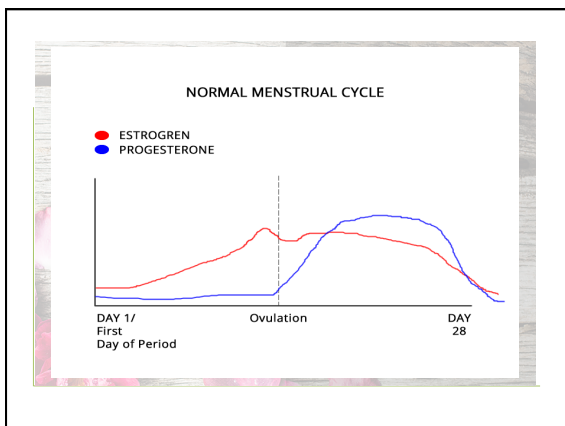
- SYMPATHETIC RESPONSE - TEMPORARY
 - Fight
 - Flight
 - Freeze
- Ex. Escaping saber tooth tiger OR deadlines, late nights, insufficient sleep, rely on caffeine & sugar
- PARA-SYMPATHETIC - NORMAL STATE
 - Rest
 - Digest
- Ex. Present, calm, safe, rested, nutrient dense diet, well hydrated, sunlight & movement

CHRONIC STRESS CONNECTION -

THE CORTISOL STEAL

- Chronic stress is **damaging** in *many ways* – today's focus is on **impact on female hormones**
- When we are stressed
 - CORTISOL goes UP
 - ESTROGEN goes DOWN
 - PROGESTERONE goes DOWN
 - TESTOSTERONE goes DOWN





FROM BAD TO WORSE

- Poor Distribution
 - PMS (week before period)
 - Ex. headaches, mood swings etc.
- Low Production of Sex Hormones
 - Month-long symptoms
 - Ex. Low libido, poor memory
- Timing issues (mid-cycle)
 - Infertility

**THERE IS ANOTHER WAY -
HORMONE HARMONY**

- Peri-menopausal symptoms vary among cultures and are connected to how we **eat, sleep and move.**
- Results from non-Western study in 1970*
 - Japan – shoulder stiffness
 - Hong Kong – Joint and muscle problems
 - India – no symptoms aside from menstrual change

* Study by Marcha Flint, anthropologist

DIET & LIFESTYLE UPGRADES FIRST

“NO MAGIC PILL”

- Herbs & Supplements *without* Diet & Lifestyle upgrades will have limited results.
- Start with Diet & Lifestyle upgrades and see what is left after 3 months.
- Get the knowledge, tools, skill, support & motivation you need to make the changes be part of your *everyday life* for real and lasting results.

DIET & LIFESTYLE UPGRADES
"YOU DON'T KNOW IT 'TIL YOU'RE DOING IT."

- DIET – REMOVE
 - Trans fat and seed/vegetable oil from your diet
 - Refined sugar incl. alcohol
 - Stimulants like coffee, black tea, energy drinks
- DIET – ADD
 - Healthy fats; avocado, wild cold water fish, grass fed beef, pastured chicken, coconut oil, olive oil (do not heat)
 - Eat a Rainbow of Vegetables (mainly above ground)

DIET & LIFESTYLE UPGRADES
"FLIP THE SWITCH FROM STRESSED TO REST & DIGEST"

- CATCH STRESS & INDUCE PARA-SYPHATIC STATE a.k.a. "Rest & Digest"
- Become aware of what state you are in:
 - Heart rate
 - State of mind (in the next moment)
 - Saliva (dry mouth)
- Induce Para-sympathetic state:
 - 5/8 breath x 3 or more
 - Breathe in on the count of 5, hold 2, breathe out count or 8, hold 2

ANTI-INFLAMMATORY ROAD MAP
REDUCE STRESS & SUPPORT BALANCED FEMALE HORMONES

The infographic is titled "Anti-inflammatory Road Map" and is designed to help reduce stress and support balanced female hormones. It features six main categories, each with a representative image: 1. Diet & Hydration (fruits and vegetables), 2. Sleep & Relaxation (a person resting), 3. Movement & Nature (a person walking in a park), 4. Relationships & Community (a group of people), 5. Home Environment (a house), and 6. Soul & Spirit (a candle). The infographic also includes the text "The Anti-inflammatory Upgrade" and "FEMALE HEALTH" at the top, and "TRULY U" at the bottom.

YES FOODS ARE ANTI-INFLAMMATORY - PLENTY IN YOUR DIET

YES - Anti-Inflammatory Foods

- Leafy Greens (Kale, Swiss Chard, Collard Greens etc.)
- Cruciferous Vegetables (Broccoli, Cauliflower, Kale, Cabbage)
- Onion
- Garlic
- Spirulina
- Greens (Spinach, arugula, baby spinach)
- Cucumber
- Zucchini
- Pumpkin
- Sea vegetables like Dulse, kelp and Nori

2 Oils to Add For Your System

1. Coconut
2. Omega 3
3. Olive
4. Flax

10. Chia Seeds
11. Flax Seeds
12. Pumpkin Seeds
13. Sesame Seeds
14. Sunflower Seeds
15. Hemp Seeds
16. Chia Seeds
17. Flax Seeds
18. Blueberries (Wild)
19. Raspberries
20. Lemons
21. Fatty Cold Water Fish like Sardines and Wild Salmon
22. Omega 3 seed
23. Fermented Chicken
24. Apples
25. Peaches
26. Virgin Cold Pressed Coconut Oil
27. Extra Virgin Olive Oil
28. Ghee
29. Green Tea
30. Raw Honey

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NO FOODS ARE INFLAMMATORY - AVOID

NO - Inflammatory Foods

- SUGAR - White Sugar, Brown Sugar, Agave Syrup,枫糖 Syrup, High Fructose Corn Syrup (HFCS) etc.
- Artificial Sweeteners - Aspartame, Splenda etc.
- Vegetable Oil - Canola, Sunflower, Cottonseed, Olive Oil in Clear Bottle
- Trans Fats - margarine, hydrogenated or partially hydrogenated fats, Deep Fried Foods
- Dairy - Cheese, Ice Cream, Yogurt, Milk, Cream etc.
- Eggs - From Conventionally Raised Caged Chickens
- Salmon, Farmed
- Conventionally/Fedlot Raised Beef and Chicken
- Processed Meats - Deli Meats, Sausages etc.
- Alcohol - Wine, Cocktails, Beer, Cider, Hard Liquor
- Refined Grains
- Gluten Containing Grains - Wheat, Barley, Rye
- Food Additives - MSG, Preservatives, Food Colouring/Flavorings etc.
- Foods you are or may be allergic or sensitive to. Common allergens are gluten, dairy, eggs, corn and soy.

NO Fast food, processed, packaged, deep fried and most restaurant food.

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Seed Cycling for Hormone Balance

Make sure seeds are organic and raw. Use a coffee grinder or dry container blender to grind seeds. Store ground seeds no longer than 2 days in the fridge in tightly sealed glass container. Add seeds to salads, smoothies, "power balls" etc.

From day 1 until day 14 take daily:

- 1 tbsp ground pumpkin seeds
- 1 tbsp ground flax seeds
- plus fishoil (1500 mg EPA + 1000 mg DHA)

From day 15 until day 28 take daily:

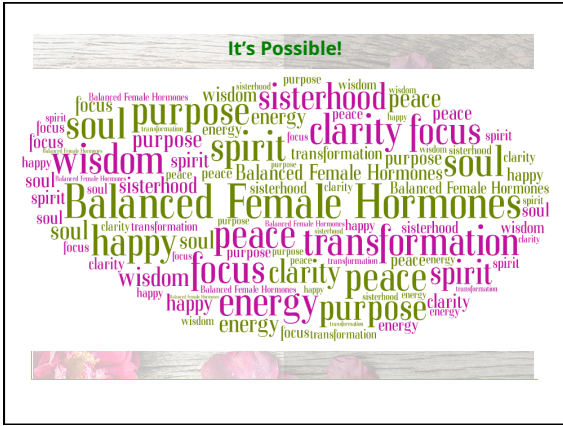
- 1 tbsp ground sunflower seeds
- 1 tbsp ground sesame seeds
- plus evening primrose oil or borage oil (500 mg GLA)

day 1 first day of period (follicular phase - support estrogen)

day 14 ovulation

day 28 last day of cycle (luteal phase - support progesterone)

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DOWNLOADS & PROMO FOR LYDIA'S FRIENDS
<http://www.trulyu.com/hormones>

Promo ends midnight Sunday June 18, 2017.

- Online Video or Phone: \$399 + hst (reg. \$550)
 Click this link to order: <http://bit.ly/PromoForFriends>

- In Person in Ottawa: \$425 + hst (reg. \$500)
 Email aek@trulyu.com to order

- "Live the Anti-Inflammatory Lifestyle - Fundamentals" ROAD MAP Poster
- YES - Anti-Inflammatory Foods Poster
- NO - Inflammatory Foods Poster
- Seed Cycling Poster
- "Naturally Balanced Hormones" Handout
- Work with Annika - Functional Nutrition Matrix (2 x 1 hr) with 5 x 30 min follow up sessions.
 - Email support
 - Lab reviews
 - 25% discount on group programs

The first 2 who order package to work with Annika get FREE ENTRY to "Live the Anti-Inflammatory Lifestyle - Fundamentals" online course coming soon!

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