

Roadmap To Lasting Self-Care



For Women Over 40



Start Your Journey Today:

- Learn about the *Three Components* that make Healthy Habits that Stick Possible.
- Complete the “Functional Health Resiliency Checklist” and you’ll have a document to help guide your priorities for improving and maintaining your Health & Resilience.
- And much more!



Truly U

When women are ready to thrive.

Imagine what becomes possible
when you are able to make
new positive habits take root and start
keeping your word to yourself.

Annika Ek

Nutritionist To Women Ready To Thrive.TM
Founder of TrulyU and Creator of The TrulyU Method



Follow these simple steps to get started on **Your Roadmap Towards Lasting Self-Care** so you can improve and maintain your **Health & Resilience**.

Step 1: Body, Mind & Life Checklist

Complete the MIDLIFE WOMAN'S BODY, MIND & LIFE BY DECADE CHECKLIST.

Check off what you have experienced so far in your life and use the list to prepare for what may be ahead.

This list will help you be proactive and make your midlife years some of the most rewarding and fun in your life.



MIDLIFE WOMAN'S BODY, MIND & LIFE BY DECADE CHECKLIST

NAME: _____

DATE: _____

Check what you have experienced so far and use this list to prepare for and be proactive for what may be ahead. Extra bonus is to realize that you're not alone!

40'S

BODY

- Common Perimenopausal Symptoms due to Shifting Hormones
 - Hot Flashes _____
 - Disrupted Sleep, Night Sweats _____
 - Fatigue or inconsistent energy _____
 - Aches, Pains, Headaches _____
 - Weight gain, esp. around the waist line _____
 - Reduced or lost sex drive _____

MIND

- Mood Swings _____
- Harder to focus and/or memory challenges _____
- Lose interest in what used to enjoy _____

LIFE

- Demanding Career _____
- Busy with Kids and Teens _____
- Aging Parents _____
- Keeping Intimate Relationship working. _____
- Looking for more meaning in career, may to back to school or start a new venture _____

50'S

BODY

- Perimenopausal symptoms from the 40's may become more severe until menopause
- Menopause (one year since last period) arrives - average age is 52
- Once menopausal protection from estrogen and progesterone is lost. Pay extra attention to Cardiovascular Health (LDL) and Bone Health. May want to discuss HRT with your doctor.
- Skin, hair and/or vaginal dryness
- More frequent Urinary Tract Infections (UTI)
- Shifts in Metabolic Health, more insulin resistant that can lead to weight gain.

MIND

- Once Menopausal - stable hormones for first time since before first period. This can lead to feeling calmer and more at peace.
- Once Menopausal, we are "Upgraded" (Dr. Louann Brizendine) and often experience cognitive improvement.
- Ready to be challenged and for something new.

LIFE

- Empty nester
- Change in intimate relationships such as divorce and/or new relationship
- Parents aging or passing away
- Retirement, or thinking about retiring. Job loss. Starting new venture or career.
- Often more time for self-care (at least compared to 40's).



60'S

BODY

- Bone Health - Osteoporosis or Osteopenia
- Breast Health
- Pelvic Floor Health
- Vision & Hearing
- Joint Health, Arthritis
- Vision & Hearing

MIND

- Conscious of Cognitive Health

LIFE

- New sense of freedom
- May lose partner or close friends
- Return to, or find new hobbies and interests (staying active and engaged.)



70'S



BODY

- Taste and Smell: Important to be able to enjoy food and eating enough, esp. enough protein..
- Cardiovascular Disease
- Cancer
- Respiratory Disease
- Digestive Disease

MIND

- Dementia
- Loneliness gets more common with age

LIFE

- The more active, engaged and interested in the world around us the better for our health.

A DAY IN THE LIFE OF A CENTENNARIAN - KEY WORDS IN BOLD

Let's learn from a Centennarian and be inspired .

- Requested to be awoken at **6.45 am** and started day with a long **prayer** at the window.
- Seated in chair, doing **gymnastics** while wearing a **headset**.
- Wash and dress herself **unassisted**.
- **Enjoy** braised beef and dessert.
- Make herself daily **fruit salad** and **enjoy chocolate**.
- **2-hour nap** in the afternoon.
- **Visit neighbours** in the care home, discussing **news** she had heard on the radio.
- Dinner and bedtime at **10 pm**.

SUMMARY:

- **6.45:** She got up early and the same time every day. Having a plan for her day.
- **Prayer:** She had a Spiritual Practice and was connected to something greater than herself.
- **Gymnastics:** She was engaged in daily movement.
- **Headset:** She had sufficient hearing intact and enjoyed listening to music.
- **Unassisted:** She still had some independence.
- **Enjoy, daily fruit salad, chocolate:** She was able to taste and smell so she could enjoy her food and eating enough.
- **Visit neighbours:** She was connected socially.
- **News:** She stayed engaged in what was happening in the world
- **10 pm:** She had a regular bedtime and got enough sleep.

Source: Dr. Kharrazian

Step 2: Resiliency Checklist

Complete the FUNCTIONAL HEALTH RESILIENCY CHECKLIST.

Check all symptoms or conditions that apply.

This document will become your baseline and can guide your priorities for improving and maintaining your Health and Resilience.



FUNCTIONAL HEALTH RESILIENCY CHECKLIST

NAME: _____

DATE: _____

Check all symptoms or conditions that apply. This document will become your baseline and can guide your priorities for improving and maintaining your health and resilience.

IMPAIRED BACTERIA PATHOGEN RESILIENCY

- Susceptible to bacterial infections _____
- Suffer from chronic or reoccurring bacterial infections: gastritis, bronchitis, pneumonia, sinusitis, urinary tract infections _____
- Resistant to antibiotic therapy _____

IMPAIRED VIRAL PATHOGEN RESILIENCY

- Susceptibility to viral infections _____
- Reoccurrence of latent viral infections _____
- Significant tissue injury with chronic persistent viral infection _____
- Acute viral infection recovery is prolonged _____
- Severe immune response to viral infections _____

IMPAIRED PARASITIC PATHOGEN RESILIENCY

- Prone to parasitic infections _____
- Difficulty eradicating parasitic infections _____
- Reoccurring parasitic infections _____

IMPAIRED MOLD PATHOGEN RESILIENCY

- Noticeable reactions when exposed to mold _____
- Symptoms develop in damp or water-damaged buildings _____
- Notice improvement in symptoms and function when outside some buildings _____
- Muscle pain/Joint pain _____
- Often experience wheezing, shortness of breath, nasal congestion, itchy eyes _____

IMPAIRED IMMUNE RESILIENCY

- Chronically low white blood cell counts
- Chronic lymph node swelling
- Susceptibility to infections
- Prolonged recovery from infections
- Diagnosis of autoimmune disease
- Diagnosis of cancer

IMPAIRED MICROBIOME RESILIENCY

- Dysentery (infection or inflammation of intestine leading to watery and/or bloody stool) with dietary changes or when traveling
- Gastrointestinal symptoms from changes in hormones
- Gastrointestinal symptoms from changes in exercise frequency and intensity
- Gastrointestinal symptoms from stress or psychological challenges
- Inability to tolerate probiotics, prebiotics, or fiber supplements

IMPAIRED STRESS RESILIENCY

- Sleep disturbances when under stress
- Depression/Anxiety/Rage when under stress
- Weight gain/Weight loss when under stress
- Microbiome disturbances when under stress
- Promotion of dysglycemia (too high or too low blood sugar) when under stress
- Gastric burning when under stress
- Immune weakness when under stress

IMPAIRED PSYCHOLOGICAL RESILIENCY

- Impairment of function with psychological stressor
- Inability to socially communicate when under psychological stress
- Perseveration (get stuck) about negative stressor
- Unable to find positive outcomes
- Development of mood disorder from stressor

IMPAIRED TOXICOLOGICAL RESILIENCY

- Increased reactions to chemical odors
- Adverse reactions in air pollution environments
- Increased skin reactions with chemical exposures
- Noticeable change in function and health when exposed to chemicals, toxins, or pollutants

IMPAIRED DIETARY RESILIENCY

- Increased reactions to different foods
- Unable to digest protein-rich food efficiently
- Unable to digest high-fat food efficiently
- Unable to digest high-starch food efficiently

IMPAIRED INFLAMMATORY RESILIENCY

- Experience pain more frequently
- Stiffness and pain throughout the body
- Increased episodes of brain fog
- Exaggerated responses to dietary or environmental allergens

IMPAIRED PHYSICAL RESILIENCY

- Recovery time is prolonged after workouts or physical tasks
- Endurance time is reduced with exercise or physical tasks
- Physical intensity is reduced with exercise or physical tasks
- Injury-prone with exercise or physical tasks

IMPAIRED BLOOD SUGAR RESILIENCY

- Unable to eat a meal without fatigue
- Must use coffee or nicotine after meals to function
- Reduced tolerance for sugars and carbohydrates
- Unable to function for long without meals or snacks

IMPAIRED SLEEP RESILIENCY

- Inability to fall asleep
- Must use medication or nutraceuticals to fall asleep
- Unable to recover from sleep
- Must sleep for many hours to function normally

IMPAIRED THERMAL RESILIENCY

COLD

- Unable to tolerate cold temperatures
- Less tolerance for changes in temperature getting colder

HOT

- Unable to tolerate warm temperatures
- Must use air conditioning to function when temperature is hot

This document is now your baseline and can guide your priorities for improving and maintaining your health and resilience.

Step 3 – Your Health Goals

GET CLEAR ON YOUR HEALTH GOALS and WHY they are important to you.

If you are not clear on your goals you are not able to put a plan in place to reach them. Connecting to your deeper Why that is connected to your goals with help you find the motivation to achieve them, even when the going gets tough.

My Top 3 Health Goals

1. _____
2. _____
3. _____

List at least one reason WHY for each Health Goal

1. _____
2. _____
3. _____

Step 4

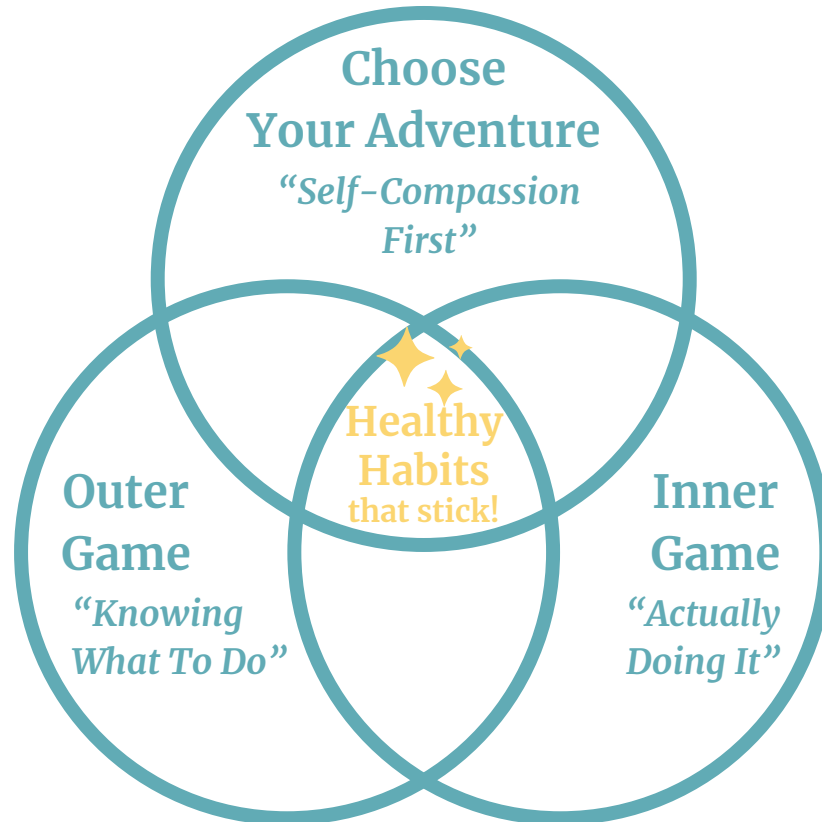
Learn about the
Three Components that make
Healthy Habits that Stick possible.





The Truly U Method™

Building Health & Resilience with Gentle Power.



Having agency, or *inner agency*, is about being able to make choices in the moment that align with your Health Goals.

The seemingly small everyday choices we make shape our lives. This is especially true for midlife women.

When you are able to consistently make Healthy Choices you develop Healthy Habits that stick. That’s big since you have shown to yourself that you can keep your word to yourself (not just to others...).

The TrulyU Method works because it combines Self-Compassion First combined with a plan that starts where you are. That’s how you are able to actually do what will build and maintain your health & resiliency so you can enjoy some of the most rewarding and fun year and decades ahead. :)

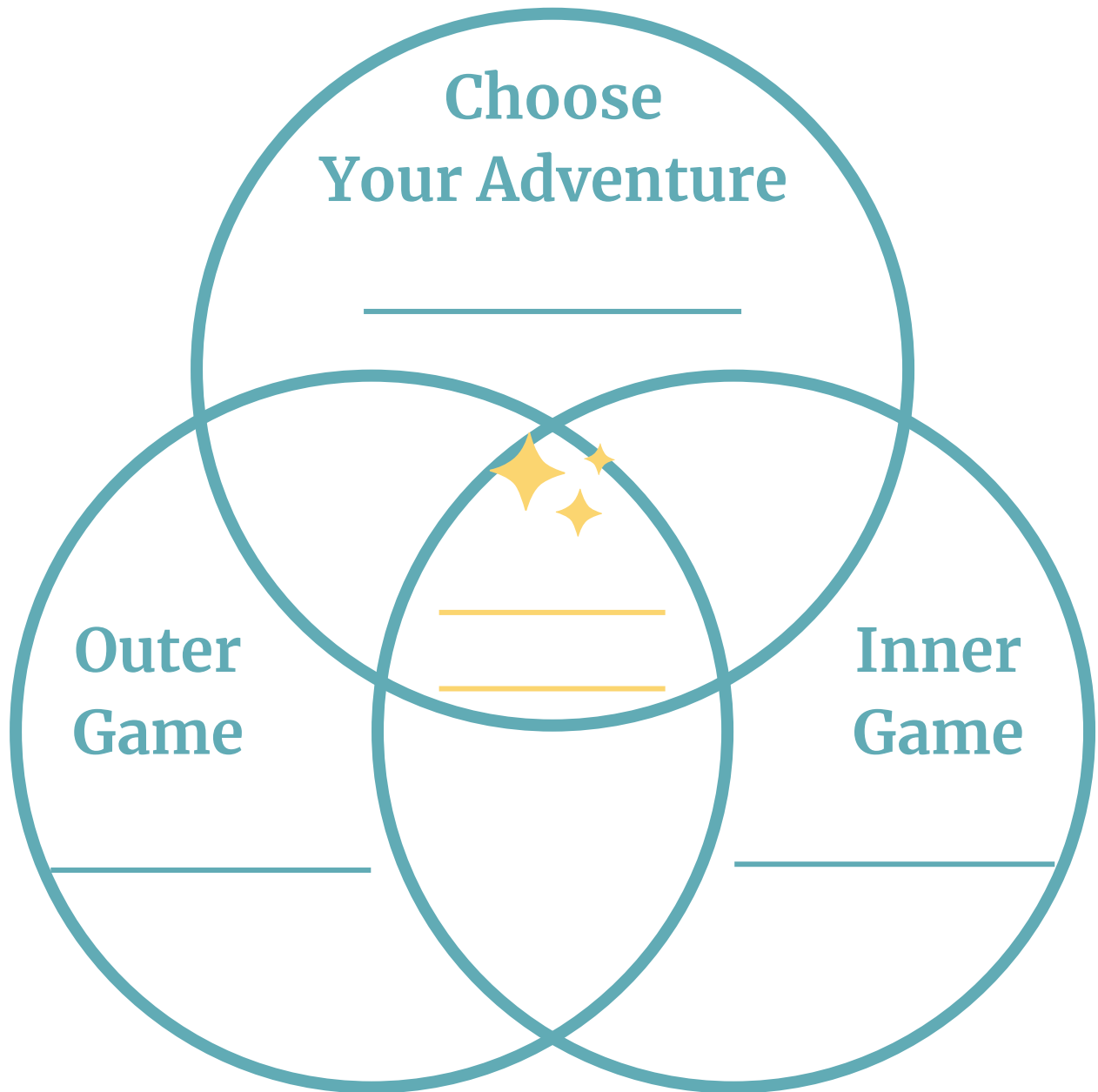




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Fill in the missing words.



Step 5: Motivation

Rate your level of motivation.

But first, this is kind of Urgent...

When is the best time to start, or uplevel our self-care? Of course the answer is yesterday, but the next best answer is today.

As midlife women we have a window of opportunity to take smart action so we can turn on our longevity genes, improve our metabolic health, reduce inflammation (and inflammaging) and so on so we can put more Health into our increased Life Spans.

As we get older we lose resiliency and our ability to respond to health interventions will diminish.

So you have no time to lose, especially since you now know how to make Healthy Habits Stick!

My Motivation

Rate your level of motivation from 1–10
with 1 being very little motivation and 10 “I’m roaring to go!”

Write your motivation number on the line above.

Your Next Step

You don't have to do it alone.
Book a free & no-strings
"Your Next Step" meeting.

If your Motivation Score is 7 or above
you are invited to schedule your
free and no-strings
“Your Next Step” Call.

Here’s the link:
calendly.com/trulyu/meeting

If your Motivation Score is 6 or less I hope you have received value from the Roadmap and I want you to know that I have more valuable resources to share with you, so keep an eye on your email inbox. :)

Annika Ek R.H.N

Annika Ek R.H.N. is a Nutritionist to Women 40+ Ready to Thrive. She is the founder of TrulyU and the host of TrulyU Women's Circle. Annika supports midlife women (40's-70's) so they can (finally) make self-care upgrades stick and enjoy better health now and for years to come using The TrulyU Method - combining modern science with ancient wisdom.



Annika Ek R.H.N.
Nutritionist to Women Ready to Thrive

“ I am ready for the rest of my life...

"After working with Annika, I am ready for the rest of my life. My body is ready, my soul is ready. I let go of feeling resentful of the time and commitment it takes for significant self-care. Now I'm excited and joyous to integrate and apply the vital health and nutrition information I've learned. There is a lot in Annika's teachings. And no fluff—I love that! And surprisingly to me, my favorite learning was the wisdom practices, they made it so much easier to do what used to be hard for me." ~ Sherry Hogan English, Certified High-Performance Coach

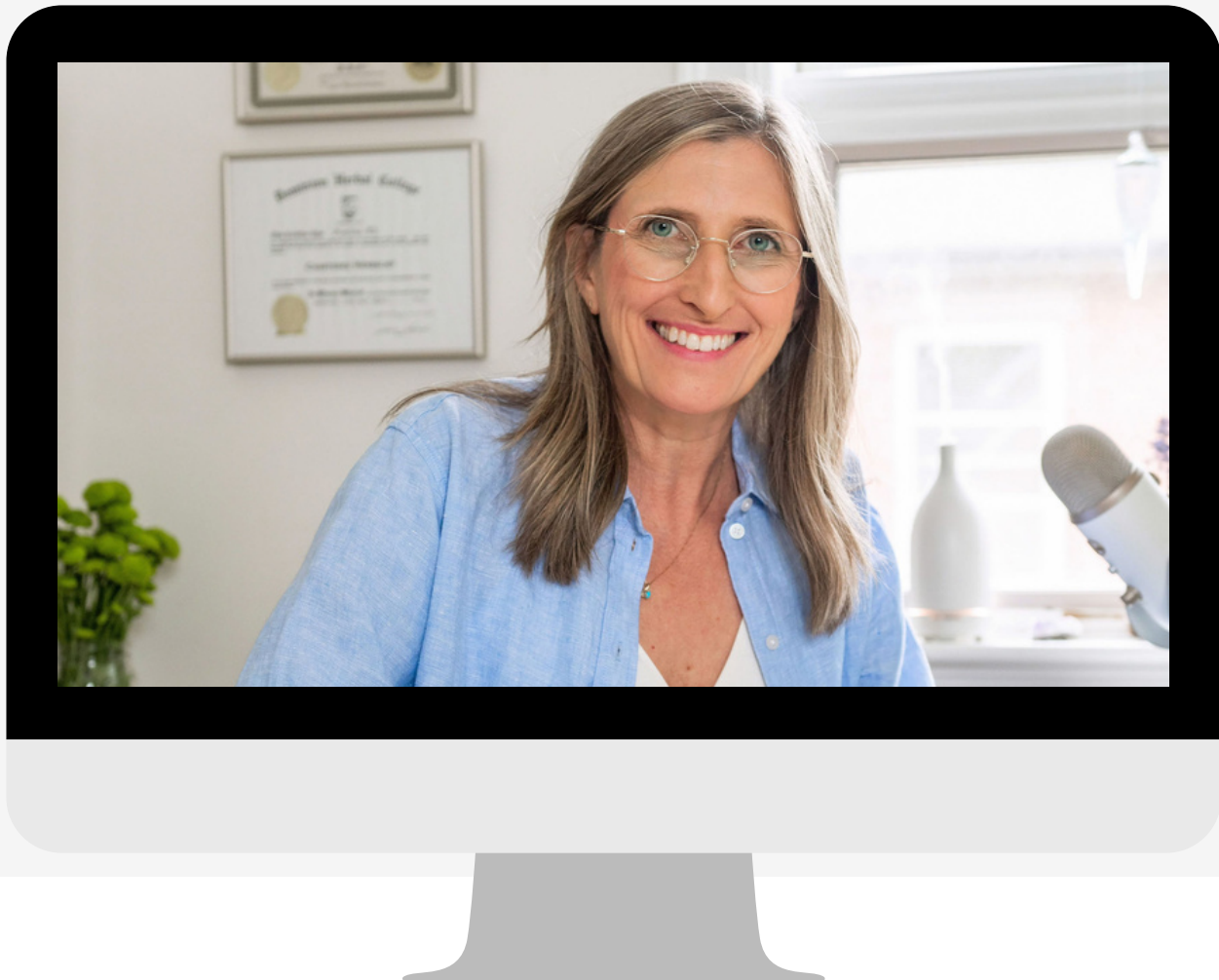
“ I am not broken...

"When I started working with Annika I was not feeling connected to my body and I did not feel like me anymore. My inside and outside did not match. I was tired of doing things that did not work and I had stopped trying. Annika has taught me to accept and understand that I am not broken, I just need to change my perspective. I have learned that awareness comes before change. ~ Sue

“ Her advice is priceless...

"I have been working with Annika for the past three years. Her dedication and hard work is like no other coach I have ever experienced. If I could give her a 10 out of five stars I would. She has helped me with my health and eating. Her advice is priceless and worth every penny I invested in myself." ~ Marie-Claire





Healthy habits that stick are created one healthy choice at a time.

Book “Your Next Step” Call Now.
It’s free and no-strings

calendly.com/trulyu/meeting