

# SUPER SECRETS to Midlife Weight Loss

of

**Burn Fat & Lose The Belly!**

Healthier choice  
of hormones  
for your body!



Women's Midlife Specialist  
Dr. Karen Leggett





To My Lovely “Sisters”,

## This week I wanted to do **something special** for You in honor of **Mother’s Day**.

It is hard to choose something special for you because I want you to know how important you are to me, AND to all the people in your life. I KNOW who you are, and what you do for those you love. You have always been an amazing person, but today, you are even more important and valuable to those you love than ever before.

I decided to give you something that you could use and keep, and even pass on to a daughter, friend, or sister. To decide on what might be best, I reviewed 100’s of “symptom” questions many of my “sisters” filled out on ZRT lab tests when they completed a hormone test. And of all the concerning symptoms, midlife weight gain was at the top of the list.

I can understand your concern. Weight gain creeps up over a period of time and then suddenly it seems like it happened overnight. Excess weight makes us feel less attractive, and even worse, it causes us to feel bogged down, tired, and even disappointed in ourselves.

When I feel discouraged about something that has crept up in my life that I need to overcome, I tell myself... I need to push the reset button. I need to “Just Do It Now.” Often, I wish I had someone that I could call that very moment who would tell me exactly what I need to hear and give me the knowledge and motivation at that moment to push me forward.

So, for you, for this Mother’s Day, I want to give you this little gift – a booklet about Understanding Weight Gain during our Midlife years and a few hints about what it takes to lose weight during this time in our lives.

**I hope you enjoy it. And have a LOVELY Mother’s Day.**

heart and hugs,  
Dr. Karen



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## You Have to Be Your Own Advocate!

There is a dangerous trend most midlife women are making that keep them struggling through midlife with many frustrating symptoms such as **fatigue, insomnia, weight gain, and irritability while increasing their risk of breast cancer** and literally causing rapid aging and a slew of health problems. And if that wasn't bad enough, these women often give up on their dreams, passions and goals. The ripple effects of that is mind boggling to me. It changes their whole future and the lives of their families as well.

### What is this dangerous trend?

It is listening to a conventional Primary Care Physician or Gynecologist who has no knowledge or advanced training in hormones, Functional Medicine or Anti-aging medicine.

### Why is that a problem? We should be able to trust our doctors right?

## The 3 truths that make it difficult & dangerous to be a midlife woman

1. Even though Anti-aging medicine is the fastest growing specialty field in medicine today, there are still few in number with most located in larger cities or affluent areas. So, this means that many women don't have access to a good Anti-aging doctor.
2. The second truth is that other than a few basic things like your yearly physical, mammogram and pap smear, insurance companies won't cover preventive care. And since Anti-aging medicine is considered a preventive service, insurance companies refuse to pay for the services. Therefore, Anti-aging and Functional Medical physicians rarely accept insurance. This also makes it difficult for many women to have access to these advanced types of medical care.

3. The 3rd truth is that doctors who are not trained in Anti-aging medicine are not informed or up to date with the facts that are the primary focus of Anti-aging medicine such as hormones, metabolism, energy producing functions of the body, gut health, adrenal fatigue and **weight loss**. You wouldn't want me to take out your appendix or do a Heart Cath on someone you know, right? I wouldn't have a clue how to do that.

In the same way, conventional doctors simply don't understand the intricacies of weight loss and hormones, and often end up being perpetrators of misinformation to women who need guidance. This leaves women misdirected and lacking in the care they need.



Medicine is a vast subject made up of many specialty fields, and Anti-aging medicine, which includes weight loss and hormonal balance, is the fastest growing specialty field in medicine today. But it isn't taught in medical school.

There are courses starting to spring up now in medical school, but back in the 90's when I was in school, our nutrition course consisted of RDA needs being managed with a bowl of cereal every day. And that's no joke. Doctors can only diagnose what they know exists and have had exposure to learn. Doctors can only treat what they understand. And finally, doctors are just like everyone else... we seek knowledge on topics of our own interests.

But YOU are going to know the truth about weight loss AND hormones from an experienced Anti-aging physician who is also very conservative, ME!

So before we get started I just wanted to say **congratulations** to all of you, because it really takes a special person not to be dependent on others. All of you have said **Yes to yourselves** for being in control of your own bodies, and knowing that only YOU can keep your mind and bodies healthy and strong.



## Our Gift of Womanhood

Women are simply just amazing. I love being a woman. I feel blessed for being a woman. And I always feel sad when I'm talking to a woman and recognize that she doesn't realize her true value as a woman. Our ability to keep the family together, to give, to share, to love, to teach, to understand, to believe, to hope, to reach out, to give is simply amazing. And we do it all at the same time.

However, with that said, how well we express our inherent gifts has a lot to do with how we feel. Because how we FEEL has a lot to do with how we ACT. And how we ACT has a lot to do with how we FEEL. The two are intertwined.

We as women control the aura of our environments. When a woman is happy and satisfied, and fulfilled, everyone around that woman feels joy. We actually have a natural ability to bring out the best in other people - just by feeling good.

Unfortunately, the opposite is true too. When we feel lousy, everyone else around us feels rather lousy too.

### When Mom is Happy, Everyone is Happy.

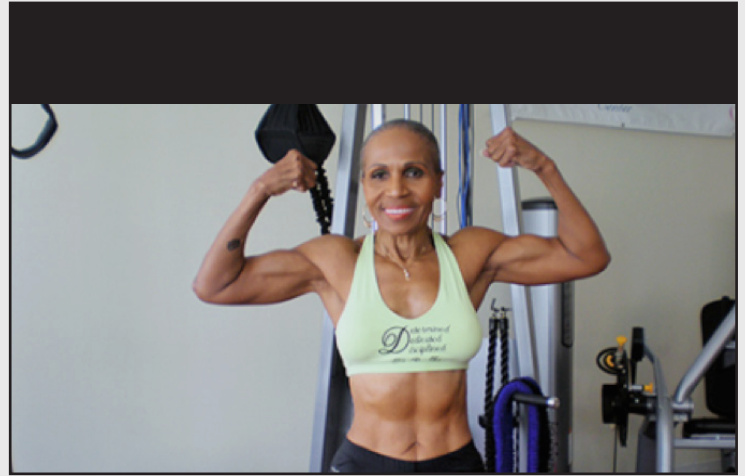
You see, we truly do control the aura, the mood, the underlying sense of the environment wherever we go and that means the joy of our relationships, the way our colleagues feel around us, our bosses, our family, our customers and clients - how THEY feel and act, also depends on how WE feel and how we express how we feel.

We not only **DESERVE** to feel well, healthy, balanced and attractive - **the World is depending on it!**

## Let Me Introduce you to Ernestine Shephard – *an 80 year old amazing woman.*

She had not exercised a day in her life until she was 57 years old.

She found her midlife woman wisdom after losing the closest person to her, her sister, at age 57. Right before her sister's death, they decided to start working out. And after she died, Ernestine decided she needed to follow through with something her sister and she set out to do.



**She developed Courage and Commitment. And she never gave up!**

We ALL want to be like Ernestine Shephard! **And we all CAN be!**

**Imagine now...** what that would mean to you and to your family. Imagine what that would mean to your children, grandchildren, and friends. Imagine being that person.

You see, most people give up! Right? When you look around you. When you are at the store. At a restaurant. At work. What you see is that most women have given up. They accept aches and pains and fatigue and insomnia as normal processes of aging.

This sets them up for more aches and pains, a sedentary lifestyle and ongoing weight gain and fatigue. Eventually they convince themselves that the dreams they had as young adults no longer seem important.

**BUT that's not going to happen to you, BECAUSE:**

1. You are STEPPING UP TO THE PLATE and are READY to lose weight!
2. You KNOW your WORTH every moment of your efforts!
3. You KNOW its up to YOU! (No one else is going to do it for you, but...)
4. You KNOW I'm going to help you! (And if you don't - NOW YOU DO!)

## So Let's Get Started!

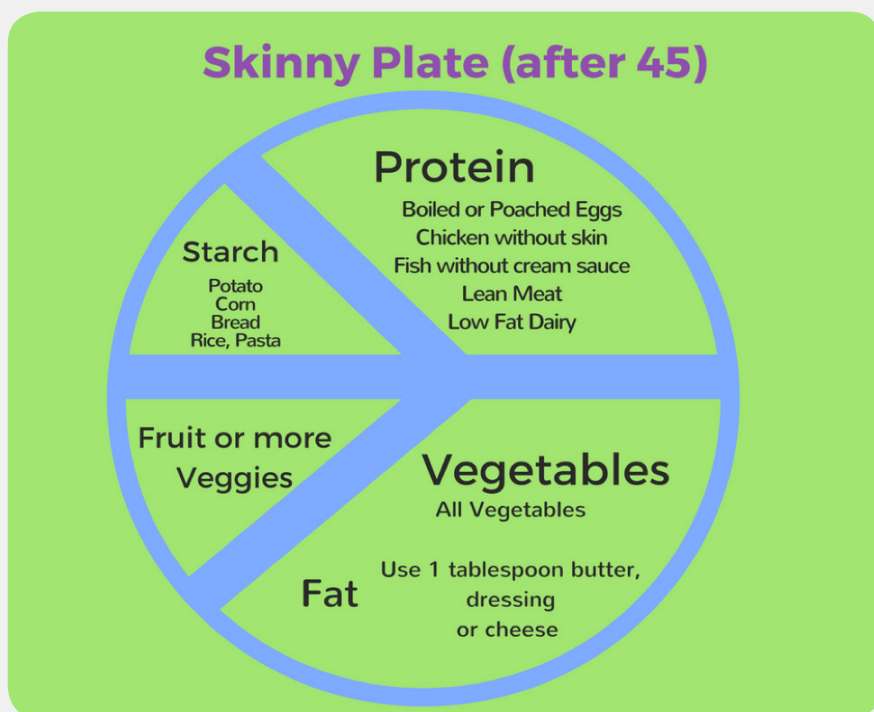
# The Power of 7 Secrets to Weight Loss

1. What, When and How Much You Eat
2. How Active Are You?
3. Muscle Magic - Do You Have It?
4. Avoiding the 3 Mistakes that CAUSE Weight Gain
5. Optimizing Thyroid Hormones
6. Controlling the Cortisol
7. Sex Hormones: The Key to a Youthful Figure

## 1. When, What, and How Much to Eat

### The Skinny Plate

I have created a little plate diagram here for you. This is the perfect Skinny Plate to follow once you hit 40, and often even before! It's a definite must after age 45. Notice that there is a big difference on this plate than the plate most people eat. The Protein and the Vegetable portions of the plate are equal in size and are the largest parts of the plate. In fact if you don't eat any fruit, you should fill half your plate with vegetables. One Savvy Sister noticed how the plate is in the shape of a Peace sign! **I love that!**





Now take a look at that small 12.5% of the Skinny Plate for the starch or carbohydrate portion. It's small! So spaghetti or potatoes, or corn or bread or rice ... well it should take up **only 12.5%** of your plate. You're going to discover a whole lot more about this later when we talk about the **3 most common mistakes women make that CAUSE them to gain weight!**

No don't get mad at me! I'm just the messenger. But if you want a flat stomach, or to finally take off that last 10 pounds, or if you have a lot of weight to lose – you will drop it quickly just by following this **Skinny Plate**. No exercise needed.

So you see, it's not just about how much you eat. It's also about **WHAT you eat**.

Now, what should you be aware of regarding **WHEN to eat?**

There happens to be a better time of day to eat carbohydrates. It is called carb stacking. You want to consume most of your carbohydrates in the morning. This is really good for you in terms of getting your thyroid gland to wake up each morning too because the thyroid gland loves carbohydrates in the morning. But it is also good because it gives you all day to get rid of those carbohydrates too.

**So if you deviate from the Skinny Plate, and have a carbohydrate “pig fest”, make sure you do it at breakfast!**

Another key is to stay away from carbohydrates after 7 pm, or 3-4 hours before bed. But unfortunately, after dinner desserts are often high glycemic carbohydrates like ice cream, frozen yogurt, cookies and so forth. After dinner is actually the **WORST** time to eat dessert!



## 2. How Active Are You?

How about YOUR Activity level? We commonly gain weight as we get older and our level of activity has something to do with it. Our lives become increasingly busy with more and more responsibilities and the little time we have free is spent trying to catch our breath!

It's a fact of life! Less active? Means slower metabolism. In fact there is a direct link between being less active and your brain's decision to slow down your metabolism.

As your brain senses YOU slowing down, it signals your thyroid gland to decrease the production of thyroid hormone! Oh Geez! Just what we needed, right?

Then add to the picture the fact that many women don't decrease how much they eat, WHAMMO - Recipe for disaster.

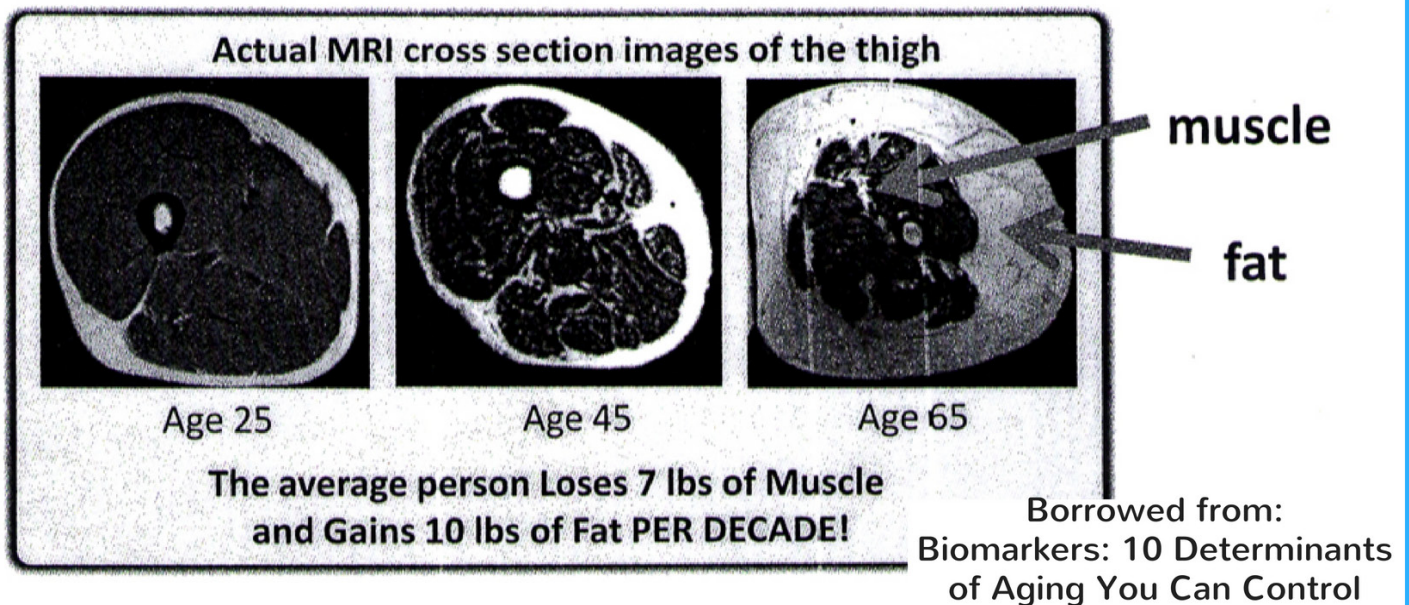
*We all want to stay thin and be healthy. But remember, excuses are for people who don't want it bad enough.*



# Muscle Magic - Do You Have It?

As we age, our muscle mass declines - UNLESS we're doing strength training with some form of weights or resistance exercise. There's no way around it except with strength training. You've heard the saying "Use it or Lose it."

Restoring your Androgen levels, (DHEA and Testosterone), back to more Youthful 30-35 year old levels, is a start for decreasing muscle loss, but it won't actually build muscle to any significant degree, without the strength training component added. You can slow muscle loss with Androgen hormone supplementation, but you can't stop it. Strength training is necessary to stop it and build it back.



Cross section of an MRI of the thigh of a 25 year old, a 45 year old and a 65 year old.

So here is an awesome photo of a cross section of an MRI of the thigh of a 25 year old, a 45 year old and a 65 year old. The white part of each picture is the fat and the dark area is the muscle. That little white round area in the center is the femur, (leg), bone. Ok. Look at how the fat increases and the muscle decreases! Oh lordy be!

**In fact the average person loses 7 pounds of muscle and gains 10 pounds of fat every decade.**

And... well you might have heard this before, or know it intimately, that muscle burns more calories than fat. As we age, if we don't maintain our youthful muscle mass, our body can't burn as many calories as it did when we had more muscle.



## RECAP ...

*We've now talked about WHAT, When and How much to eat, and you've gotten a glimpse of the Skinny Plate. We then talked about the importance of our Activity level and maintaining our muscle mass with some form of weight training or resistant exercise.*

Next up is all about **the different Hormone Systems and how they play a roll in achieving that Youthful Figure we all dream about.**

But first, before we move on to hormones, do you remember when I said you would discover a whole lot more about that little **12.5% section on the Skinny Plate?** The one that contains the starchy carbohydrates like potatoes, corn, bread, rice and pasta.

Now is the perfect time to tackle this topic because this little “piece of the pie” (no pun intended), happens to be **one of the 3 Key Mistakes women make that Pile on the Pounds!** Ugh! That feeling of your stomach hanging over your pants feels terrible!

## So lets head over to the **Top 3 Mistakes Women Make that Cause Weight Gain** right now ...



## Top 3 Mistakes Women Make that Cause Weight Gain

There once was a time, not long ago, that scientists thought a “calorie was a calorie” and that all calories should be created equal. Scientists thought that it didn’t matter what type of food the calories came from - they were all equal and only the TOTAL amount of calories per day was what mattered.

The reason this belief was held for so long, and so tightly, is because it IS true that if you cut your calories down BELOW the number of calories your body uses, you WILL lose weight no matter what you eat to make up those calories.

But it turns out that it’s a little more complicated than that.

What is now known is that your body USES calories differently based on what type of foods the calories originate from. And YES, this has everything to do with your hormone systems! (But hold on! We’ll get to hormones soon enough.)

So lets now Dive Right In to “Calories are NOT created equal” and discover how this has to do with the 3 most common mistakes women make that result in weight gain.

### The 3 causes of midlife “Figure Fizzles” are:

1. Succumbing to High Glycemic Carbohydrates due to their Addictive Physiologic Effects in the Brain
2. Lack of Planning for Expected and Unexpected Circumstances
3. Ignoring Midlife Sex Hormone Imbalances (*I told you we are going to get there!*)

If you correct these 3 common mistakes, you will NOT gain weight as you move through menopause, and you WILL find losing weight to be far less challenging. Even better news is that you can fix all 3 of these “Figure Fizzles” quickly and easily by yourself! So, let’s get started and set you on the right path to being healthy, strong, and feeling as beautiful as you truly are.



## 1. Addictive Carbohydrates - Your Brain Loves Them!

Carbohydrates are one of the 3 Macronutrients the body uses for energy production inside the Mitochondria of our cells. The other two Macronutrients are Protein and Fat. Carbohydrates are the easiest Macronutrient for the body to use for Energy. And in fact, the Brain will do everything in its power to use Carbohydrates to function, instead of Protein or Fat. Within 16 hours of removing Carbohydrates from your diet, most of your organs and your muscles have switched over to using Fat for energy.

However, it takes a **full 2 days of Carbohydrate elimination** before your Brain runs out of Carbohydrates and is forced to use Fat.

This is an additional **32 hours that your Brain holds on** to using only Carbohydrates while the rest of your body is happy burning Fat.

As a side note, when you go on a keto diet, there is something called “Keto-Brain” which starts at about 2 days into the diet and can last for up to 2 weeks. This is the point in which you no longer have Carbohydrates for your Brain to use, and it is at this point, you start feeling poorly, moody and quite foggy. This is because your Brain WANTS carbohydrates and functions best using carbohydrates.

As you might already know, **carbohydrates break down into sugar**, though each carbohydrate food breaks down at different rates.

This “rate of breakdown” is called the Glycemic Index and ranges from 0 to 100. The higher the number, the faster the carbohydrate breaks down into sugar. Glucose has the highest Glycemic Index of 100, since it is already in its simplest form, sugar.

**Note:** Table Sugar is not actually glucose; instead table sugar is Sucrose, and has a Glycemic Index of about 55. Honey is even lower with a Glycemic Index of about 30.

All other carbohydrates are compared to this 100-baseline maximum of Glucose. The higher the Glycemic Index, the faster the food is broken down into sugar and the more Insulin your body must produce to process the carbohydrate. The lower the Glycemic Index, the slower the food is broken down and lower amounts of insulin are needed to process the carbohydrate.

Classification	GI range	Examples
<b>High GI</b>	<b>70 and above</b>	Baked Potatoes, White Bread, Rice Pasta, Corn Flakes, Fruit Roll-Ups, Special K(Kellogg’s), Rice Cakes, Dates, Soda Crackers, Doughnut
<b>Medium GI</b>	<b>56–69</b>	Macaroni & Cheese, Table Sugar, Brown Rice, Sweet Potato, Banana, Raisins, Grapefruit Juice Unsweetened
<b>Low GI</b>	<b>55 or less</b>	Most Fruits and Vegetables, Beans, Whole Grains, Meat, Eggs, Milk, Nuts, Fructose and Products Low in Carbohydrates

Glycemic Index



The fiber content of carbohydrates helps lower its Glycemic Index because fiber helps slow down the breakdown of food. And again, the slower the food breaks down, the lower the amount of Insulin you need and the healthier the food is for the body.

Ripeness of fruits determine a particular foods Glycemic Index. An under-ripe greenish yellow banana has a lower Glycemic Index than a ripe and over-ripe yellow banana. As fruit matures, it releases more simple sugars and the Glycemic Index rises.

Fruits in general have a higher Glycemic Index than Vegetables. And fruits eaten as a whole fruit have a much lower Glycemic Index than the juice of the fruit, because the whole fruit contains fiber.

Following Glucose, white grain foods, (such as bread, pasta, and baked goods), have the next highest Glycemic Index. Starchy vegetables such as white potatoes and yellow corn (which is actually a grain), rank just below white grain foods in their high Glycemic Index measurement.

## **High Glycemic Index foods have been shown in research to have an addictive like behavior in our brains.**

This is because the Brain has “opioid – like” receptor sites specifically designed for carbohydrates to bind to. This makes sense now that you understand that your Brain prefers to use Carbohydrates for energy and is the last organ to give up Carbohydrates when you have eliminated Carbohydrates from your diet. These opioid-like receptor sites are literally calling out for Carbohydrates, and drive Carbohydrate addictions.

In addition to these anatomical and physiological basics facts, the more high Glycemic foods you eat, the more Carbohydrate “opioid-like” receptors our cells make! It is an example of a snowball effect. The more you eat them, the more opioid-like receptors form, and thus the more cravings you have. Imagine! Each receptor site calling out for more fast and simple sugar. Without adequate planning, even a strong-willed individual has difficulty fighting off the brains “calling”, particularly when you are hungry. That’s why you have surely noticed how you grab a quick Carbohydrate, like chips, cookies, candy or bread, when you have skipped a meal and feel “starved”!





## **The Brain's Subconscious Power Needs to be Fought with Conscious Power!**

It's important to be aware of those sneaky little opportunities that allow your Brain to over-power you and drive you into eating excessive and high glycemic carbohydrates.

Remember, the 2nd most common mistake Women make that cause belly fat and weight gain is: Not Planning for expected and Unexpected Circumstances.

So to get armed against your brain's super smart control, we better get our CONSCIOUS brain as smart as our SUBCONSCIOUS brain!

Imagine what you would do in the following 10 scenarios, and THEN let's take out the Heavy Duty ammunition and solve each one - step by step!

## **10 Most Common Scenarios When Your Brain's Power Drives You to Eat Carbohydrates.**

1. You get home feeling exhausted and spent from a long work day and feel you really need to relax! You don't feel like preparing a meal. You'd rather open up a bag of chips and dip them in healthy humus while sipping on a glass of wine! (After all, ... You deserve it, right?)
2. You skipped a meal and are now "starving" and your Brain wants (and needs), some quick Carbohydrates. (You could go for that bag of chips, or a couple small pieces of candy "to hold you over", but if you do, you will only be feeding your Brains powerful opioid-like Carbohydrate receptor sites!)



3. You want to go out to eat and have a nice dinner with friends or your hubby. (How are you going to turn down the delicious warm bread and butter?! And you KNOW the vegetable portions are rather small!)
4. You are at a party where there are inviting finger foods and yummy desserts. (Gosh! Just one couldn't hurt! But can you eat just one?)
5. You didn't plan on going out to eat, but now have been asked to do so at the last moment. You'd love to take the opportunity to be spontaneous. (After all, you might not get another chance for quite a while and you really want to go!)
6. You are a true stress-binge eater - or maybe you are a "closet" eater. (And you know it... you just haven't admitted it to anyone.)
7. You receive a beautiful, delicious edible High Glycemic Index gift from a neighbor, friend or family member and you don't want to refuse a gift since you know a lot of thought went into the gift!
8. You are traveling and staying in a hotel or going on a cruise. You don't have access to a refrigerator or have any means of cooking.
9. You are bored and simply just want something to eat. (We all have those days, and sometimes it feels like "those days" last forever!)
10. It's time to go grocery shopping. Think about it! This is a critical time that really needs a good plan!

These are all every day common situations, right? No wonder it is so hard to resist. Our subconscious brain is super smart!

**OK Sister! Let's get Savvy!**



## 2. Planning for the Expected AND Unexpected

Planning is an integral part of every aspect of life if you expect to succeed at your goals. When you decide you want a promotion, you make a plan of action that includes being on time, working diligently and efficiently, and displaying actions of team spirit. When you invite others over for dinner, you plan the timing, cleaning, cooking, serving and every detail of your dinner party. When you have a medical condition that requires medication, you plan on when you are going to take your medication. Everything we do that is successful has some sort of plan connected with it. And outsmarting our brain is no different! We need a plan!

Without proper planning for both the **Expected AND the Unexpected**, you are sure to experience a **“break down” in your Will-Power, and find yourself consuming a load of high glycemic carbohydrates**. No one wants to deal with lack of control, but the addiction is Real and Powerful. There is no short cut to developing a Will-Power powerful enough to overcome the High Glycemic Brain Addiction.

The only way to be stronger than your Brain's forces is by having the knowledge of what is happening in your body, reducing the number of “opioid-like” Carbohydrate receptors in your brain, (by reducing Carbohydrates in general), and Planning for the Expected and Unexpected. **Every thin woman you see, has broken the High Glycemic Index Addiction.**

When it comes to a **Powerful Brain Addiction**, you must have a plan of action for all the potential times you can succumb to the **addiction**.





## Solutions to the 10 Most Common Scenarios When Your Brain's Power Drives You to Eat Carbs

Planning ahead for these 10 common situations is vital for your success. If you have these 10 scenarios down pat, you won't likely come up with any others that can stump you! You need to figure out what works best for you... but to give you some creative ideas and successful strategies that you can tweak and put into action for yourself, I will share with you my personal coping solutions to these top 10 threats to even a Super Woman's Will-Power!

1. After a long day at work, the last thing we want to do is cook dinner. We're hungry, tired and need a moment to relax. Let me say that again. Because there are 3 words in this sentence that you need to hear again to know how to solve the challenges of a hard day at work.

**We're hungry, tired and need a moment to relax.**

### **When we understand the foundation of the problem, we know how to fix it.**

In order to be ready to make a delicious dinner for you and your family, you can't be in the middle of a "starvation mode", and you need to have the energy to prepare it. Therefore, in order to prevent being extremely hungry and tired, you need to have a **plan to snack on something satisfying immediately after work**, possibly on the way home from work, or shortly after arriving home from work. Snacks that are satisfying should range in the 250-calorie range but no more than that. The snack should be crunchy, easy to eat finger foods, and require sufficient chewing. Preferably it will be low in carbohydrates, with a low Glycemic Index, and high in fiber and nutrition.



Ideas for “cocktail hour” include **6-8 organic baby carrots, 6-8 organic cherry tomatoes, and 2 stalks of celery** (divided into 6 finger foods sized pieces). Imagine sitting down on your couch with your feet propped up, sipping a cup of organic herbal tea, (try Decaf White Tea with Vanilla Bean) or a large glass of filtered water with freshly squeezed lemon, crunching down on a plateful of these fresh organic finger veggies and before you know it, you will be refreshed with just the right amount of nutrients and hydration, that you will surely get a healthy second wind to prepare a delightful dinner for your family within the next hour or two. By eating one of your vegetable servings for the day at the time you are most highly vulnerable for a “Snack Attack” that ruins your appetite, energy level, and diet, you will also prevent over-eating the wrong foods at dinner time. **THIS is the perfect solution for this common challenge.**

2. When you skip a meal for any reason, you are setting yourself up to being “starved” just a few hours later. This is similar to number one above, but it just happens earlier in the day. Once again, we need to define the problems before we can understand how to fix it. The problem lies in understanding WHY you skipped the meal. Usually the reason we skip a meal is because we are either not hungry at the time the meal is available, OR we don’t want to stop what we are doing at the time the meal is being presented. So once again, several hours later, we feel famished! The problem lies in too much time between meals resulting in our Brain begging for Carbohydrates.

**The solution?** If you skip a meal – you MUST be realistic with yourself and KNOW that you are going to be hungry early before dinner. You can’t allow yourself to look through rosy colored glasses thinking that “this time” you won’t be hungry early... “and dinner will come soon enough.” It won’t happen. Be realistic. Be ready midafternoon for that snack you KNOW you are going to need. A healthy Protein Bar is an excellent solution. My favorite is a Quest Bar – one of many different flavors – all run about 200 calories per bar, with a big glass of water with lemon. Then remember Challenge number 1. When you get home, you are ready to get out the container of fresh organic finger sized veggies and crunch away!

If you enjoy Kambucha Tea, try pouring it in a large wine glass over a few ice cubes, plop up your feet and you’ll be satisfied, nourished, and relaxed!

3. When you go out to eat you are faced with multiple opportunities to break down and fulfill those opioid brain receptors with plenty of Carbohydrates. Often dinner starts with warm fresh bread and butter. The meals at restaurants come with far more starchy vegetables, particularly potatoes or heavy noodles, than they come with a nice hefty serving of vegetables like broccoli.



## Being prepared for eating out in restaurants is seriously part of the big Success Plan.

You must develop a mindset about eating outside the home. You also must recognize that there should be limitations on when and how often you eat out. Choosing a particular day of the week to eat out is a good solution and it allows you to have a plan. If you choose every Thursday evening, for instance, this gives you something to count on, look forward to, and enjoy as the week progresses. When you visit a restaurant, you have to GO-IN-to the restaurant recognizing that your body really wants vegetables and meat. Not starchy vegetables. You also GO IN-to the evening with the mindset that you are Not going to snack before the meal arrives. Nothing that is brought to the table before dinner is worth eating unless it is a fresh salad. When you enter your dinner out with friends or family, you are **PREPARED to say “No.”**

Keep in mind that eating out is part of living and is fun. But planning WHERE you go out and WHAT you should order is the part that places you high above the average individual who has no Plan and no Will-Power. It is also the key difference between You and others who fail.

In addition to GOING IN to a dinner on the town, you need to choose your restaurant wisely. Look at all the different restaurants who offer “Healthy Choices” on the menu, and ONLY choose from this list of restaurants. Have this already thought out and planned. And do not give in to going to restaurants that you know do not have adequate choices for you.

There is no reason you can't go out to eat and enjoy yourself. Just limit the number of times you do this weekly to no more than once and at maximum twice. Ordering carefully, the lower fat, lower carbohydrate choices on the menu. Be prepared with what you plan to order, and stick to it. Tell yourself that eating out is a gift you give yourself that is a great, enjoyable gift as long as you stick to the “rules” of the gift.

**4. Going to parties are always a challenge for everyone.** BUT you can do it with just a little planning just like planning on going out to a restaurant. Know that parties are usually full of finger foods that are coated with breads and sauces and sure to be foods that feed your Opioid Carbohydrate Brain Receptors. There are 2 things that you can do to overcome these temptations that go beyond the mindset control that you are developing for other areas you prepare for such as eating at restaurants.



The first “trick” is to bring an appetizer that you know you can enjoy freely as the main appetizer at the entire party, even if there isn’t a single dish present otherwise that is healthy enough for Your new Success Plan. Bring a tray of fresh vegetables with hummus dip, a meat and Swiss or other light cheese tray, a large salad with a home-made balsamic vinegar dressing, baked chicken drumsticks without skin or breading, an apple and cheese tray, a tray of spicy shrimp and dipping sauce, and so forth.

Since parties are one of those events that you know you have no control over, YOU need to **create control** by **bringing at least one item** to the party to gain a little “master control” over an otherwise passive environment.

The second “trick” is to make sure you never go to a party hungry. This is actually very sneaky and smart at the same time. Remember, by **Planning**, you stay in control. When you shop at a grocery store you are going to purchase far more items than if you shop while you are full. The same goes for when you eat out, as well as when you go to a party.

**5. Maintaining control over a “Surprise Invitation” to go out to Lunch or Dinner, or out for “Cocktail Hour” can really place a damper on your otherwise well intentioned and previously successful efforts for complete control over Carbohydrate Control.** But do not Fret! We must enjoy our lives WHILE being in control of our lives at the same time. There is not a problem with enjoying life’s pleasures, including spontaneity, unless the spontaneity results in losing control over your healthy intentions.

Visualization goes hand in hand with knowledge. The more senses you use to keep you strong and dedicated to your healthy choices, the easier it is to stay committed. Personally, I use visualization frequently.

When I think of a meal, I imagine that meal inside of my body. If it is a colorful large salad with multiple vegetables and a specific meat such as chicken, steak, or fish on top, I imagine that meal being broken down into its extremely healthy nutrients and traveling to all parts of my body.

When I am reading the menu, and read about a piece of chicken smothered in bacon and cheese I imagine my vessels getting clogged with cholesterol plaque, closing up and clogging the vessels in my heart. I can even imagine what that means before the visualization is over – including the procedure of having a heart cauterization, and the scary mistakes that happen inside hospitals as well. The picture just gets less and less attractive and my desire to have something on the menu that isn't a healthy alternative becomes FAR LESS attractive!

*It's a healthy, Successful Game in a way.* By using visualization, and making long range goal directed choices for myself, I just become **more and more powerful and in-control of my entire life.** Try it! It's actually quite easy! When you see how easy it is, you don't have to fear making spur of the moment decisions to go to a place that **challenges your Will-Power.**

**6. Stress Binge Eating and “Closet-Eaters” are hiding something bigger inside of themselves.** And You must face that fact if you fall into this category. Stress eating is about being driven to eat something high in sugar or carbohydrates due to Cortisol that has been acutely driven to excessively high levels.

Write the plans down for each of these 10 common situations that cause women to fail - if they fail to plan. Display the plan on your refrigerator. Share it with a friend who understands you and you feel protected around. **Remember the goal is to replace the High Glycemic Index carbohydrates with lower Glycemic Index carbs as well as add proteins and healthy fats.**

Interestingly the brain starts “down-regulating” the opioid-like carbohydrate receptors that exist inside of each cell very quickly. This reduces cravings almost immediately. Within just a few short days you will notice a huge improvement in your cravings as these receptor sites begin to atrophy **and eventually drop off.**







A full 21 days of strength and resisting high carbohydrate foods and you are on your way to life-long freedom from the High Glycemic Carbohydrate Brain Addiction. In fact, by day 21 you will already be enjoying a slimmer you at the same time as conquering this extremely common mistake of Western Civilization. Succeeding with this feat becomes far easier if you have addressed your declining Sex Hormones and Sex Hormone Imbalances.

**7. You receive a beautiful, delicious, Edible High Glycemic Index gift from a neighbor, friend, coworker or family member.** The temptation is there - after all it was a GIFT right? First and foremost, say thank you and receive the gift. This was a nice gesture and you don't want to hurt anyone's feelings. That does not mean that you are obligated to eat it. If they continue to bring gifts you can politely let them know about your low glycemic choices and how you appreciate the gifts and offer alternatives like a fruit basket.

**8. You are traveling and staying in a hotel or going on a cruise with no access to a refrigerator.** In this case you can pack a few Low Glycemic Index Unperishable items to hold you over when you cannot find something healthy to eat. In most cases you will be able to find the right fruits, vegetables, salads, fish, chicken and other items on the hotel or cruise menu. It's a matter of self control when you are in these situations and surrounded by all kinds of food. But knowing what to choose from and creating your own tasty plate will always be an award.

You can always ask for something that may not be on the menu and in most cases you will be surprised the kitchen will work with your needs. I have often asked for foods to be prepared without oils, or butter or asked for TONS of lemons to make FRESH LEMONADE where SODA or Sugary Juices were the only options. Don't be afraid to request what you need to make your time away from home enjoyable.

**9. You are bored and simply just want something to eat.** We have all experienced those times - Probably MORE often than we want to! You walk up to the refrigerator, realizing you are not even hungry, but still continue to look for something to munch on. There is a solution here too. Here are a few ways to break this habit. 1. Drink a Glass of Water. Dehydration and thirst can be mistaken for hunger. This alone may work instead of reaching for food. 2. Take a walk or go on a bike ride. Instead of taking in unwanted calories, try burning some off with an activity you enjoy. You may enjoy reading a book, working on a project,

drawing, completing a puzzle or teaching the dog a new trick! Think of something you enjoy and you will find yourself distracted and NOT eating out of boredom. Lastly, chew on Gum. Keep a pack of sugar free gum handy. Popping in a piece of gum can help distract the desire to chew and snack on other foods.

**But if you are to eat ... Remember to snack on those guilt-free snacks; Carrots and Hummus, Popcorn, Mixed Nuts, Cheese Sticks, Celery and Nut Butter.**

**10. Time to go to the grocery store.** When focusing on Low Glycemic Foods the first step is to make a list of the items you plan on purchasing and the meals you plan to make along with any ingredients you need. The more prepared you are the more likely you will stay on track and get the foods that you need to accomplish your goals. Foods low on the glycemic index have a score of 55 or less. In produce choose fruits and vegetables like broccoli, spinach and all varieties of lettuce. They have the lowest glycemic index with a score of 15. Carrots are very low on the scale and in the moderately low category are peas, parsnips and yams. While fruits are high in sugar, they are also full of fiber, which delays the absorption of sugar. Until you feel you have the sugar addiction licked, when it comes to fruit choices, I'd recommend sticking to the lowest Glycemic Index fruits, which are lemons, limes, and all types of berries. Adding 1/2 to 1 apple per day is fine as well.

When selecting grains select whole grains or made from whole-grain ingredients, since processed grains are higher on the scale. Low-glycemic grains are under 40. Wheat pasta falls at 42. Bran cereal and oatmeal have a score of 55. And remember the portion size! That is key as well!

Dairy products include milk and yogurt. Skim milk has a glycemic index rating of 32 and whole milk has a score of 41. Most cheeses usually have only trace amounts of carbohydrates. So cheese is not typically included on the glycemic scale.

As for fruit juice, I highly discourage it. Eat the whole fruit instead of drinking it!

Beans, nuts and legumes have very low glycemic ratings. Black-eyed peas, black beans, canned chickpeas and navy beans each have a score between 30 and 40. Beans fit in the starch section on your Skinny Plate!

Look online for Low Glycemic Recipes like roasted brussel sprouts, Black Bean Veggie Burger, White Bean Chicken Chili, Baked Tilapia with Grilled Asparagus and SO MUCH MORE.

**Prepare your list with a few recipes and snacks for the week. Don't forget the Low Glycemic Drinks!**





## Super Secrets

Before we head over to our final topic on Hormones and their effects on our Figure... I'd like to share with you one of my Weight Control Secrets that has been a part of my weight maintenance for many years, and a big help in keeping me healthy too.

Every morning the first thing I drink is a nice cool glass of clean water mixed with a healthy ½ organic lemon and a ½ tablespoon of Braggs Apple Cider Vinegar. It's delicious!

Then throughout the entire day I continue to drink the same thing until 4 full glasses are consumed. At that point I stop the Apple Cider Vinegar and drink just the water mixed with a fresh squeezed lemon half.

Apple Cider Vinegar has 5 clinically proven health benefits. I know the internet has 100's of claimed benefits ... but only 5 have been clinically proven. That doesn't mean that anecdotally Apple Cider Vinegar isn't good for more than these 5, but I can tell you that at least these 5 have been proven. And ... you are going to LOVE the 5 that are non debatable and non controversial no matter which type of doctor you are talking to – if the doctor is informed! Here they are:

1. **Improves Your Blood Sugar Levels!** Apple cider vinegar improves insulin sensitivity during a high-carb meal by 19-34%. That is a huge amount! It has been shown to reduce blood sugar by 34% when eating 50 grams of white bread! What? Why doesn't everyone know this?! Add just 2 tablespoons of apple cider vinegar before bedtime can reduce fasting blood sugars by 4%. And finally, numerous other studies, in both rats and humans, show that vinegar can increase insulin sensitivity and significantly lower blood sugar responses during meals. (Remember ... lower blood sugar means easier weight loss!)

2. **Helps You Lose Weight.** Apple Cider Vinegar not only decreases blood sugar and insulin levels, it also decreases your appetite! Studies have shown that about 1 pound a month is lost with just adding 2 Tablespoons of Apple Cider Vinegar to your diet daily! What other food item can you say that about?



3. **Kills Bacteria and Fungus** – Apple Cider Vinegar kills bacteria such as E-coli and bacteria on the skin that can cause acne. Some people use diluted Apple Cider Vinegar mixed with Bentonite Clay for a facial mask and an underarm detox! It is also incredibly successful at killing toe nail fungus! And toe nail fungi simply don't go away on their own. I wasn't willing to use the standard therapy – 6 month of a medication that has to be cleared by the liver is not for me if I can help it. I used 1 cup of Apple Cider Vinegar in 2 cups of water and soaked my feet for 20 minutes every night and in less than a month the treatment was over. I am 100% without the toe nail fungus now!
4. **Decreases Total Cholesterol and Triglycerides in rats.** Though Apple Cider Vinegar hasn't been tested in humans, this is clearly a benefit in rats, and since it isn't likely anyone is going to fork out the money to test in humans, it sure doesn't hurt to add this to your healthy day since so many studies first found in rats pan out to be true in humans as well.
5. **Has Amino Acids and Antioxidants without calories.** Though it doesn't have a lot of vitamins and minerals in it, the "mother" contains proteins, enzymes and healthy bacteria which may be responsible for the health benefits. It also has a small amount of potassium, amino acids (building blocks of protein), and antioxidants.



## **And it only has 3 Calories per Tablespoon!**

Now BE AWARE! Less is Better! Don't get fooled and use too much Apple Cider Vinegar! A little goes a long way. The safe dose on a daily basis is 2 Tablespoons a day – or 30 ml.

**Here are 5 potential side effects if you drink too much Apple Cider Vinegar.**

1. Bone Loss. Though 2 Tablespoons is far under the amount ever shown to decrease bone mass, you ought to know that Apple Cider Vinegar health component is acetic acid, which is an acidic compound. If you consume too much acid, the body must find a way to neutralize that acid and it does so by giving up minerals like potassium and calcium from bone.
2. Wearing away of Tooth Enamel. The loss of tooth enamel is caused by a similar process of how bone loss occurs. Loss of minerals in tooth enamel can lead to decay.
3. Skin Burns. Skin burns can occur if Apple Cider Vinegar is used without diluting in water and if left on skin too long. In addition this straight Apple Cider Vinegar should not be left on the skin and covered with a bandage as this increased the risk of burning the skin as well.

Finally, you should know that any medication that can decrease blood sugar, (used in diabetes), may need to be adjusted if you start drinking Apple Cider Vinegar. However, if you stay within the guidelines of 2 Tablespoons per day, you will enjoy all the benefits without the side affects.

**Get invigorated! Enjoy Apple Cider Vinegar – with Mother!**



## The Power of Balanced Hormones

Okay! I hope you enjoyed my Super Secret Apple Cider Vinegar Health Hacks! And now, as promised, it's time to move forward to the best part!

### **The Power of Balanced Hormones.**

The 3rd Most common mistake women make that causes weight gain is:

## **Ignoring the Importance of Hormone Balance throughout Midlife and Beyond!**

When I see or hear a women express a lack of understanding about hormones, it is rather hard for me to watch. But you know the saying... You can lead a horse to water, but you can't make him drink.

Hormones play a HUGE Role in keeping our girly figures! Just look around! It's a little obvious.

Fortunately, it's easy to keep your hormones at safe, youthful levels! Super easy! (And I'll come back to that later.)

But first, I think it's important to share with you my personal story, and how I came to be The Women's Midlife Specialist and so good at helping women balance their hormones.

I think when something hits you really hard, and you've been blessed with an opportunity to overcome it, you not only always remember the experience, you also want to help others trapped in the same or similar situation.

*My story might sound familiar to you ...*



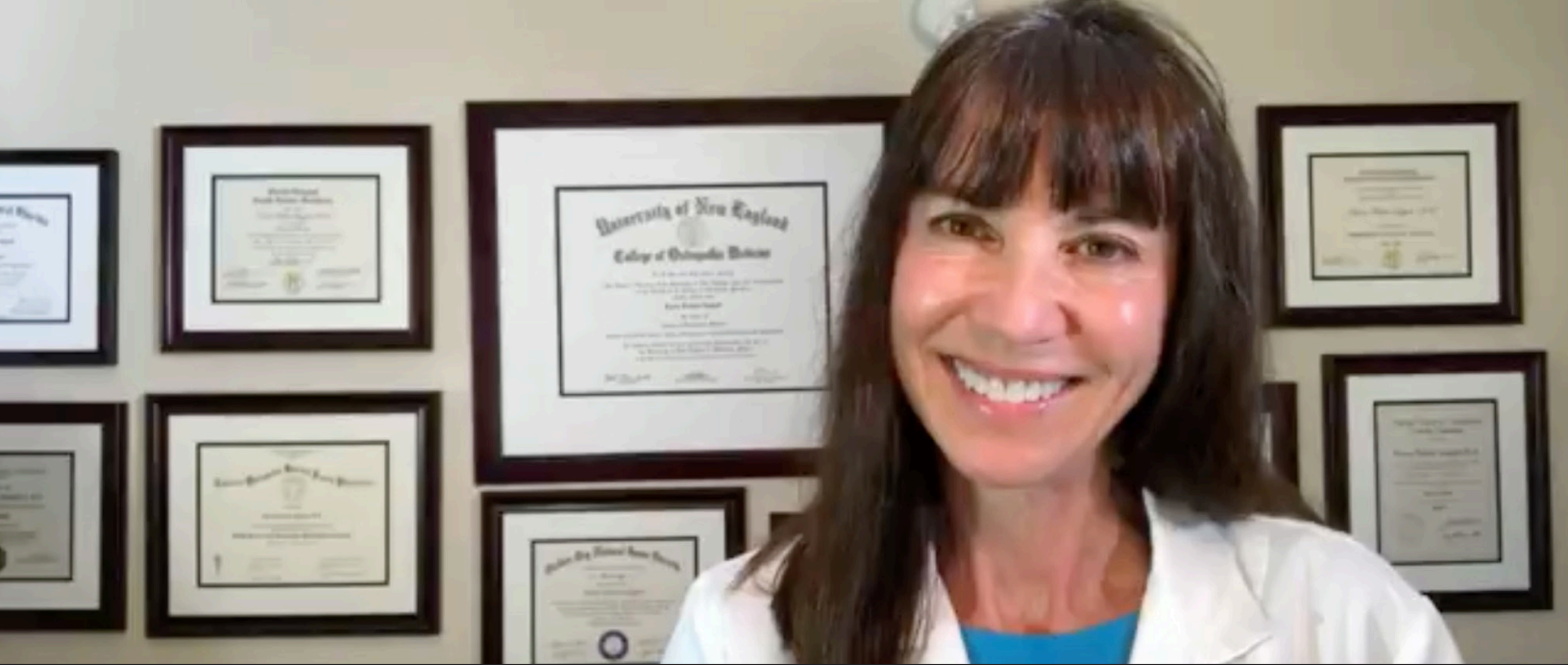
## My Story

My story might sound familiar to you. About 20 years ago, I was suffering from profound fatigue with a total loss of passion for life. I was devastated over how I felt and knew it wasn't normal, or at least it shouldn't be. Having always been a happy, carefree, and loving person, I was turning into a spiritless robot, going to work every day without excitement and joy in my heart. Every day was a struggle. Though I remained focused on my patients' needs, I felt a distance growing between me and those most important to me, including my beloved husband and son, with whom I had once shared a close relationship.

I suffered with terrible insomnia, anxiety, and had no interest in my previously-loved hobbies of gardening, shelling, ceramics and sewing. I couldn't even focus long enough to watch a movie, would have preferred to avoid sex, and found most of my comfort coming from petting my dog and focusing on my patients' problems. My love for the holidays was so diminished that I volunteered to do hospital rounds during the holidays to avoid Christmas.

To spare you the worst part of my story, let's just say, I was fortunate.

Being a physician, I knew that unless I had some hidden cancer that was eating my life away, what I was feeling could not be explained through conventional medicine. The only explanation left for me at that point would have to come from an oncology workup. I talked with an oncologist friend of mine and told him I was fearful that I had a hidden cancer causing my symptoms. He ordered a panel of tests to look for a possible cause of my fatigue. Bone scan, CT scans and blood work, fortunately, were all negative. It was at this time that I realized there wasn't anything traditional medicine could do for me and it would be up to me to get my life back. (Sound familiar?)



## My Story continued...

I started going to every conference available to physicians by the American Academy of Anti-aging, and focused on all of the possible issues related to fatigue.

I focused on how to test and balance sex hormones and treat with bioidentical hormones, diagnose and treat Adrenal Fatigue, treat metabolic conditions related to hidden thyroid disorders, and diagnose and treat leaky gut syndrome.

I put everything I learned into practice for myself, and in an extremely short period of time I was completely recovered from the fatigue, total exhaustion, lack of passion, anxiety, and irritability that I had been suffering from relentlessly.

Each year, I grow stronger, more vibrant, more productive and more beautiful. My relationships continue to grow and my career continues to prosper and expand. My discovery changed not only my personal life, but changed my career and passion for medicine. As I healed, patients living hours away would find their way to my office for help, sometimes a decade or more after seeking help from other physicians. The rest is history.

You may wonder what my story has to do with weight loss? The truth is - I was about 10-15 pounds heavier than I am now. I never went on a diet or even tried to lose weight after I balanced my sex hormones. I wasn't at my most comfortable weight but once my hormones were balanced and my ZEST for Life returned, before I knew it, I had slimmed down! Sure I started taking better care of myself. Eating better, mainly walking. I had more energy and motivation and the weight naturally came off.

It turns out that hormones play one of the largest roles in weight gain and weight loss in more than one way. In fact - MANY ways!





## Your Hormone Systems - The Big Picture

Hormones are actually produced by almost EVERY organ in the body including the liver, the skin, the stomach, the bowel and so forth. Even fat cells produce hormones.

There are also organs called Glands, whose only purpose is to produce certain hormones. These glands make up a system all their own called the Endocrine System. The main ones related to our weight include the Brain, the Thyroid Gland, the Ovaries, (or Testes in men), the Pancreas, and the Adrenal Glands. One thing you must realize is that **as you age, these glands become LESS efficient at producing hormones.** If you are 50 years old, remember that your glands are 50 years old too.

## Why do I need to know about my Hormones?

Children are notorious for asking “Why?” At first, we as adults try to answer their questions factually and with pleasure. But have you ever had a child who asked you a question that you didn’t know the answer to? You might find yourself yakking on a subject that you aren’t well versed on, and leaving a lot of blanks in the explanation. Well, that is exactly what you are likely going to get if you ask your conventional doctor about your hormones!

Conventional doctors simply don’t have the education or experience to help you with your midlife hormone changes. Conventional medicine avoids anything controversial like it was the plague. And in the midst of it, women suffer. **So You REALLY need to Understand Your Hormones!**

Fortunately, there are **Mavericks in the world**, who seek knowledge and truth and find challenge and reward to complicated and controversial subjects. **These leaders have stepped up to plate and been a voice for women through their decades of research.**

## **Our Hormones Should Play Like a Beautiful Orchestrated Symphony**

All of our hormones work in harmony together like an orchestrated symphony. Or at least they should. Imagine all the different hormone glands communicating with each other - with the Brain as their Commander in Chief. It truly is one big symphony.

**When one hormone or hormone gland is off balanced, all of the other hormones can get off note as well.**

Now when I speak of balance it's important to recognize that there is no such thing as the perfect "stagnant" balance at ALL times. If you think of balance as staying directly in the middle all the time, Balance is never 100% possible.

Do you remember those See-Saws on the playground when we were kids? Though the most fun and exhilarating place to be is when both you and your friend were in mid-air! One of you were on your way up to the top. And the other on the way to the ground. You were just passing through on your way up... or down.

**So How DO Hormones stay balanced if things are constantly changing?**

Well let's find out!



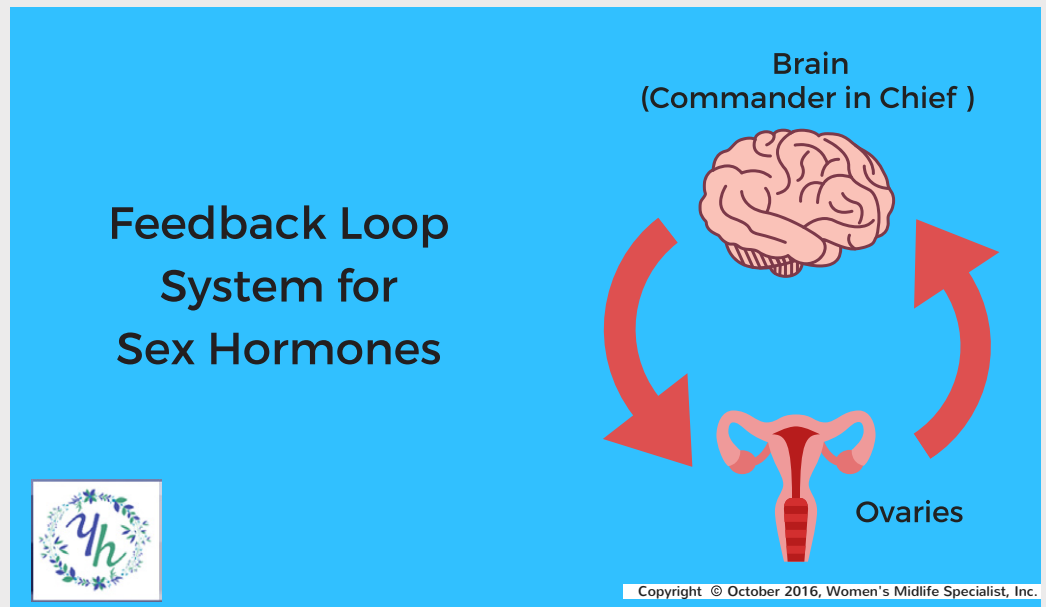
## The Commander in Chief is in Charge:

It's probably no surprise when I say our **Brain controls everything**. Really! Your Brain even controls the balance of your hormones! Well... until you start entering midlife and your organs start to get a mind of their own! (But we'll come back to that later!)

## Introducing The Magnificent Feedback Loop!

The brain is constantly sensing what every other organ in the body is doing, and then responds by sending out new messages that tell "everyone" what to do next.

It's kind of like a thermostat in your house. You set the temperature to 75 degrees and when the temperature reaches 75 degrees the air conditioner shuts off until the thermostat senses a change in temperature again and turns back on.



### This is how the brain works as well through the Feedback Loop System.

It is called Feedback because after the brain communicates to the organ, the organ responds to what the brain tells it to do, and then the brain picks up on how well the organ is following its instructions and sends back feedback communication that the brain then listens to again and decides how to respond the next time.

For instance. Let's say the brain tells your ovaries to make progesterone. The ovary doesn't quite respond to the level that the brain wants because the organ is just getting too old, or has some other issue, then the brain recognizes that the ovary isn't responding well enough and the brain sends out a stronger signal telling the ovary to try harder.

The ovary might be able to try harder, but as it gets older, it can only work so hard. And the brain keeps trying and keeps trying but the ovary can only do what it can do.

If it's not enough, then the brain will keep trying to remind it. That's a feedback loop system. And every single hormone gland or organ in your body has this type of feedback communication going with the brain 24 hours a day. **That's why I call the brain "The Commander in Chief."**



## Hormone Changes and the Truth About Balance

I mentioned earlier that there is no such thing as perfect balance all of the time. And I used a playground See-Saw as an illustration.

What is critical for you to recognize is that it's not a perfect balance that you're aiming for. It's the extreme highs and lows that you want to avoid.

**Life is full of ups and downs.** Our moods, our blood sugars, our hormones, and everything else in our lives go up and down. This isn't a problem. It's completely normal. Our body also make adjustments to accommodate these normal ups and downs. The problem is when we swing high and low from the midline. The actual high and EXTREME lows are what becomes a problem. This is when we feel really out of sorts and out of balance.

## Meet Your Midlife Hormone Rollercoaster

The actual average age of menopause is 51 to 52 years old. But Sex Hormones start declining long before this! Progesterone, for instance, starts declining around age 35, and plummets 75% between the ages of 35 and 50. Estrogen starts declining a little later than Progesterone and falls only 35% between the ages of 35 and 50. And that's just talking about 2 of the hormones.

**In deed, ALL of our Sex hormones start declining long before Menopause.**





Not only are our sex hormones declining long before the average age of Menopause around age 50, but many other hormones have long been declining by then too.

Growth Hormone (the most powerful calorie burning hormone in the body) starts declining at age 20! In fact, Growth Hormone declines about 12 percent every decade after the age of 20.

Melatonin, our vital sleep hormone which is also a major antioxidant, plummets like Growth Hormone, even before we are 20 years old. Even thyroid hormones are often declining.

If this wasn't enough to contend with, the lack of sleep, the frustrating mood changes, the exhausting fatigue and a slew of other signs of hormone change, are causing our Stress Hormone, Cortisol to RISE. Rising Cortisol is a factor in and of itself for weight gain!

You see, when it comes to hormone related weight gain, the Odds are stacked against us!

I think it's time to turn our attention to the different Hormone systems involved and get you on the right direction to beat the very odds that are stacked up against every midlife woman. Remember, you're here because you don't want to be like every other midlife woman... getting fatter, more tired, cranky and frustrated.

You CAN beat the odds with this knowledge, just like I did.

**Lets start with the Thyroid Gland Hormones, then cover the Stress Hormones, and bring it all together with my favorite - our Sex Hormones ...**



## Master Your Metabolism with Optimal Thyroid Hormones

Oh boy, this one is missed a lot in traditional medicine. You see, thyroid function commonly declines 50% of all women older than 50 years old.

That's a lot of women. Symptoms of low thyroid can also be vague. I know with myself, the first symptom I had was achy legs when I would sit down for the evening or get in bed.

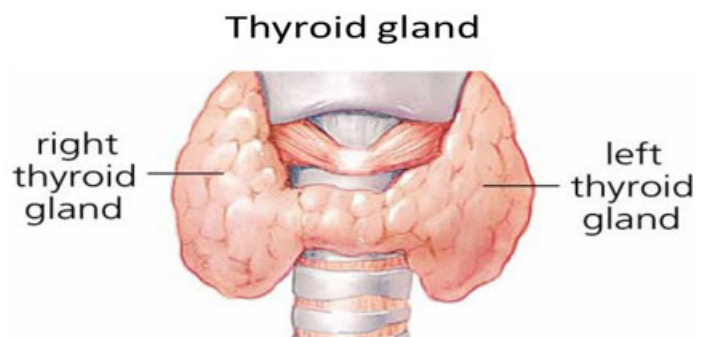
Unfortunately, conventional doctors don't test for thyroid function properly and the Conventional reference ranges supplied with your test results are actually too broad for healthy thyroid function.

Though, Thyroid Hormones deserve a book all by itself, and unfortunately go beyond the scope of this booklet, I can help you identify if you have a thyroid problem very easily by giving you exactly what you should look for in your Thyroid Hormone lab results. First you need to know WHAT tests to have done, and then compare your lab values to the Functional Medicine Reference Ranges in this booklet.

When you test thyroid hormones, make sure your doctor includes a TSH, FREE T4, FREE T3, TPO, and preferably also a Reverse T3. At minimum, ask for a TSH, FREE T4, FREE T3 and TPO.

ZRT Laboratory offer this testing by blood spot which is very accurate and you can do in the privacy of your home. (We offer the kits on our website to make it convenient too.)

The goal is to meet functional Medicine Thyroid Reference Ranges. NOT just the standard Conventional Reference Ranges you will see on your lab results paperwork.





## **Functional Medicine Thyroid Reference Ranges are the following:**

1. TSH between 0.2 and 1.5.
2. A FREE T4 and FREE T3 in the mid to UPPER range of normal of the conventional ranges displayed on your test results.
3. A Reverse T3 in mid to LOWER range of normal conventional ranges shown.
4. TPO should be below 70 - the lower the better.

If your lab results do not meet the guidelines of Functional Medicine Thyroid Reference Ranges, sometimes all you need are nutrients to support the thyroid gland to make adequate amounts of thyroid hormone. Look for a product that contains Vitamins A,C,E, with minerals such as Zinc, Selenium and Iodine.

Additional nutrients that are helpful for the thyroid include the amino acid L-Tyrosine, N-Acetyl-L-Cysteine, Turmeric Root Extract and Ashwagandha Root Extract.

Remember, if you are really having trouble and you suspect your Thyroid gland, a Functional Medical or Anti-Aging Specialist is going to be your best bet to full recovery.

Let's move on now to our Stress Hormone, Cortisol, and see how this hormone plays into the Midlife Weight Gain factor! It's a doozie- and very important!

**So keep reading!**



## Calming Cortisol - It Keeps You Alive... Or it Can Make You FAT

Ahh... The Adrenal Glands! Those 2 tiny little glands who have the power of a Giant. In fact, without them, you would die. **The Adrenal Glands are responsible for secreting the hormone Cortisol.**

We hear a lot about how bad Cortisol is. But it isn't Cortisol that is "bad". Cortisol keeps us alive, decreases inflammation, pain, and helps keep autoimmune conditions under control.

The problem lies when the Adrenal Glands secrete **too MUCH** cortisol. This is when Midlife Women start suffering from the effects of Cortisol with weight gain that is next to impossible to stop! And indeed this is a **COMMON** event in midlife women! Why would **THAT** be?

It probably won't surprise you to find out that the reason the Adrenal Glands start producing higher amounts of Cortisol is because of ongoing, unopposed **STRESS**.

**Too much stress, for too long will make you FAT!**

Here we go again - Beautiful, Capable, Giving and Now... entering Midlife with declining hormones and rising responsibilities - makes for the **PERFECT STORM**.

And it's not just about weight gain either! Too much cortisol can cause heart attacks, diabetes and cancer. **STRESS KILLS.**

Women have a tendency to take so much to heart. And they never want to let anyone down. But with age comes wisdom - and it's time right now to realize that **You're Number ONE**. If you don't put yourself first, **you just may not be here to Help and Love all the people you're putting ahead of yourself right now!**





There are a slew of things you can do for your poor little Adrenal glands who are crying out for help.

## **Here are 7 Helpful Tips to Get Your Adrenals Glands Back in Sync, Cortisol Levels Balanced, and YOU in a Position to LOSE weight, Feel Stronger and BE more Vibrant!**

1. **Learn to say “NO”.** That means don't take on projects that add to your already full schedule.
2. **Get RID of energy drainers and suckers.** That means, if you find yourself suckered into someone else's problems all of the time, and this person never seems to give back, simply say “Goodbye!” Friendship is a two way street and so often the sweeter we are, the more likely someone will try to take advantage. Be sweet to those who return the Love and Kindness. Get rid of those who don't.
3. **Always have downtime.** Schedule time that is specifically for yourself, even if it is just to sit and watch TV, get your nails done, work out, or work in the garden. “ME TIME” is a necessary time.
4. **Get enough sleep.** Sleep is not a luxury. It's a necessity. And far too often as we enter our midlife years our sleep becomes disturbed. In the next chapter on Sex Hormones, you're going to find out how Progesterone is critical for sleep and maintaining a calm mood. And Progesterone, being the first sex hormone to decline (starting around age 35 years old) is the very hormone where Cortisol is made! More on that soon!
5. **Take on a new attitude.** “If it isn't going to matter 5 years from now, Forget It!” That's advice from my 97 year old Dad, And he's right!
6. **Consider adding something special for YOU and ONLY You that would be enjoyable, like:** meditating, yoga, massage, dance, journaling, coloring, grounding, or any one of a number of stress relieving techniques.
7. **Feed your Adrenal Glands with the nutrients they need to heal and function well.** Look for a supplement that contains Vitamins A,C and E, Niacin, B6 (Pyridoxine Hydrochloride and Pyridoxal 5 Phosphate) and B12 (Methylcobalamin) as well as Pantothenic Acid. Additional support for your Adrenal Glands include Adaptogenic herbs such as Rhodiola Rosea Root Extract, Licorice Root Extract, Eleuthero Root Extract and Ashwagandha.



**We've covered a great deal so far.** And I'm proud of you for getting this far in this very important book. You are the very ONE who has what it takes to recover, just like I did.

You're taking the bull by the horns and discovering what you need to know to master Life Long Weight Control, AND are gaining the knowledge to lose weight and return to your Youthful, attractive figure that makes you feel so Free and Lively.

**Now You're ready to discover how it ALL COMES together with our Amazing Sex Hormones, and WHY our Sex Hormones play such a LARGE role in Weight Gain as we enter our midlife years - the time our Ovaries start slowing down its hormone production to a mere trickle.**



## Sex Hormones: The Key to a Youthful Figure (And the Easiest to Fix!)

Our Sex hormones, Estrogen, Progesterone and Testosterone, all play a part in maintaining our body weight and youthful figure. Sex hormones play a part in our metabolism, appetite, blood sugar control muscle mass, and even sleep, which in turn effects our weight and body mass index. I can't tell you how many times I have met a woman who seems to do everything right and still cannot lose weight. If this sounds familiar, pay close attention because this is where your answers lie.

### Estrogen and Your Weight

Estrogen plays several roles in keeping you trim. Both elevated Estrogen levels and low Estrogen levels will result in weight gain. Even an Estrogen Dominant state will cause weight gain even if your Estrogen levels are normal.

**This may sound a bit confusing at this moment, so let me explain.**

**Everything in our body is dependent on a state of homeostasis – balance.** And every hormone in the body interacts with the rest of the hormonal system. When there is an imbalance between Estrogen, Progesterone and Testosterone, your homeostasis is off, which then sets off different chains of reactions that result in weight gain, even if you are consuming average amounts of calories each day.

### Elevated Estrogen Levels

Starting with Elevated Estrogen levels, the homeostasis between insulin and estrogen becomes impaired. Insulin is responsible for getting sugar into your muscles for muscle energy and when Estrogen is elevated, your muscles become resistant to insulin, and sugar cannot be shuttled into the muscle cells as effectively. This results in your body's storage of excess sugar and its eventual conversion to fat.



### **Low Estrogen Levels**

When looking at Low Estrogen levels, the homeostasis between insulin and estrogen returns. Muscle cells become resistant to insulin once again which increases fat storage and creates an environment non-conducive for weight loss.

Lab animals have also demonstrated interesting characteristics when their Estrogen levels are intentionally reduced. They tend to eat more and be less physically active. And if this plays forward into humans, it would at least help explain a common scenario that exists in women after menopause - increased appetite and a decline in motivation to remain active.

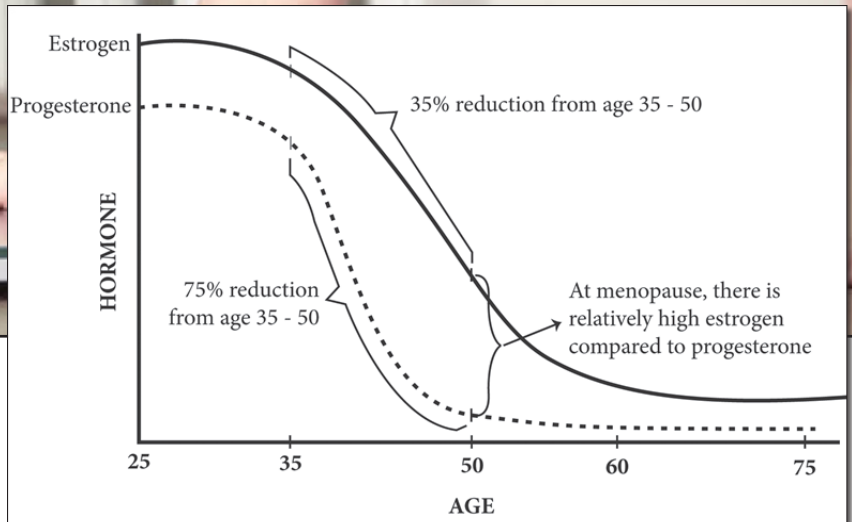
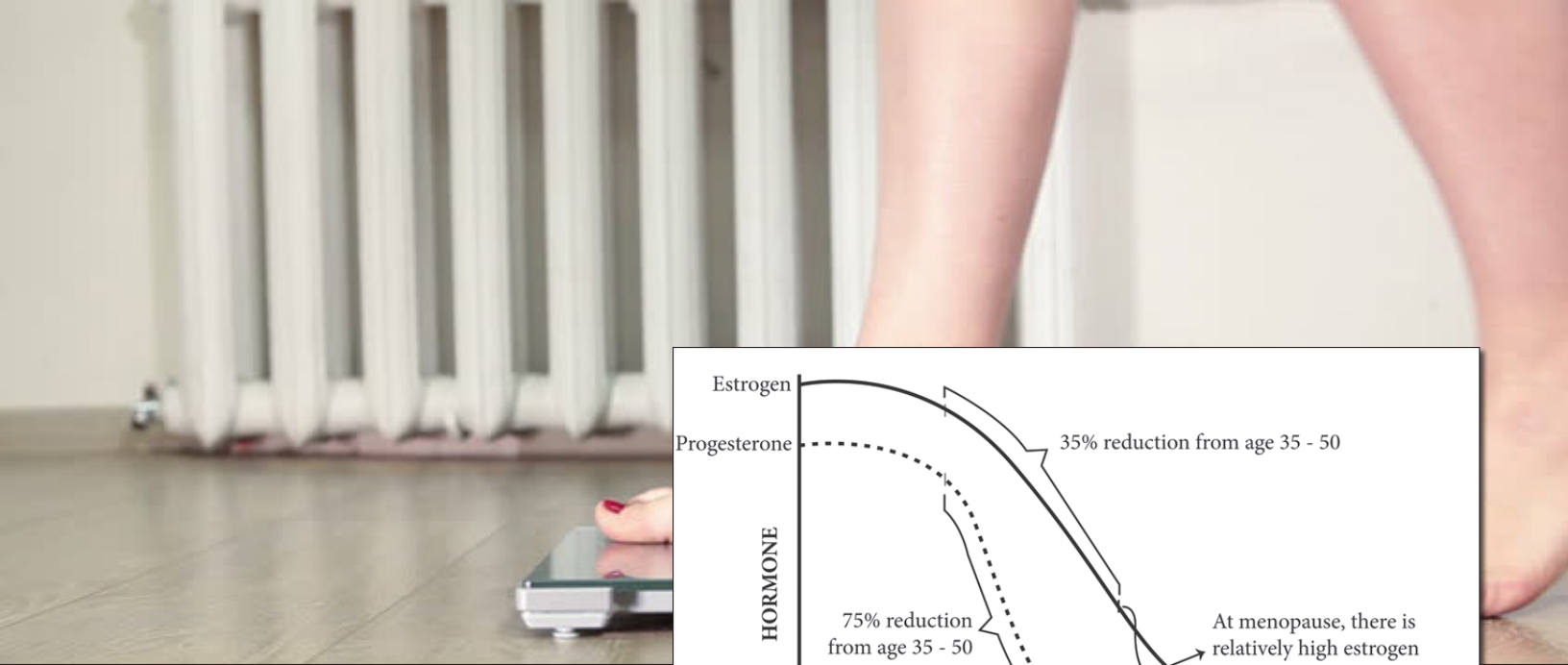
Unfortunately, there's more. Low estrogen levels are believed to reduce thyroid hormone as well as affect the actual function of the thyroid gland. Though the mechanisms are not fully understood, it has been identified that as Estrogen declines, the thyroid gland produces less thyroid hormones.

Research has also demonstrated that the ability of the hormones produced by the thyroid have impaired function. Both of these scenarios mean one important disappointing result! As Estrogen declines, our metabolic rate, which is the rate at which we burn calories, decreases as Estrogen decreases. Lower levels of Estrogen cause our body to think it needs less calories than it did when our Estrogen hormones were at more youthful levels. Fortunately, research has also shown that Estrogen supplementation increases our metabolic rate and helps restore the body's need for functional calories!

### **What about the scenario with Estrogen Dominance?**

First let's make sure you know exactly what Estrogen Dominance is. Estrogen Dominance is actually a term used to define the ratio of Progesterone to Estrogen (abbreviated P/E2). During midlife both Estrogen and Progesterone decline, but they do so at different rates and at different times.

Progesterone starts declining before Estrogen does, 10 - 15 years before menopause. Over the 10-15 years before menopause, between the ages of 35 and 50, Progesterone declines 75% from its baseline at optimal Youthful levels. Estrogen on the other hand doesn't start declining until about 5 -7 years before menopause and does so at a slower rate.



Therefore, there is a significant Progesterone to Estrogen ratio deficiency. This is why it is called Estrogen Dominance. It is really the declining Progesterone, occurring at a faster rate and starting earlier than our Estrogen decline that results in an Estrogen Dominant state. Replacing Progesterone to correct Estrogen Dominance is usually quite helpful in halting weight gain, until the Estrogen levels begin dropping.

Another pathway in which a woman can become Estrogen Dominant is NOT by declining progesterone, but instead by exposure to chemicals called Endocrine Disrupting Agents. These include PCBs, Phthalates, Dioxins, Heavy Metals, Pesticides and more. Endocrine Disrupting Agents are a big problem for women and weight gain.

Because they can bind to Estrogen Receptor sites, the body mistakes them as a synthetic Estrogen substance, placing a woman at higher risk of weight gain and estrogen driven cancers. The Environmental Working Group has an excellent overview in an article titled: "Dirty Dozen Endocrine Disruptors – the Top 12 Hormone Altering Chemicals and How to Avoid Them". You are sure to find it helpful; it pertains to everyone as we are all at risk of exposure to these chemicals.

### **Progesterone and Weight Gain**

Progesterone also plays a role in weight gain through its function in keeping us calm and providing us the ability to achieve restful sleep. Progesterone increases our brains calming Neurotransmitter called GABA, Gamma amino-butyric Acid which in turn reduces Cortisol spikes and elevations, as it decreases anxiety and irritability. As Progesterone declines, our ability to reach our deepest levels of sleep are affected. This results in an increased demand on our Adrenal Hormone system causing an increase in Cortisol production. You know what happens next.

**As cortisol rises, Insulin Resistance develops resulting in even more weight gain that is most difficult to correct.**



## **What about our Androgen Decline? Are we at Increased Risk of Weight Gain when DHEA and Testosterone are Low?**

**The answer to that is YES!**

DHEA and Testosterone levels drop just like all the other hormones, and this results in a loss of muscle mass as well as a decline in energy levels.

Muscle loss decreases our metabolism further, which just opens up more opportunity to pack on the pounds! In addition, decreased energy levels result in a lack of motivation to stay active, resulting in even more difficulty keeping our weight controlled.

And if that wasn't enough, there is also a snowball effect inside of our muscle cells too. Energy levels are based on how much energy, called ATP, is being made inside the cells. When our muscles atrophy, we make less ATP, and therefore have less energy. Plus, the more ATP our cells make, the more calories we burn.

**How's THAT for a Boat-Load of Low Androgen CAUSED Fat Nightmares! Ugh!**

**Fortunately, research has shown that when we restore our hormone to more Youthful levels, our metabolism increases, sleep becomes more restful, muscle mass is more easily maintained, insulin sensitivity improves, and cortisol and thyroid hormones are far better balanced.**

**So you see, ALL of our Sex Hormones are Critical Players in our ability to maintain and regain our Youthful Figures.**

Though we can look around and easily notice that Midlife women are frequently plagued with the "Midlife Spread", we are never taught how to keep this from happening. Surely doctors aren't oblivious to it either. But, if you go to your conventional doctor, its likely he will tell you either to "eat less and exercise more" – or - that it's just a fact of life - so, "get used to it."

**Nothing could be farther from the truth!**

Conventional doctors know nothing about balancing hormones, and likely know nothing about the research that has shown that restoring hormones can also help us maintain our Youthful figures and appearance!

## Women often ask me “Where do I begin?”

We can't stop hormone decline, but we can restore our hormones quickly, safely and effectively with bio-identical Hormones that are now available over the counter!

## Fortunately restoring your hormones to Youthful Levels has never been easier or proven to be safer!

Used topically there is no increased risk of blood clot or stroke as oral hormone replacement can cause. Bioidentical hormones of Estrogen and ProgesterONE have no increased risk of female cancers - breast cancer, uterine cancer, or ovarian cancer. In fact, the results of the largest study in America, the Women's Health Initiative, provided us with all of these conclusions following an additional 10 years of re-evaluation of the study's results. The increased risk of breast cancer that was initially seen was attributed to the synthetic ProgesTIN in PremPro, an imitation ProgesterONE. (Sadly, the mass of Conventional Doctors is still unaware of these final WHI conclusions and are partly responsible for the ongoing front line spread of Misinformation to patients.)

All synthetic ProgesTINS are dangerous to your health. ProgesTINS are also in oral contraceptive pills, combination hormone patches, conventional oral hormone replacement therapy and hormone impregnated IUDs. Depo-Provera (also known as the “Depo shot”) is also a ProgesTIN. ALL ProgesTIN hormones increase the risk of breast cancer, stroke, heart disease and blood clots.

**With all of that said, it is my commitment to provide you with a truly safe and effective hormone restoration solution that you can trust.**

**“Young Hormones”, is the Most Luxurious Line of Organic Bioidentical Hormones, now available over the counter, At the exact doses I prescribed to 95% of my patients for over 15 years.**

You will love them! You can find them on my website! You will also find a complete Hormone Library of Videos to answer all of your Hormone questions!

I hope this booklet guides you to **Master the Weight Loss Goals that You Deserve and Desire!** Please feel free to send me an email and let me know what you think of this booklet and how you are doing with your Weight Loss efforts! I would LOVE to hear from you!

Please **SHARE** this booklet with as many “Sisters” as you can!  
**We need to look after one another.**



## Young Hormone

<https://drkarenleggett.com/pages/young-hormones>

**My website will guide you in choosing the right Young Hormones product for you.**

<https://drkarenleggett.com/pages/choosing-and-using-the-right-product>

**While visiting, make sure you bookmark the Free Hormone Library so you can view the videos at your leisure and discover everything you need to know about your hormones.**

<https://drkarenleggett.com/pages/hormone-library>



**DHEA/Progesterone - Progesterone - BiEst/Progesterone - Estriol/Progesterone**  
Natural Bioidentical Hormone Creams and Suppositories



# RESTORE. REJUVENATE. REFRESH.



**DHEA/Progesterone - Progesterone - BiEst/Progesterone - Estriol/Progesterone**  
Natural Bioidentical Hormone Creams and Suppositories



### About Dr. Karen Leggett

Dr. Karen Leggett is a board certified physician in family medicine and geriatrics. She has spent the last 17 years helping and supporting midlife women in balancing their sex (reproductive) hormones, stress (adrenal) hormones, thyroid (metabolic) hormones, and gut (digestive) hormones so they can regain their young little chick spirits.

Dr. Karen Leggett attributes much of her interest in Integrative Medicine, especially Women's Health, to her mother, who was a true "Hormone Maverick", who insisted on the use of Bioidentical Hormones over 35 years ago. Her mother and father are now in their 80's and 90's, and still enjoying a healthy and fully independent life.

"I practice what I teach! I know that we women control the aura of our environment! How we act is dependent upon how we feel, so you have to feel great to really achieve your goals! I had to learn this the hard way, but I am so thankful now for the suffering that I went through because it led me to my passion today - to help YOU." - **Dr. Karen Leggett**



# Super Secrets of Midlife Weight Loss. Burn Fat & Lose the Belly Now!



\*USP defined: The United States Pharmacopeial Convention, Incorporated, (USP) is a scientific nonprofit organization that sets standards for the identity, strength, quality, and purity of medicines, food ingredients, and dietary supplements. USP Grade means that a product meets all of the requirements as contained in the USP monograph for that product and is manufactured in a CGMP compliant facility. CGMP refers to the Current Good Manufacturing Practice regulations enforced by the US Food and Drug Administration (FDA). CGMPs provide for systems that assure proper design, monitoring, and control of manufacturing processes and facilities. If there is no USP monograph, a material cannot be labeled as USP Grade.

Here's some legal stuff you need to know: Dr. Leggett is a licensed physician. While she offers general advice on medical-related issues and medical-related subjects on this site (and other places), she is not your physician. The information on this website does not replace your relationship with a qualified health care professional, and is not intended as medical advice. Dr. Leggett bases her opinions on her experiences with many women over many years. Because everyone is different, Dr. Leggett does not express or imply that you as an individual will experience improvement in hormone-related symptoms by using Young Hormones products. Dr. Leggett urges you to make informed decisions about your health, and to always check with your physician before starting or stopping medications, supplements and/or topically-applied creams or suppositories that contain bioidentical hormones. If you ask Dr. Leggett a specific question(s), and she replies, that reply(s) is intended as general guidance based on her experiences with many women over many years. If Dr. Leggett replies to any of your questions, she is still not your physician. You will not have a doctor-patient relationship with Dr. Leggett through this website, Facebook, or any other social site.



[drkarenleggett.com](http://drkarenleggett.com)

[info@drkarenleggett.com](mailto:info@drkarenleggett.com)

