
TYPE #5 – METABOLIC SPUTTER METABOLISM

(Metabolic Roadmap Type: Perimenopause—Estrogen High Or Fluctuating And Progesterone Deficient)

Mindset:

Women with a Metabolic Sputter like you should take this stress reduction even further. It may sound selfish, but it's important to spend more time pampering yourself with friends. Social support is critical during this time. It helps buffer against some of the unpredictable symptoms you are dealing with.

Spending more time with other girlfriends going through the same thing is a great way to vent, connect and reduce stress.

- ✓ Get your nails done...
- ✓ Get a massage...
- ✓ Join a walking group or a book club.

It may seem simple, but it has a very powerful stress-reducing, metabolism-boosting effect.

Movement Tip:

The best way to increase your movement is by walking for an hour a day. But there's a catch... you should walk at a slow, relaxed pace. No "power walking!" Your walk should be slow enough that

your body doesn't feel like it's exercising. That way you produce less cortisol and keep insulin in check. And this walking doesn't have to be done all at once. It can be less stressful on your body if you split it into two 30 minute walks. Or even four 15-minute walks.

Meals Tip:

You have the Hormonal Sputter. And that's throwing your metabolic see-saw out of whack. To help stop estrogen from jumping up and down so erratically, you need to focus on fiber, water, and protein. Fiber acts as the bus that gathers up excess estrogen ... And water is the highway that carries this overload out of town. Getting plenty of fiber and water helps tame the symptoms of estrogen spikes like hot flashes, cold sweats, and mood swings.

Meanwhile, focusing on protein keeps hunger and cravings at bay. That's because protein is more filling than both carbs and fats, so it controls your appetite more at a time in your life when you feel the most out of control. Plus, protein is harder for your body to store as fat, so it's less likely to result in a menopause belly. To keep things simple, think four S's: Salads, soups, shakes and scrambles. You will learn more about this in the Metabolic Roadmap.

Metabolics Tip:

This is probably the exact opposite of what you'd expect to hear, but Dr. Jade wants you to take plenty of breaks during your workouts. That's because *resting more* during the workout actually allows you to work *harder* the rest of the time. Short bursts of intensity, followed by plenty of rest and recovery, then another short burst of intensity is the ideal way for you to get the best results in the shortest time. If you try to push yourself through these 15-minute workouts with *no* breaks, you're going to flood your body with cortisol, so get plenty of rest *during the workouts*. We promise, it will get you better results much faster.