

## TYPE #1 – MIXED SIGNAL METABOLISM

*(Metabolic Roadmap Type: Normal Menstrual Cycle - Estrogen And Progesterone Balanced)*

### **Mindset Tip:**

In the first half of your cycle, estrogen buffers some of the effects of stress so you can afford to be more active. But toward the second half – as estrogen drops off somewhat, you become more stress reactive. Try to add in some extra relaxation and restorative activities during this time (like an Epsom Salt bath).

### **Movement Tip:**

Your 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:**

Your estrogen and progesterone are playing nicely together on the metabolic see-saw, so it's important not to make too many changes too fast and knock them off balance. To enhance your ability to burn fat, make this one simple change:

- ✓ Count-up the amount of carbs you eat on the average day.
- ✓ For the first half of your cycle, when estrogen is on top of the see-saw, don't change a thing. Just try to eat about the same amount of carbs every day. That's because you have enough estrogen to buffer the fat-storing effect of insulin.
- ✓ But during the second half of your cycle, progesterone is at the top of the see-saw which means your body is less likely to fight off insulin's fat-storing effect... and more likely to turn carbs into fat. So, replace half of your normal carbs with protein which can help protect you from gaining weight when estrogen isn't around.

This one change can prevent the hormonal see-saw from wreaking havoc on your metabolism... and help you turn up your ability to burn off body fat.

### **Metabolics Tip:**

Work out a little differently during the first and second half of your cycle:

- ✓ During the first half of your cycle, your extra estrogen can be somewhat beneficial, so feel free to go a little harder or workout a little longer. If you want, you can add a spin class or extra run to your workout routine once a week.
- ✓ But during the second half of your cycle, when you have a little more progesterone, scale back a little. Stick to just the 15 minute workouts in the Metabolic Renewal program.

That lets you ramp up your metabolic fat burning advantage when you're the least sensitive to stress, and protect yourself when stress can be more of a problem.

## TYPE #2 – HORMONE OVERLOAD METABOLISM

*(Metabolic Roadmap Type: Normal Menstrual Cycle—Estrogen Dominant)*

### **Mindset Tip:**

For women with a Hormone Overload like you, there's one more thing you should focus on: Try adding in saunas and hot Epson salt baths. These activities increase sweating without increasing stress, and sweating helps rid your body of toxins and artificial estrogens that make your symptoms even worse. Saunas and hot baths help reduce the problems like "heavy flow," cramping and bloating you may be experiencing.

### **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:**

Estrogen is putting a little too much weight on your metabolic see-saw. That could be natural estrogen that your body makes... or it could be estrogen-mimicking toxins that snuck into your food and drinks.

To get this see-saw balanced again, you need to focus on getting the extra estrogen and toxins out of your body. That means fiber, fiber and more fiber... Along with water, water and more water! Fiber acts as the bus that gathers up excess estrogen...And water is the highway that carries this overload out of town.

Shoot for 30 grams of fiber minimum per day... and try get closer to 100 grams if you can. But as a warning, don't JUST look at the fiber content on a nutritional label. The healthiest fiber-rich foods are typically green vegetables and low sugar fruits. Think artichokes, broccoli and spinach... And berries, apples, and pears. One easy way to increase your fiber intake is to have a large salad for lunch, and a small salad with dinner each day.

### **Metabolics Tip:**

You should work out a little differently during the first and second half of your cycle:

- ✓ During the first half of your cycle, your extra estrogen can be somewhat beneficial, so feel free to go a little harder or workout a little longer. If you want, you can add a spin class or extra run to your workout routine once a week.
- ✓ But during the second half of your cycle, when you have a little more progesterone, scale back a little. Stick to just the 15 minute workouts in the Metabolic Renewal program.

That lets you ramp up your metabolic fat burning advantage when you're the least sensitive to stress, and protect yourself when stress can be more of a problem.

## TYPE #3 – HORMONE SHORTFALL METABOLISM

*(Metabolic Roadmap Type: Normal Menstrual Cycle—Progesterone Deficient)*

### **Mindset Tip:**

With your type, there's one thing you should focus on...Using your breath to de-stress. You have probably heard of meditation, right? It's a great way to calm your mind and relax your body.

But many women with low progesterone are wired and tired. They have trouble calming their brain down long enough to get started. So here's an easier 2-minute option to try:

- ✓ Take 10 deep breaths... hold for a few seconds at the top... then exhale slowly.
- ✓ Then, take one deep breath and hold it for as long as you comfortably can.
- ✓ Listen to your heartbeat or watch the color changes dance around in the back of your eyelids.

That's it. 10 deep slow breathes. Then one big breath, and hold as long as you can. Repeat this up to three times including before bed to shut down your monkey mind and help you sleep.

### **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:**

The most important thing you can do is manage stress. That's because as stress levels rise, progesterone levels fall and your metabolic see saw gets thrown off balance. That makes a big difference in how you should eat.

The best way to get stress under control and rebalance your see-saw is by finding the carb tipping point. A lot of people avoid carbs because they've heard carbs make you fat. That's not true. No single type of food makes you fat. Obviously you can't eat 60 loafs of bread and expect a flat belly...That will cause a nasty spike in insulin – the primary hormone that promotes fat storage.

On the other hand, you can't swear off carbs all-together...That's because when your body doesn't get enough carbs, it can cause an equally nasty spike in the stress hormone cortisol. Your body uses cortisol as an emergency fuel producer when you don't have enough carbs. And one way it creates that fuel is by breaking down muscle tissue. Unfortunately, cortisol also blocks the hormones the help fat burning, so eat too many carbs and insulin is the problem. Eat too few carbs and cortisol is the problem.

The trick is to get the right amount... And to eat them at the right times that work best with your Hormone Type. Here's the rule Dr. Jade wants you to follow...he calls it the "half-in-half rule":

- ✓ If you have never reduced your carb intake before, he wants you to start.
- ✓ Eat half of the amount of cabs you are currently eating.
- ✓ And only eat them in the second half of the day, for example with dinner.
- ✓ Now, if you've already reduced your carbs and are eating less than 100 grams of carbs a day.... Then double the amount of carbs you're eating.
- ✓ And again, eat them only in the second half of the day.

This approach will help you manage both insulin and cortisol... and quickly start to rebalance your metabolic see-saw.

**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.

## TYPE #4 – OVARIAN BURNOUT METABOLISM

*(Metabolic Roadmap Type: Normal Menstrual Cycle—Estrogen And Progesterone Deficient)*

### **Mindset Tip:**

Women with Ovarian-Burnout like you should take stress reduction seriously. Your number one priority is to get your estrogen and progesterone balanced again, so the best thing you can do is get more good quality sleep. Sleep puts your body in restoration mode. You can think of it as a reboot for your metabolic hard drive. That means – if possible - you should go to bed an hour earlier and wake up an hour later. There is only one problem...You may have difficulty falling asleep at night, so supplement this with short naps during the week. Research shows that even a 10-minute nap can undo much of the hormonal damage caused by sleep loss.

### **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:**

Your number one challenge is managing stress. That's because as stress levels rise, estrogen and progesterone fall, and your metabolic see-saw practically grinds to a halt. That makes a big difference in how you should eat.

The best way to get stress under control and rebalance the see-saw is by changing *when* you eat your carbs. A lot of people avoid carbs because they've heard carbs make you fat. That's not true. No single type of food makes you fat. Obviously you can't eat 60 loafs of bread and expect a flat belly...That will cause a nasty spike in insulin – the primary hormone that promotes fat storage.

On the other hand, you can't swear off carbs all-together. That's because when your body doesn't get enough carbs, it can cause an equally nasty spike in the stress hormone cortisol. Your body uses cortisol as an emergency fuel producer when you don't have enough carbs. And one way it creates that fuel is by breaking down muscle tissue.

Unfortunately, cortisol also interferes with your fat burning hormones. Eat too many carbs and insulin is the problem. Eat too few carbs and cortisol is the problem, so we don't want you to slash the number of carbs you eat. The trick is to eat them at the right times... when they work best with your Hormone Type. Here are the rules to follow:

- ✓ First, count up the average number of carbs you eat in a day.

- ✓ Then, eat about half that amount first thing in the morning,
- ✓ And eat the other half last thing at night.
- ✓ In between, stick to low carb foods like salads and protein shakes.

This approach will stop your stress hormones from spiking in the morning so you start your day calm and focused, and it will suppress them in the evening so you can easily fall asleep.

**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.

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## TYPE #5 – METABOLIC SPUTTER METABOLISM

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*(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.

## TYPE #6 – OVARIAN FATIGUE METABOLISM

(Metabolic Roadmap Type: Menopause—Estrogen Deficient And Progesterone Deficient)

### Mindset Tip:

Reducing Stress is extremely important for all women, but especially so with your Ovarian Fatigue Type. Your goal is to decrease the effects of stress on your brain and body as you adapt to the new reality of lower estrogen and progesterone. And the best way to do that is **get more good quality sleep**. Sleep puts your body in restoration mode. You can think of it as a reboot for your metabolic hard drive. If possible - you should go to bed an hour earlier and wake up an hour later. You may have difficulty falling asleep at night, so here's what Dr. Jade wants you to do: Add a nap to your daily routine. Research shows that even a 10-minute nap can undo a lot of the hormonal damage

caused by sleep loss. The best time to nap is usually between 12pm and 4 pm. That way you get the recovery benefits without disrupting your normal sleep schedule.

### 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:

With your Ovarian Fatigue hormone type, you've made it through the worst of the hormonal chaos in life. At this point, your hormones are more stable. But your lower estrogen levels make your body a little more carb sensitive than you once were. And your lower progesterone levels make you a little more stress sensitive, so you need to adjust your diet to compensate for this new reality.

To do that, you have to find what Dr. Jade calls the carb tipping point. A lot of people avoid carbs because they've heard they make you fat. That's not true. No single type of food makes you fat. Of course, you can't eat 60 loafs of bread and expect a flat belly. That will cause a nasty spike in insulin – the primary hormone that promotes fat storage.

On the other hand, you can't swear off carbs all-together. That's because when your body doesn't get enough carbs, it can cause an equally nasty spike in the stress hormone cortisol. Your body uses cortisol as an emergency fuel producer when you don't have enough carbs. And one way it creates that fuel is by breaking down muscle tissue.

Eat *too many carbs* and insulin is the problem. Eat *too few carbs* and cortisol is the problem, **so don't dramatically slash the number of carbs you eat!** The trick is to eat them at the right times, when they work best with your Hormone Type. Here is the simple rule for this:

- ✓ Count up the average number of carbs you eat in a day.
- ✓ Eat about half that amount with breakfast in the morning,
- ✓ And eat the other half with your last meal of the day in the evening.
- ✓ In between, stick to low carb foods like salads and protein shakes.

This approach will stop your stress hormones from spiking in the morning so you start your day calm and focused...And it will suppress them in the evening so you can easily fall asleep.

### Metabolics Tip:

**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