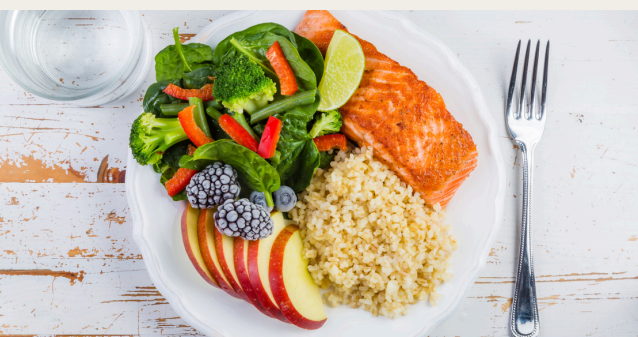


REVERSE-AGE METHOD

# Reverse-Age through *Perimenopause* and Beyond

A Practical Guide



# *Introduction:*

## **We Won't Be Doing This Like Our Mothers Did.**

Bless their hearts. (Remember The Golden Girls? Blanche was supposed to be age 53 in that show!!) We are fortunate to have SO much more information at our fingertips, compared to the generations of women who so bravely came before us. But it's an information jungle out there! Too much information can leave us in Analysis Paralysis, wondering, "what way should I turn and actually walk in"? What you need is a machete to cut through all the noise, so you can get in action taking proven steps in a logical, effective sequence.

Perimenopause and menopause bring a whole new set of challenges. This guide is about feeling amazing and thriving, not just getting by. It's about waking up with energy, enjoying your day, and figuring out what you want for yourself now. The Reverse-Age Method will help you balance your hormones, optimize gut health, detoxify your body, boost your energy, and build muscle for a stronger, healthier you. Because when women are happy, everything they touch turns to gold for them, and everyone around them!



# *Top 20 Symptoms of Perimenopause*

- 1. Fatigue**
- 2. Weight Gain**
- 3. Hot Flashes**
- 4. Night Sweats**
- 5. Mood Swings**
- 6. Brain Fog**
- 7. Insomnia**
- 8. Anxiety**
- 9. Skin Changes**
- 10. Digestive Issues**
- 11. Joint Pain**
- 12. Decreased Libido**
- 13. Hair Thinning**
- 14. Irregular Periods**
- 15. Vaginal Dryness**
- 16. Frequent Urination**
- 17. Memory Lapses**
- 18. Headaches**
- 19. Palpitations**
- 20. Muscle Loss**

*These symptoms can throw you off, but they don't have to. By tackling the root causes, you can find relief and get back to feeling like yourself.*





# Section 1: Balance

## Balancing Female Hormones

Hormonal chaos is a big deal during perimenopause and menopause. Estrogen, progesterone, and testosterone levels go on a rollercoaster, causing hot flashes, night sweats, and mood swings. Personalized hormone testing and bioidentical hormone replacement therapy (BHRT) can help get things back on track, reducing these symptoms and helping you feel more like yourself.

**Key Symptoms Addressed:** Hot flashes, night sweats, mood swings, weight gain, skin changes

**You Feel:** Better mood stability, fewer hot flashes and night sweats, smoother skin, and steadier energy levels, weight loss finally happening!

## ReBalancing Adrenal and Thyroid Hormones

Your adrenal glands produce cortisol, which is crucial for handling stress. Chronic stress can lead to adrenal fatigue, making everything worse. Thyroid hormones regulate metabolism, and an underactive thyroid can cause weight gain, fatigue, and depression. Balancing these hormones with the right nutrition, stress management, and supplements is key.

**Key Symptoms Addressed:** Fatigue, weight gain, anxiety, brain fog

**You get:** More energy, better weight control, clearer thinking, and less anxiety.



## Eating for Balanced Blood Sugar

Blood sugar swings can make everything feel worse. During perimenopause, your body's insulin sensitivity drops, making it harder to keep blood sugar levels steady. Upping your protein intake helps stabilize blood sugar and supports muscle mass. Cutting back on carbs to what your body can handle keeps those spikes and crashes in check.

**Key Symptoms Addressed:** Weight gain, fatigue, brain fog, mood swings

**The Result:** Steadier energy, easier weight management, improved focus, and a better mood.

## Why Protein Needs Increase

As we hit our 40s and beyond, our bodies change in ways that increase our need for protein. Here's why:

**1. Muscle Mass Maintenance:** As estrogen levels drop, muscle mass naturally starts to decline. Protein is essential for maintaining and building muscle. Without enough protein, we lose muscle faster, which impacts strength and metabolism.

**2. Metabolism Support:** Muscle mass is directly linked to metabolism. More muscle means a higher resting metabolic rate. As we age and lose muscle, our metabolism slows down. Eating more protein helps maintain muscle mass, supporting a healthier metabolism.

**3. Repair and Recovery:** Protein is vital for repairing tissues. As we age, our bodies need more time to recover from injuries and everyday wear and tear. More protein helps speed up the repair process.

**4. Hormonal Changes:** Lower estrogen levels increase the breakdown of muscle proteins. To counteract this, we need more dietary protein to preserve our muscle mass and support other metabolic functions.

**5. Satiety and Weight Management:** Protein helps regulate hunger hormones, keeping you fuller longer and reducing the risk of overeating. This is especially important for weight management as metabolic rate decreases with age.

***TIP: Eat 1 gram of lean protein per pound of target body weight, daily.***

## Carbohydrate Tolerance and Insulin Resistance

Lower estrogen means your body gets worse at handling carbs. This hormonal shift can lead to insulin resistance, where your cells stop responding to insulin properly, making it tough to manage blood sugar. Too many carbs can lead to weight gain and energy crashes. Stick to high-quality, complex carbs, and adjust your intake based on how you feel.

**Why Insulin Resistance Matters:** Insulin resistance can raise blood sugar levels and increase fat storage, especially around your middle. This can worsen weight gain and raise the risk of type 2 diabetes. By managing carbs and focusing on balanced nutrition, you can improve insulin sensitivity, stabilize blood sugar, and lower the risk of metabolic issues.



# Section 2: Clear



## Assessing Digestive Function and Microbiome

Gut health is crucial for overall wellness. Perimenopause can mess with your gut, leading to bloating, constipation, and food sensitivities. Comprehensive stool panels check your digestive health and microbiome, helping us create personalized plans to ensure optimal digestion and nutrient absorption.

**Key Symptoms Addressed:** Digestive issues, brain fog, fatigue, mood swings  
**Outcomes:** Better digestion, clearer thinking, more energy, glowing skin, leaner body, and improved mood.





## Liver Detoxification

Your liver is your body's detox champ. A healthy liver clears toxins efficiently, cutting down your body's toxic burden and oxidative stress. Less oxidative stress means less inflammation, which speeds up aging. We support liver detox with targeted nutrition, lifestyle changes, and supplements.

**Key Symptoms Addressed:** Fatigue, skin changes, weight gain, mood swings  
**Why this looks good on you:** More energy, clearer skin, better weight management, and a happier mood.

**Why Liver Detoxification Matters:** The liver processes and removes toxins. When overloaded with environmental toxins, food, and stress, its efficiency drops, leading to toxin build-up. This causes oxidative stress, where free radicals damage cells, speeding up aging and disease. Supporting liver detox lowers this toxic load, reduces oxidative stress, and boosts overall health.



# Section 3: Empower

## ### Revitalizing Mitochondrial Function

Mitochondria are your cell's power plants. They play a key role in aging. As we age, mitochondrial function drops, leading to less energy and more oxidative stress. By revitalizing your mitochondrial function, we boost your energy and enhance your body's ability to repair and regenerate cells.

**Key Symptoms Addressed:** Fatigue, brain fog, mood swings, skin changes  
**The Upgrade:** Higher energy, sharper thinking, better mood, and healthier skin. Increased healthspan, playspan, and lifespan.




**Why Mitochondrial Function Matters:** Mitochondria produce the energy your cells need. When they're inefficient, energy drops, and cell repair slows, speeding up aging. Enhancing mitochondrial function through specific nutrients, lifestyle changes, and supplements restores energy, improves cellular health, and slows aging.

## Muscle as Medicine

Building and maintaining muscle mass is one of the best anti-aging strategies. Muscle mass is directly tied to longevity. Studies show centenarians with more muscle mass live longer, healthier lives. Muscle helps keep you insulin-sensitive since muscle tissue has more insulin receptors. Plus, muscles contain more mitochondria, boosting energy and supporting cell repair.

**Key Symptoms Addressed:** Fatigue, weight gain, anxiety, brain fog

**Your Glow-Up:** More energy, easier weight management, reduced anxiety, and better focus.

A woman is shown in profile, lifting a dumbbell with her right arm. She is wearing a grey tank top. The background is a blurred gym setting. A semi-transparent text box is overlaid on the right side of the image.

**Why Muscle Mass Matters:** Muscle is crucial for strength, mobility, and metabolic health. Muscle tissue has a lot of insulin receptors, helping regulate blood sugar and maintain insulin sensitivity. More muscle means more mitochondria, enhancing your body's energy production and capacity for cellular repair. Building and maintaining muscle through strength training and enough protein intake significantly impacts your health and longevity.

# *Conclusion:*

## *Your New Normal*

Perimenopause and menopause don't have to knock you off course. This decade is actually a Golden Window of Opportunity; you get to choose your own adventure. The decade in which we age the most, on a cellular level, is not 70-80, or 60-70...its age 40-50. But you can use science to Flip The Script and rewrite that narrative. It's all in your power to influence. By balancing your hormones, optimizing gut health, detoxifying your body, revitalizing your mitochondria, and building muscle, you can feel like yourself again. By taking these active steps to become empowered to influence the health of your body from a cellular level, you set the runway for the next 3, 4, 5, or 6 decades of your life and the experience that you want to have.

This isn't about societal pressures to look a certain way. It's about how you feel. It's about waking up with energy, enjoying your day, and focusing on what you want for yourself now. When you're balanced physically, you can focus on what truly matters – your pleasure, your self-actualization, and what you want to create for yourself.

We're not doing this the way our mothers did. This is about you, what you want, and how you want to live. It's natural to rethink and redefine your relationships, home, family, and career. Shift your attention back to what you truly want, who and what you have time for, and set better boundaries for what is real and true for you. Here's to your new normal – stronger, healthier, and full of possibilities.