

FASTER WAY

T O F A T L O S S ®



HORMONE HACKS

Balancing your hormones for ultimate fat loss in your 50's and beyond.



Balance Your Hormones for Ultimate Fat Burning Even in Menopause!

Do you feel that hormones are to blame for uncomfortable symptoms and trouble losing fat? The truth is that when your hormones go haywire, the result isn't pretty.

The solution lies in creating a balanced hormonal profile in which your hormones work in your favor. It is possible!

The result? You're energized, strong, lean, and happy.

Throughout a woman's life, hormones play key roles in various areas such as mood, weight, energy, and more. One of the significant life phases where hormones have substantial effects is during midlife, such as in perimenopause, menopause, and post menopause.

Hormones, especially in these stages of life, get a bad rap—but that's about to change!

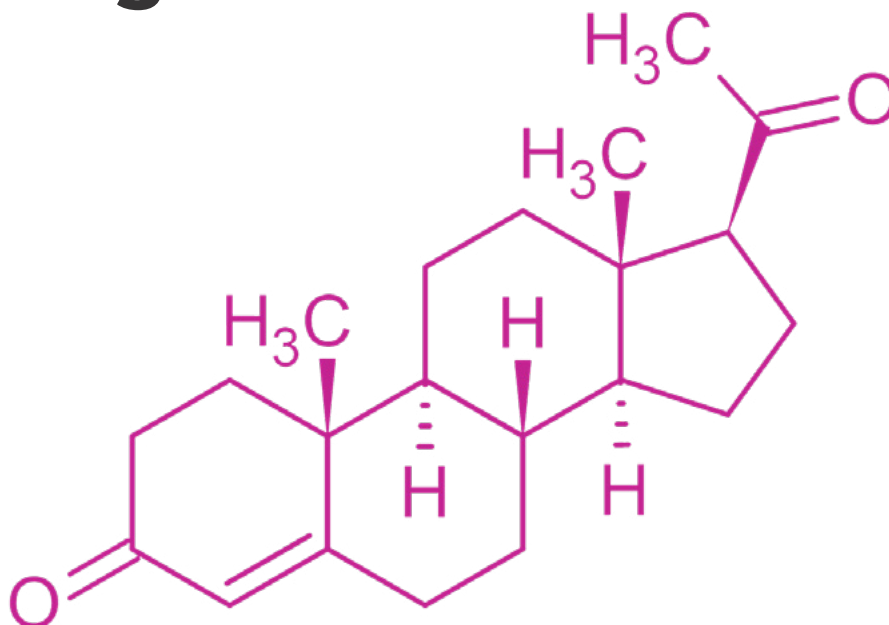


What are Hormones?

Hormones are chemical messengers that control your metabolism and the way your cells and organs function. There are a multitude of hormones that carry different responsibilities within your body, but several key hormones “make or break” your body’s ability to burn fat as you age!



What happens to hormones during midlife?



Progesterone Chemical Compound

There are several hormonal changes that occur starting with perimenopause and menopause that can have lingering affects if not addressed.

During perimenopause, ovulation happens less frequently. While this is normal, the result is loss of progesterone.



Progesterone is responsible for:

Stabilizing the HPA axis, acting as a calming neurotransmitter for the brain. This decrease contributes to mood swings, difficulty sleeping, decreased stress resilience. Acting as an immune response modulator, lower progesterone can increase autoimmune flares.

At the same time, estrogen spikes and dips throughout the cycle. The body produces more FSH which triggers more estrogen in an attempt to induce ovulation, while at the same time, the body can not clear estrogen as well from the body. This contributes to further mood and immune dysfunction, and can affect cholesterol levels.

These hormonal disruptions, when paired with the body's deteriorating collagen production, insulin sensitivity, and muscle mass, can lead to health concerns and fat storage. But this doesn't have to be the case!

You **can** have a fit, lean body in your fifties - and beyond - when you apply the appropriate strategies to regulate your hormones, allowing your body to preserve lean muscle and release stored fat.



Apply these top strategies to heal your hormones when you're 50 and over. Get ready to revitalize your system and burn fat naturally!



WHOLE FOOD NUTRITION

Whole food nutrition includes natural food sources to flood the body with micronutrients, promoting optimal health.



INTERMITTENT FASTING

Intermittent fasting is a simple eating schedule to ignite fat loss and promote cellular repair.



ZEN ZEN ZEN

The process of stress management to reduce the side effects.



WHOLE FOOD NUTRITION

WHAT

Consume mainly whole foods – A fat loss must!

WHY

Whole foods replenish and stabilize hormone levels. When you fuel with whole foods, you are giving your hormones the tools they need to thrive. Processed foods and trans fats, on the other hand, cause major hormonal disruption—bringing fat loss to a halt.

WAYS WHOLE FOODS HELP YOUR HORMONES:

- ✓ Increasing fiber consumption enables the increase of estrogen clearance from the body.
- ✓ Including healthy fats as they are the building blocks of hormones.
- ✓ Cycling carbohydrates regulates cortisol, melatonin, and hunger hormones and further trains your body to burn fat for fuel.
- ✓ Consuming adequate protein builds and repairs tissues, assists in lean muscle preservation, and helps with hormone synthesis.
- ✓ Avoiding gluten and dairy limits inflammation in the body.

Hormone Hack

Swap out processed snacks for whole food options like banana with almond butter, hard boiled eggs, nuts, hummus and veggies, and homemade oat balls.



INTERMITTENT FASTING

WHAT

Intermittent Fasting (IF) – The hormone home run!

WHY

When you fast, insulin levels go down and fat cells release stored sugar to be used by the body instead of converted to fat. IF enables insulin levels to decrease low enough and long enough so that your body burns fat off! Fat accumulation in menopause and after happens in your belly. BUT, it doesn't have to!

INTERMITTENT FASTING HELPS YOUR HORMONES BECAUSE IT:

- ✓ Regulates insulin sensitivity, which prevents chronic diseases and increases our body's ability to burn fat effectively.
- ✓ Balances ghrelin levels (the "hunger hormone") to control appetite and cravings.
- ✓ Promotes human growth hormone production to help burn fat, build lean calories building muscle, and promote anti-aging in the body.

Hormone Hack

Start by pushing your first meal of the day back gradually! You can do it!



ZEN ZEN ZEN

WHAT

ZEN ZEN ZEN – A stressed body is a fat-storage paradise!

WHY

Elevated stress levels wreak havoc on your hormones and metabolism. If you're looking for a surefire way to store fat, stay stressed. High cortisol also causes fatigue, depression, cravings, and worse! Stress comes in many forms from undereating and over-exercising to PTSD to chronic day-to-day stress that builds up over time. Undue stress over 50 can make your body respond by holding onto fat.

KEEP STRESS IN CHECK FOR BALANCED HORMONES BECAUSE:

- ✓ Stress raises cortisol, which causes you to store fat, especially around your waist.
- ✓ Elevated cortisol also causes fatigue, depression, cravings, and worse!
- ✓ Stress suppresses immune and digestive function, making your body more susceptible to illness and discomfort

📌 Hormone Hack

Take deep breaths, practice gratitude, and prioritize self-care rituals and sleep!



Putting it all together! – Tips & Tricks for your 50's and Beyond

1 Get Moving!

Exercise in menopause and after 50 becomes imperative! In addition to building strong bones and muscle tissue (which revs your metabolism), it helps balance your hormones by reducing the body's level of insulin (which tells the body to hang on to fat) and increases dopamine levels in the brain, which lowers cortisol and decreases stress.

- ✓ Aim for 30 minutes of exercise daily
- ✓ Prioritize strength training over cardio
- ✓ Change up your workout routine
- ✓ Keep your body guessing!

Avoid these menopause mistakes:

Over exercising, too much cardio, not enough strength training.



Putting it all together! – Tips & Tricks for your 50's and Beyond

2 Catch Some ZZZ's

It's true - getting at least 8 hours of sleep per night is critical to balancing your hormones, boosting your metabolism, burning fat, and feeling your absolute best.

- ✓ Keep your bedroom cool.
- ✓ Go screen-free at least an hour before bed. Blue light blocks the production of melatonin, the hormone that makes you sleepy!
- ✓ Do not consume caffeine within 8-10 hours of bedtime.

Avoid these menopause mistakes:

Not enough rest, going to bed too late/rising too early, neglecting a nighttime routine.



Putting it all together! – Tips & Tricks for your 50's and Beyond

3 Optimize Your Meals

The right balance of whole foods will fuel your body, help balance your hormones, and give you plenty of natural energy. All of these are key components to life in menopause.

- ✓ Try intermittent fasting promoting human growth hormone production that helps burn fat and promote anti-aging in the body!
- ✓ Focus on consuming whole foods.
- ✓ Watch your macros. (more on the next page!)
- ✓ Limit your alcohol intake.
- ✓ Cut out sugar, processed foods, and trans fats.



Avoid these menopause mistakes:

Undereating, skimping on protein, not consuming enough carbohydrates.



Putting it all together! – Tips & Tricks for your 50's and Beyond

4 Relax

Change your mindset and your habits to optimize your hormones by reducing cortisol, the primary stress hormone which can contribute to fat gain.

- ✓ Take deep breaths to keep emotions in check when dealing with stress.
- ✓ Get some sun; you need that Vitamin D!
- ✓ Express gratitude morning and night.
- ✓ Surround yourself with a community that champions your goals and supports you!

🚫 Avoid these menopause mistakes:

Chasing perfection, engaging in negative self talk, over-extending yourself.

Menopause and the Importance of Macronutrients

Having a balanced plate of macronutrients becomes even more important as you age! Your diet can help reduce symptoms and ease the transition.

Carbohydrates like fruit and vegetables are packed with vitamins and minerals, fiber and antioxidants. * For even better results, alternate between low and high carb intake.

Protein helps increase muscle mass and bone strength which also helps combat the naturally occurring decline in estrogen.

Fat provides the building blocks of healthy hormones.

With the FASTer Way, we help you create a customized plate of macronutrients that fuels your goals—the right amount of healthy fats, carbohydrates, and protein so that you can flourish through any stage in life, even menopause!





The Bottom Line in Your 50s and Beyond

As you age, hormonal shifts and imbalances can negatively affect your health, appetite, and fat storage. Fortunately, healthy lifestyle habits like effective exercise, balanced sleep, and a nutritious diet can help regulate your hormones and weight.

How to Experience This For Yourself!

If you're over the menopause mayhem and the battle to stay fit after 50, you belong in the next round of the FASTer Way!

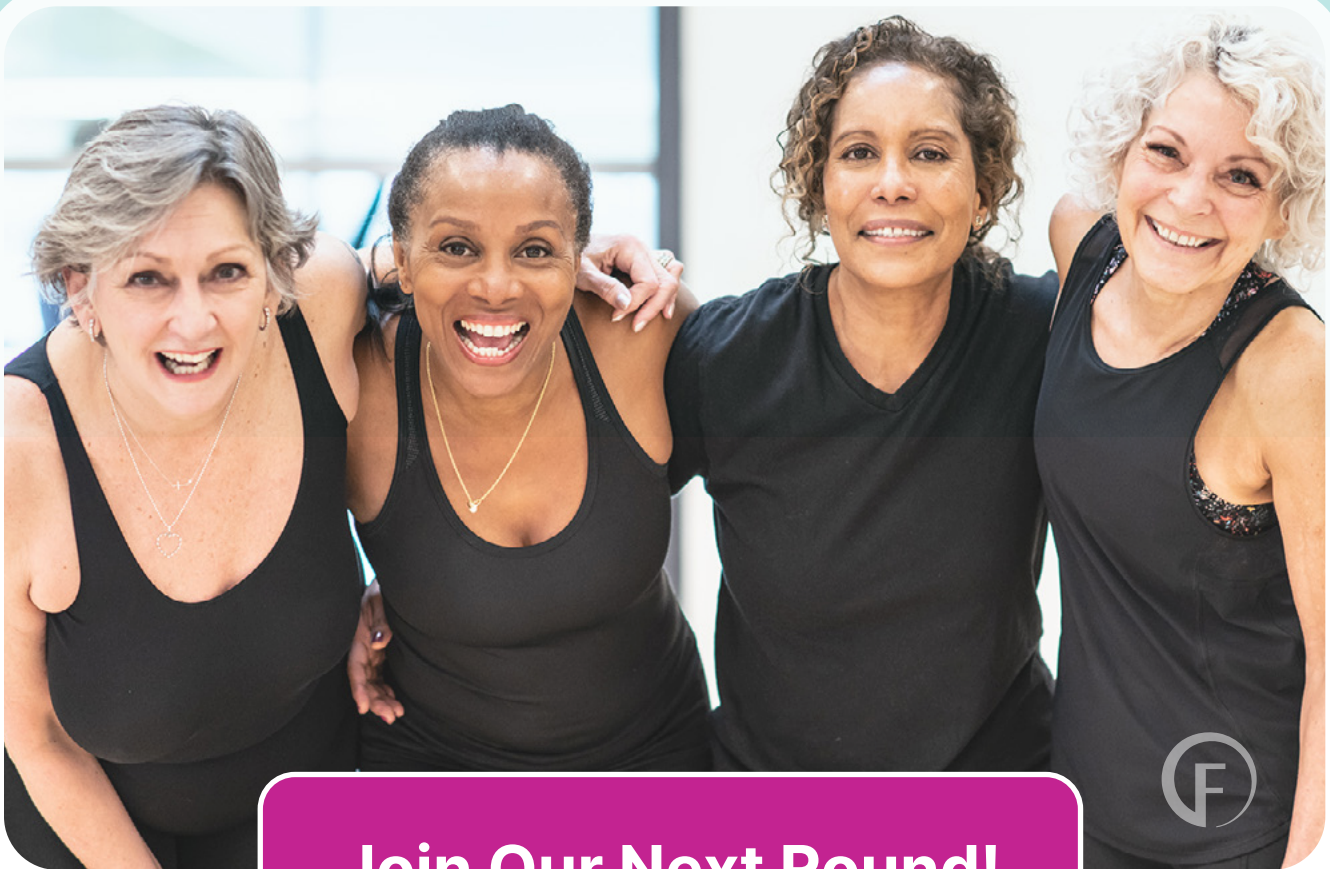
Supported by a community of women who just get it, and with the expert guidance of your coach, you'll implement simple hormone-friendly healthy habits and perform designed-for-you 30 minute workouts that will help you burn fat, increase your metabolism, and feel better than ever with the passage of time.

But the best part? You'll have the energy and the confidence you've been missing, and the health to live the life you deserve after 50!

FASTER WAY

T O F A T L O S S ®

We've helped over **210,000 people** burn fat, gain confidence, and live their best, healthiest lives. Now it's your time to shine!



Join Our Next Round!