

## Zone 11 — Female Hormones (Menopausal)

After menopause, hormones are not required in the amounts that they were during child-bearing years, but there are optimal levels appropriate for this life stage. These hormones are incredibly important for menopausal women's health including:

- Cardiovascular health
- Brain health
- Bone health

It is important to understand that after menopause, hormone production largely shifts from the ovaries to the adrenal glands. The health and function of the adrenals (see fact sheets for Zones 3 and 4) are important to consider in addition to the hormones you are exposed to each and every day.

Many females suffer from hormonal imbalances, and these issues can also have a significant effect on your ability to reach your goals.

- Weight gain, specifically below the waist
- Inability to put on muscle mass
- Increased cravings for sugar
- Poor recovery from exercise

Most annual exams do not assess sex hormones and if they do, rarely are they compared against an optimal range. Without evaluation of your sex hormones, it is impossible to know your levels and the root of the dysfunction.

Based on the questionnaire, some recommendations to address this zone are:

### **KNOW IT: Understand your unique metabolism through lab testing.**

#### **FOUNDATIONAL PANEL (45 markers)**

Gives insight to your potential metabolic barriers to success. This panel investigates unique markers that will provide the necessary information about your individual metabolism and insights to metabolic issues that need to be addressed and are often upstream from hormone issues to help guide your programming in a more concrete, customized direction.

#### **ADVANCED PANEL (70 markers)**

Builds upon the information given in the Foundational Panel to take understanding your metabolism and barriers to the next level. Through consideration of additional markers, you will have a clear, concise understanding of your metabolism as well as an assessment of estradiol, estrone, progesterone, sex hormone binding globulin, free & total testosterone, cortisol, and DHEA to provide a higher degree of certainty of results.

#### **COMPREHENSIVE PANEL (82 markers)**

The comprehensive panel incorporates all the incredible markers found in both the Foundational and Advanced Panels, plus LH and FSH (both expected to be higher in menopause), leptin, and prolactin in addition to several other critical pieces to ensure you have an all-encompassing picture of your metabolic functioning. Provides unparalleled information about your unique metabolism to custom-build your exercise, nutrition, lifestyle and supplement programming with the highest degree of certainty.

#### **RECOMMENDED REASSESSMENT: Hormone Balance Panel (12 markers)**

By testing free & total testosterone, estrone, estradiol, sex hormone binding globulin, progesterone, cortisol, DHEA, LH, FSH, prolactin, and leptin, you can get an understanding of where your hormone levels are at this point in time. This is an important follow up test to be done several months after one of the above tests, which provide more context to what metabolic imbalances may be contributing to disrupted hormone levels. All of these markers are included in the Comprehensive Panel, and, with the exception of LH, FSH, prolactin, and leptin, are in the Advanced Panel as well.

## Zone 11 — Female Hormones (menopausal)

### NOURISH IT: GIVE YOUR BODY THE NUTRIENTS IT NEEDS TO FUNCTION OPTIMALLY.

- Focus on ample consumption of plant-based fiber daily
- Eat an abundance of cruciferous/ Brassica family vegetables daily
- Limit intake of added sugars and alcohol
- Avoid xenoestrogens (estrogen-like compounds found in many cleaning supplies and toiletries) and phytoestrogens (estrogen like plant compounds, such as soy)

### SUPPLEMENT RECOMMENDATIONS

#### FOUNDATIONAL

##### LIFE TIME FITNESS AM/PM MULTIVITAMIN

- Many adults fail to meet their requirements for key vitamins and minerals. Without adequate vitamins and minerals, it's difficult to achieve optimal health. A high-quality multivitamin makes getting better nourishment more convenient.
- 3 capsules twice daily with food.

##### LIFE TIME FITNESS OMEGA-3 FISH OIL

- Supplementing with fish oil rich in EPA and DHA is an easy way to increase metabolic rate, improve fat-burning and promote a normal inflammation response.
- 1 to 3 capsules twice daily with food.

##### LIFE TIME FITNESS PROTEIN POWDER

- Protein is needed to build and repair tissue, make enzymes and promote hormone balance. It is an important building block of bones, muscles, cartilage, skin and blood. Without optimal protein intake, we cannot be fully healthy.
- As needed to meet protein needs.

#### ADVANCED

##### LIFE TIME FITNESS FIBER

- Fiber has been shown to support healthy elimination of excess hormones.
- 1 to 2 servings a day with water, in divided doses.

##### DESIGNS FOR HEALTH AMINO-D-TOX

- Upregulates liver detoxification pathways resulting in excretion of excess and unnecessary hormones.
- 2 capsules 3 times daily with meals.

##### DESIGNS FOR HEALTH LV/GB COMPLEX

- Provides support for liver and gallbladder function by aiding in the elimination of fatty substances from the liver as well as promoting proper bile flow.
- 1 capsule 3 times daily with meals.

#### COMPREHENSIVE

##### DESIGNS FOR HEALTH FEMGUARD + BALANCE

- Balances female hormones by promoting favorable and safe conversion of estrogens while promoting detoxification and elimination of excess hormones.
- 2 capsules 2 times daily.

### MOVE IT: MOVE FREQUENTLY AND TRAIN WISELY.

- Get at least 10,000 steps in every day
- Strength train at least 3 times per week
- Be sure to include active recovery in your routine
- Be mindful of exercise intensity and duration