

# DITCH THE HORMONE DRAMA

(AND REGAIN YOUR SANITY!)

[www.happyhormones.info](http://www.happyhormones.info)

Happy Hormones  
H A P P Y L I F E

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Holistic nutrition and functional wellness philosophies work in a complimentary fashion to medical treatment, and does not diagnose, treat, cure or prevent any disease. Laboratory testing is used as a "guide" to identify nutritional deficiencies, hormone imbalances, vitamin needs and the best nutrition and lifestyle program for you. Lab testing is not meant to "diagnose, cure or treat" any medical condition.

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Please see your physician before changing your diet, starting an exercise program, or taking any supplements of any kind.

# Ditch the Hormone Drama and Reclaim Your Sanity!

During perimenopause, estrogen levels are erratic. Usually, a hormone called progesterone keeps estrogen in check. Sadly, during mid-life, progesterone sort of packs up and takes a vacation. The lack of progesterone lets estrogen party it up! These hormonal changes can lessen your ability to cope, which leads to overwhelm and regular meltdowns - it feels like you're a teenager again, right? There is no embarrassment here, we've lost it on many hormonal occasions - seriously! But here's the thing – if we indulge in the drama, it will make hormone imbalance worse (I'll explain in a minute).

## Signs of Overwhelm...

- **Brain fog** ...what's my name again?
- **Bursting into tears** because the barista at Starbucks messed up your latte.
- **Can't make a decision** to save your life and when you do, they're usually not the greatest ones (yikes).
- **Crazy sugar cravings** ...make sure nobody gets in your way when you need sweets!
- **Fatigue** and being unable to fall asleep at night...the worst!
- **Feeling really unsexy** and aren't in the mood for cuddling and physical affection from your partner – no matter how cute he is!
- **You feel like** you've lost your mind!

## The Perimenopause Symptoms You Weren't Expecting – At Least Not Yet!

- Belly bloat
- Bladder leakage
- Body odor
- Breast pain
- Deflated boobs
- Emotional ups and downs
- Exhaustion
- Headaches
- Heavy periods
- Hot flashes
- Longer periods
- Night sweats
- Spotting
- Thinning hair

# No Wonder You're Overwhelmed! But Here's What It's Doing to Your Body...

So, what happens in the body when you are living in overwhelm? Hint: it's called adrenal fatigue! **Your adrenal glands** are located on top of your kidneys and are responsible for providing an appropriate response to stressful and dangerous situations. They **produce important hormones, such as adrenaline and cortisol**, that help you respond and adapt to stress.

Cortisol is the hormone responsible for giving you a sudden surge of energy in these stressful or dangerous situations. **The body's natural state is not meant to have constant heightened awareness** and energy surges to help fight off stressful and dangerous situations. However, it seems that most of us in today's world are really stressed all the time. Work, a social life, children, housework, meetings, family situations, and hormones...it's understandable that we feel a little overwhelmed and stressed out. **But chronically elevated cortisol levels cause weight gain (especially mid-belly), accelerated aging and low sex-drive.**

## The Result...Adrenal Fatigue

Unfortunately, this chronic stress that most of us are experiencing means that cortisol is constantly being released and built up. **Often, the adrenal glands cannot keep up with this enormous demand for cortisol and they become exhausted**, a condition known as adrenal fatigue.

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Adrenal fatigue is not a medical condition per se – it's a consequence of overworked adrenal glands. **Women with adrenal fatigue are reported to have more severe symptoms throughout perimenopause** because adrenal health affects estrogen and progesterone balance, and leads to weight gain. As well, when the adrenals are fatigued – this will mess with the thyroid hormones too!

## When the Adrenals are Stressed, We See...

- A mid-afternoon slump
- Body aches and pains
- Dark circles under the eyes
- Depression
- Feeling on edge all the time
- Food cravings (especially sugar and salt!)
- Hormone imbalance
- Mood swings
- Poor resistance to illness
- Thyroid issues
- Trouble falling asleep
- Waking up tired all the time
- Weight gain – especially mid-belly

Do these symptoms sound familiar? Your adrenals cause some of your symptoms – what you're feeling isn't just your sex hormones. Trust me on this, if you address your stress, you will feel better!

# Heal Your Adrenals and Balance Hormones

## Lifestyle Changes...

### Eliminate or reduce foods that disrupt hormone balance

- **Caffeinated drinks:** yes, like coffee.
- **Alcohol:** messes with estrogen and contributes to stubborn weight.
- **Conventional dairy:** #1 source of dietary estrogen (synthetic!).
- **Fast food:** lots of salt, sugar, and trans fat.
- **Gluten & Processed Grains:** proinflammatory and mess up the gut.
- **GMO Food:** who really knows?
- **Processed food:** unnecessary hormone-disrupting chemicals.
- **Refined Sugar & Artificial Sweeteners:** messes with hormones.

### Eat Foods that support hormone balance

- **Fermented & Probiotic Foods** (organic of course!) kombucha, coconut kefir, cultured vegetables, and beet kvass.
- **Healthy Fats:** MCT Oil, olives and olive oil, grass-fed butter or ghee, organic free-range eggs, omnivore fats from pasture-raised animals (lard, tallow, duck fat, and chicken fat), raw & unrefined coconut oil, avocados & avocado oil, raw seeds and nuts.
- **Ocean Vegetables:** spirulina, chlorella, kelp, nori, etc.
- **Organic Fruits:** favor low-sugar fruits such as blueberries, raspberries and strawberries.

- **Organic Vegetables:** all vegetables - especially cruciferous to support hormone detox.
- **Organic, Grass-fed, and Pasture-raised:** chicken, turkey, beef, pork, lamb, bison, and other wild game.
- **Wild-Caught Low-Mercury Seafood:** salmon, trout, sardines, clam, shrimp, crab, and scallops.

## Supplements to Support Adrenals...

- **Vitamin C and B5:** The adrenal glands best friends! It's often best to take a separate B5 and then a methylated B-vitamin complex because all B's work to bring us energy.
- **Adrenal adaptogens:** Maca powder, Ashwagandha, Siberian Ginseng, and Rhodiola are all fantastic adrenal adaptogens. They support the adrenal glands and help them create a healthy response to stressors. This will also significantly improve hormone balance.
- **Magnesium Glycinate** – Magnesium is used by over 300 enzyme reactions in the body, many of them involved in energy production and mood.
- **Omega-3 fatty acids:** These healthy fats play a critical role in supporting the production and balance of hormones. Estrogen and progesterone are synthesized from fat molecules (specifically cholesterol), so we need to eat lots of healthy fats.
- **Progesterone Cream and DHEA:** These over-the-counter hormones are sometimes a necessity but testing hormone levels is essential before supplementing.

Grab all of these supplements at discounted prices by getting a free account at <https://us.fullscript.com/welcome/happyhormonesprograms>.

## Here's a Bonus Recipe to Get You Started...

### HAPPY HORMONES PROTEIN SMOOTHIE

- 1 cup non-dairy milk (carrageenan free!)
- 2 scoops chocolate collagen protein powder (Biotics Research Collagen Powder is fluffy, smooth and amazing!)
- 1 tablespoon coconut oil
- Handful of kale or spinach leaves
- 1 tsp chia seeds
- 1 tbsp ground flax
- 1 tsp spirulina powder
- 1 tbsp maca powder

Optional extra cacao powder for more chocolate and energy!

Blend in a high-speed blender with ice. Enjoy.

# Let us help you make your hormones (and life!) happy again...

## Our Programs Help You:

- Understand your unique biochemistry
- Learn how and when to eat to reset your hormones
- Control portion sizes *and* cravings
- Feel more energetic
- Clear brain fog
- Have fewer PMS symptoms
- Have fewer hot flashes
- Get better looking skin
- Sleep deeper and more restfully
- Stabilize moods
- Address other nagging or long-term health concerns

We combine the best of both worlds – an integrative holistic nutrition and functional wellness approach with access to traditional medical care should you need more! Explore [www.happyhormones.info](http://www.happyhormones.info) and get started on your road to feeling your best after 40.

We can't wait to meet you! Here's to hormone bliss.....