



debra@flippingfifty.com
FB/IG/YT: @flipping50tv

MODULE 7: Hormone Balancing Act

- Wins and Challenges from last week
- Changes in checklist

1. Identifying Hormones and Status Based on Influencers

- Cortisol & Adrenalin
 - Type “A”
 - High Stress, Deadlines, Urgency, “High Strung”
 - Last Minute, Procrastination
 - Shallow breathing>deep breathing
 - Taking it too seriously>learning to laugh
 - Too much adrenalin can leave you shaky, uncomfortable
- Insulin
 - Eating High Sugar Snacks and Foods often
 - Eating High Sugar/High Glycemic snacks alone
 - Craving for High Carb (salt or sugar)
 - Cravings/Sweet Tooth>boost protein and healthy fat
 - Deprive>Inclusive plan
- Progesterone, Testosterone, Estrogen
 - Peri to Post Menopause
 - Test Don’t Guess if your natural approach isn’t working
 - Creams, Natural Options through ObGyn/Naturopath
 - Natural Food Approach
- DHEA-s
 - Energy low

- Sleep disrupted compared to normal
- Stress combined = chronic, over time
- Immune System Suppressed
- OTC- may not be pharmacy quality
- Leptin
 - “Satiety” hormone
 - Overweight and obesity increase leptin-resistance
 - Eating without getting “full” results in overeating, but under-nourished
 - Contributes to more storage of extra calories without use by body
- Ghrelin
 - “Hunger hormone”
 - Sleep quality
 - Sleep quantity
 - Waking rested
 - Hunger and Appetite Changes (up or down that vary from norm)
- Thyroid (THS .5 and 1)
 - Fatigue, Depressive Mood, Sleepy, low pulse rate
 - Excess and long duration of stress
 - OR Nervous, irritable, insomnia, rapid pulse, diarrhea
 - Water intake, nutrient intake, stress control
 - Doctor tested, natural before drug therapies
 - Is it a symptom or the syndrome? Masking adrenal fatigue
 - Food, Rest, Stress, Exercise dose>adjusted to status
 - Causes can include: Overeating, under-eating, medications for allergies or depression, pesticides, mercury, **low iodine**
 - Eat good foods on a rotational basis – kale, spinach, almonds, Brussels sprouts, cabbage

2. Mapping an Action or Inaction Plan (hypo)

- Source vs. covering symptoms (thyroid gland support)
 - Eating, Stress, Nutrition, Supplement (iodine, balanced vitamin)

- Adrenal gland has been overworking - DHEA>progesterone can't be made because cortisol is used in stress
- Stressors [TOXINS] identified
- Self-Talk and Messaging
- Self-Care Steps – Human Nature to Seek Control
- Thoughts + Actions Plan
 - Do exercise – according to symptoms
 - Do eat right
 - Do Nothing
 - Do identify importance of talking
 - Do get to what is underneath the reason you need to change:
before you seek the answer you have to know the question
- Doctor test don't guess – may be a first choice for some

3. Too Much (of good or bad) Too Little (of good)

- Stress
 - Excitement, Optimism, Planning
- Exercise
 - Resistance – 2-3 according to goal of weight loss, bones, or endurance
 - Cardiovascular – 3-5 max including intervals, long slow and tempo (if appropriate)
 - Mobility – most days
- Nutrition
 - Balanced
 - All the time
 - Establish forever habits
- Sleep
 - 7-9 hours
 - 90% at night
 - If wake time is set, establish bedtime that gets natural wake
- Avoid Pushing through with the physical
 - Ignoring physical distress
 - Ignoring emotional stress
 - Procrastinating other things
 - Delayed or Instant Gratification

Homework:

1. **Identify any symptoms** in you that are not congruent with a vibrant, healthy, sustained energy, and consistent mood. Ask others close to you.
2. Improvements should be evident in three-to-four weeks after changes
3. **Digital thermometer 97.3 thyroid** is normal, Less than that = underfunctioning. Check first thing in the morning and record.
4. **Track:** symptoms of hormone imbalance, temperature (with digital) done twice this week, hormone-affected habits you're targeting to change this week. If you began tracking again in module 6, continue and be sure to include temp.

Ask questions in the private Facebook group. Get extra support there and give it to others! We all want to celebrate with you too so share your wins!