

TYPE #2 – HORMONE OVERLOAD METABOLISM

(Metabolic Roadmap Type: Normal Menstrual Cycle—Estrogen Dominant)

Mindset Tip:

For women with a Hormone Overload like you, there's one more thing you should focus on: Try adding in saunas and hot Epson salt baths. These activities increase sweating without increasing stress, and sweating helps rid your body of toxins and artificial estrogens that make your symptoms even worse. Saunas and hot baths help reduce the problems like "heavy flow," cramping and bloating you may be experiencing.

Movement Tip:

The best way to increase your movement is by walking for an hour a day. But there's a catch... you should walk at a slow, relaxed pace. No "power walking!" Your walk should be slow enough that your body doesn't feel like it's exercising. That way you produce less cortisol and keep insulin in check. And this walking doesn't have to be done all at once. It can be less stressful on your body if you split it into two 30 minute walks. Or even four 15-minute walks.

Meals Tip:

Estrogen is putting a little too much weight on your metabolic see-saw. That could be natural estrogen that your body makes... or it could be estrogen-mimicking toxins that snuck into your food and drinks.

To get this see-saw balanced again, you need to focus on getting the extra estrogen and toxins out of your body. That means fiber, fiber and more fiber... Along with water, water and more water! Fiber acts as the bus that gathers up excess estrogen...And water is the highway that carries this overload out of town.

Shoot for 30 grams of fiber minimum per day... and try get closer to 100 grams if you can. But as a warning, don't JUST look at the fiber content on a nutritional label. The healthiest fiber-rich foods are typically green vegetables and low sugar fruits. Think artichokes, broccoli and spinach... And berries, apples, and pears. One easy way to increase your fiber intake is to have a large salad for lunch, and a small salad with dinner each day.

Metabolics Tip:

You should work out a little differently during the first and second half of your cycle:

- ✓ During the first half of your cycle, your extra estrogen can be somewhat beneficial, so feel free to go a little harder or workout a little longer. If you want, you can add a spin class or extra run to your workout routine once a week.
- ✓ But during the second half of your cycle, when you have a little more progesterone, scale back a little. Stick to just the 15 minute workouts in the Metabolic Renewal program.

That lets you ramp up your metabolic fat burning advantage when you're the least sensitive to stress, and protect yourself when stress can be more of a problem.