

## TYPE #4 – OVARIAN BURNOUT METABOLISM

*(Metabolic Roadmap Type: Normal Menstrual Cycle—Estrogen And Progesterone Deficient)*

### **Mindset Tip:**

Women with Ovarian-Burnout like you should take stress reduction seriously. Your number one priority is to get your estrogen and progesterone balanced again, so the best thing you can do is get more good quality sleep. Sleep puts your body in restoration mode. You can think of it as a reboot for your metabolic hard drive. That means – if possible - you should go to bed an hour earlier and wake up an hour later. There is only one problem...You may have difficulty falling asleep at night, so supplement this with short naps during the week. Research shows that even a 10-minute nap can undo much of the hormonal damage caused by sleep loss.

### **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:**

Your number one challenge is managing stress. That's because as stress levels rise, estrogen and progesterone fall, and your metabolic see-saw practically grinds to a halt. That makes a big difference in how you should eat.

The best way to get stress under control and rebalance the see-saw is by changing *when* you eat your carbs. A lot of people avoid carbs because they've heard carbs make you fat. That's not true. No single type of food makes you fat. Obviously you can't eat 60 loafs of bread and expect a flat belly...That will cause a nasty spike in insulin – the primary hormone that promotes fat storage.

On the other hand, you can't swear off carbs all-together. That's because when your body doesn't get enough carbs, it can cause an equally nasty spike in the stress hormone cortisol. Your body uses cortisol as an emergency fuel producer when you don't have enough carbs. And one way it creates that fuel is by breaking down muscle tissue.

Unfortunately, cortisol also interferes with your fat burning hormones. Eat too many carbs and insulin is the problem. Eat too few carbs and cortisol is the problem, so we don't want you to slash the number of carbs you eat. The trick is to eat them at the right times... when they work best with your Hormone Type. Here are the rules to follow:

- ✓ First, count up the average number of carbs you eat in a day.

- ✓ Then, eat about half that amount first thing in the morning,
- ✓ And eat the other half last thing at night.
- ✓ In between, stick to low carb foods like salads and protein shakes.

This approach will stop your stress hormones from spiking in the morning so you start your day calm and focused, and it will suppress them in the evening so you can easily fall asleep.

**Metabolics Tip:**

This is probably the exact opposite of what you'd expect to hear, but Dr. Jade wants you to take plenty of breaks during your workouts. That's because *resting more* during the workout actually allows you to work *harder* the rest of the time. Short bursts of intensity, followed by plenty of rest and recovery, then another short burst of intensity is the ideal way for you to get the best results in the shortest time. If you try to push yourself through these 15-minute workouts with *no* breaks, you're going to flood your body with cortisol, so get plenty of rest *during the workouts*. We promise, it will get you better results much faster.