

TYPE #1 – MIXED SIGNAL METABOLISM

(Metabolic Roadmap Type: Normal Menstrual Cycle - Estrogen And Progesterone Balanced)

Mindset Tip:

In the first half of your cycle, estrogen buffers some of the effects of stress so you can afford to be more active. But toward the second half – as estrogen drops off somewhat, you become more stress reactive. Try to add in some extra relaxation and restorative activities during this time (like an Epsom Salt bath).

Movement Tip:

Your 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 estrogen and progesterone are playing nicely together on the metabolic see-saw, so it's important not to make too many changes too fast and knock them off balance. To enhance your ability to burn fat, make this one simple change:

- ✓ Count-up the amount of carbs you eat on the average day.
- ✓ For the first half of your cycle, when estrogen is on top of the see-saw, don't change a thing. Just try to eat about the same amount of carbs every day. That's because you have enough estrogen to buffer the fat-storing effect of insulin.
- ✓ But during the second half of your cycle, progesterone is at the top of the see-saw which means your body is less likely to fight off insulin's fat-storing effect... and more likely to turn carbs into fat. So, replace half of your normal carbs with protein which can help protect you from gaining weight when estrogen isn't around.

This one change can prevent the hormonal see-saw from wreaking havoc on your metabolism... and help you turn up your ability to burn off body fat.

Metabolics Tip:

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.