

## TYPE #6 – OVARIAN FATIGUE METABOLISM

(Metabolic Roadmap Type: Menopause—Estrogen Deficient And Progesterone Deficient)

### Mindset Tip:

Reducing Stress is extremely important for all women, but especially so with your Ovarian Fatigue Type. Your goal is to decrease the effects of stress on your brain and body as you adapt to the new reality of lower estrogen and progesterone. And the best way to do that 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. If possible - you should go to bed an hour earlier and wake up an hour later. You may have difficulty falling asleep at night, so here's what Dr. Jade wants you to do: Add a nap to your daily routine. Research shows that even a 10-minute nap can undo a lot of the hormonal damage

caused by sleep loss. The best time to nap is usually between 12pm and 4 pm. That way you get the recovery benefits without disrupting your normal sleep schedule.

### 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:

With your Ovarian Fatigue hormone type, you've made it through the worst of the hormonal chaos in life. At this point, your hormones are more stable. But your lower estrogen levels make your body a little more carb sensitive than you once were. And your lower progesterone levels make you a little more stress sensitive, so you need to adjust your diet to compensate for this new reality.

To do that, you have to find what Dr. Jade calls the carb tipping point. A lot of people avoid carbs because they've heard they make you fat. That's not true. No single type of food makes you fat. Of course, 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.

Eat *too many carbs* and insulin is the problem. Eat *too few carbs* and cortisol is the problem, **so don't dramatically 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 is the simple rule for this:

- ✓ Count up the average number of carbs you eat in a day.
- ✓ Eat about half that amount with breakfast in the morning,
- ✓ And eat the other half with your last meal of the day in the evening.
- ✓ 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:

**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