

# Phase IV Lifestyle overview



Congrats! You've made it to Phase IV of our Becoming Balanced Program. By this point, you should have completed a minimum of 21 days in Maintenance (Phase III). Our hope is that you've hit your goal weight and resolved any hormone related symptoms. Below are some key points to remember during this VERY IMPORTANT phase! DON'T WORRY - we're here to help you with this transition and it will be a smooth and successful one. That's our promise to you.

## Goal of the Lifestyle Phase

To maintain your new weight and make good food and lifestyle choices to support new weight. Emphasis is to see how starches, or specific foods, affect your weight, mood, and digestion.

## Natural Hormone Balancing Creams

By now you should be using your creams, which offer the building blocks for cortisol production and are balancing your sex hormones by offering natural progesterone. Your diet will continue to balance your insulin levels but keep in mind that progesterone also impacts your blood sugar.

## Daily Diet

Instead of counting calories, your goal is to have a balanced diet consisting of fruits, vegetables, healthy fats over 3 meals and 2 snacks per day. You should now see and understand how your weight is controlled by hormone imbalance, food sensitivities, and a diet high in carbohydrates and sugars.

- **Reintroducing Carbohydrates:** (Reference page 33 in your manual) Keep in mind that not all carbs are created equally, and carbs impact your blood sugar.
  - Week One: Category 1 – Starchy Vegetable Carbs: beans, potatoes, squash, peas, etc.
  - Week Two: Category 2 – Starchy Grain Carbs: rice, oats, quinoa, whole grains, etc.
  - Week Three: Category 3 – Starchy Flour Carbs: breads, cupcakes, etc. in moderation

## Our favorite websites for LIFESTYLE recipes:

[www.primalkitchen.com](http://www.primalkitchen.com)

[www.Yummly.com](http://www.Yummly.com)

[www.KetoConnect.net](http://www.KetoConnect.net)

[www.bulletproof.com](http://www.bulletproof.com)

[www.downshiftology.com](http://www.downshiftology.com)

## Supplements

**Four Pillars of Health** are supplements we strongly believe are beneficial to maintain weight and a symptom free lifestyle.



- **Foundation - Multi-vitamin:** Long-term usage of a multi-vitamin is important as our country has nutrient depleted soil. A professional grade, highly absorbable vitamin is important. Vitamins sold at chain stores are often not easily absorbed and have fillers.
- **Flora-3 – Probiotic:** (Do the “yeast test”) – PASS: Drop to just 2/wk (Sat/Sun suggested). FAIL: Stay on 2/day until you pass test! Probiotics work in the large intestine and are good bacteria that keeps your gut healthy. Be sure to do another yeast test after taking an antibiotic and increase the dosage as needed.
- **Super Digest - Digestive Enzymes:** This works in the stomach and small intestines to break down food so that it is absorbed properly. As we age, digestion capability decreases. Dietary overindulgence, stress, illness, aging, and poor chewing directly affect the body’s ability to make its own digestive enzymes. This will aid complete digestion of protein, allowing protein to reach the bloodstream more efficiently to aid in blood sugar stabilization and sugar cravings.
- **Essential Omega Oils:** Americans are not getting these essential fatty acids in our foods. Fish Oils and flax seed oils, which are popular, only contain omega 3 fatty acids. The latest scientific research shows that we need all three of these fatty acids, and menopausal women specifically benefit from Omega 6.

## Exercise

- We strongly recommend resistance-training 3 times a week to maintain muscle mass. With weight-training, make sure each muscle group has 48 hours of rest between workouts.
- Yoga and Pilates are great forms of exercise to incorporate into your new lifestyle.
- Please keep cardiovascular exercise to a maximum of 30 minutes, 3x a week.

- We do not recommend intense linear exercise for extended periods of time regularly, such as running, Stairmaster, EFX machine. This causes a reaction in the body that's stressful and will raise cortisol and insulin and cause further hormone imbalances. Non-linear exercise that moves in all planes, like dance is fine and does not elicit the body's stress response. If running or any linear exercise is needed or is a hobby, you need to find a balance with other types of exercise and make sure you stay on creams to support the adrenal gland.

## Sleep/Relaxation

- Sleep is important in managing your cortisol levels and allowing your body to detoxify each night. Put yourself on a sleep schedule – 10PM-6AM is ideal.
- Adding yoga practice to your routine and continuing your meditation/sound wave therapy program is important. It's a simple thing to do each day.
- Keep using your BeBalanced relaxation tracks or check out [www.headspace.com](http://www.headspace.com), [www.brainsync.com](http://www.brainsync.com) and YouTubes 432HZ music. They are great resources to use to add to your meditation library.

## Alcohol

- Remember that a nightly glass of wine will impact your insulin levels, causing night sweats and interrupting sleep. Alcohol also impacts the function of your liver and raises your estrogen levels.
- If you like to have a cocktail occasionally, limit the amount and choose one with few sugars. Clear alcohols (vodka, gin, tequila, etc.) mixed with club soda or dry red wine spritzers are good options.
- Stay hydrated! A glass of water for each cocktail is a good rule to follow and drink water before going to bed.
- Consume healthy fats when drinking (nuts, guacamole) and have a good meal prior to your night out.
- Take a B-complex vitamin before you go out and the following day. We offer one called BeLively.

## Medications

- If you were on any doctor prescribed medications prior to our program, we highly recommend getting another evaluation with your doctor now that you are finishing.
- Many times, when the body comes into balance and you eliminate estrogen dominance, support your adrenals and change your diet, you can see vast improvement in cholesterol, blood pressure, blood sugar and thyroid function.
- If your body needs less medication and you do not alter your dosage, then you could be overmedicated in time which can cause symptoms to recur. Please check with your doctor for more info.

## Daily Food Journal

- Feel free to continue to journal in a daily food log to track your food sensitivities.
- When you can look at food, NOT AS HOW IT TASTES, but how it makes you feel (GOOD OR BAD) you've learned a very powerful lesson

## Xenoestrogens

Sadly, Xenoestrogens and xenohormones have been introduced into the environment by industrial, agricultural and chemical companies in the last several decades. Their potential ecological and human health impact is under study and is of great concern to environmentalists, scientists and doctors who see the hormone disruption caused by the confusion these chemicals cause when introduced into the biology of all living creatures. We recommend you limit your exposure to these synthetic hormones (see below).

### Common Xenoestrogens:

#### Skincare

- 4-Methylbenzylidene camphor (4-MBC) (sunscreen lotions)
- Parabens (methylparaben, ethylparaben, propylparaben and butylparaben commonly used as a preservative)
- Benzophenone (sunscreen lotions)

#### Industrial products and Plastics

- Bisphenol A (monomer for polycarbonate plastic and epoxy resin; antioxidant in plasticizers)
- Phthalates (plasticizers)
- DEHP (plasticizer for PVC)
- Polybrominated biphenyl ethers (PBDEs) (flame retardants used in plastics, foams, building materials, electronics, furnishings, motor vehicles).
- Polychlorinated biphenyls (PCBs)

#### Food

- Erythrosine / FD&C Red No. 3
- Phenosulfothiazine (a red dye)
- Butylated hydroxyanisole / BHA (food preservative)

#### Building supplies

- Pentachlorophenol (general biocide and wood preservative)
- Polychlorinated biphenyls / PCBs (in electrical oils, lubricants, adhesives, paints)

#### Insecticides

- Atrazine (weed killer)
- DDT (insecticide, banned)
- Dichlorodiphenyldichloroethylene (one of the breakdown products of DDT)
- Dieldrin (insecticide)
- Endosulfan (insecticide)
- Heptachlor (insecticide)
- Lindane / hexachlorocyclohexane (insecticide, used to treat lice and scabies)
- Methoxychlor (insecticide)

So, what can you do to avoid these common chemicals? The following list was adapted from the organic excellence website.

### **Guidelines to minimize your personal exposure to xenoestrogens:**

#### **Food**

- Avoid all pesticides, herbicides, and fungicides.
- Choose organic, locally-grown and in-season foods.
- Peel non-organic fruits and vegetables.
- Buy hormone-free meats and dairy products to avoid hormones and pesticides.

#### **Plastics**

- Reduce the use of plastics whenever possible.
- Do not microwave food in plastic containers.
- Avoid the use of plastic wrap to cover food for storing or microwaving.
- Use glass or ceramics whenever possible to store food.
- Do not leave plastic containers, especially your drinking water, in the sun.
- If a plastic water container has heated up significantly, throw it away.
- Don't refill plastic water bottles; avoid freezing water in plastic bottles to drink later.

#### **Household Products**

- Use chemical free, biodegradable laundry and household cleaning products.
- Choose chlorine-free products and unbleached paper products (i.e. tampons, menstrual pads, toilet paper, paper towel, coffee filters).
- Use a chlorine filter on shower heads and filter drinking water

#### **Health and Beauty Products**

- Avoid creams and cosmetics that have toxic chemicals and estrogenic ingredients such as parabens and stearylalkonium chloride.
- Use a deodorant that does not contain parabens and aluminum.
- Minimize your exposure to nail polish and nail polish removers.
- Use naturally based fragrances, such as essential oils.
- Use chemical free soaps and toothpastes.
- Read the labels on condoms and diaphragm gels.

While this may be your last appointment, it is NOT the end of our support and guidance. If you are interested in additional Coaching Sessions, please contact us. If you have any questions, concerns, or just need to talk to someone. We are here to help!

Be well!