

Women's Health Redefined

Hormones, Nutrition,
& Strength Across
the Lifespan



Things You Will Learn

1. 10 Hidden Women's Health Facts
2. How Your Gut Is Powering Your Immunity and Health
3. Should Women Train Differently Than Men?
4. You Are What You Eat, or You Eat What You Are?

**Perimenopause is
NOT a Cuss Word!**



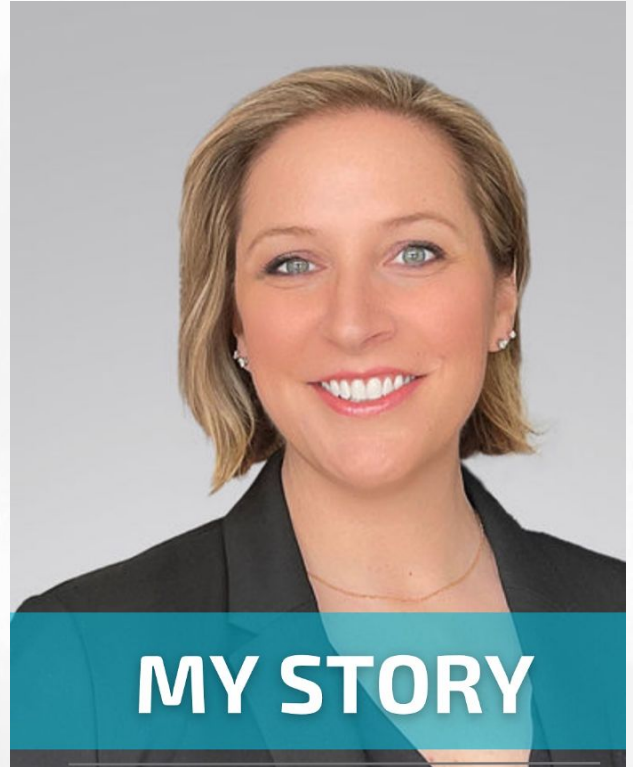
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Midlife Journey

All The Things.....

- #MomLife
- “Coffee to Kickstart, Wine to Finish. Let’s Get Our Order Straight!”
- Ain’t Nobody Got Time for That...
- Pepcid, Ablations, “Everything is Normal.”
- Frustration, Frustration, Frustration....
- **Solutions!**



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Women's Health Facts

1. Menopause Affects 100% of Women, Yet 75% Report Struggling with Symptoms, 1.8% Seek Treatment
2. Obesity Increases Your Risk of Developing Type 2 Diabetes by 400%
3. Muscle Mass Declines by 3–8% Every Decade After Age 30
4. Gut Health Plays a Key Role in Hormone Regulation – 70% of Immune Cells Reside in the Gut
5. Up to 40% of Women Over 40 Struggle with Unexplained Weight Gain
6. Over 50% of Women with Obesity Have High Blood Pressure
7. Strength Training in Midlife Can Increase Bone Density by Up to 4% in Just 6 Months
8. One in Three Women Over 40 Experience Stress Incontinence
9. Approximately 50% of Women with Hormonal Imbalances Report Fatigue and Brain Fog
10. Postmenopausal Women Have a 30% Higher Risk of Developing Heart Disease



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Staggering Research Insights

Until the 1990s, women weren't even required in most medical studies.

8 out of 10 drugs withdrawn from the U.S. market between 1997–2000 posed greater health risks for women than men.

Why? They were only tested on men. Women's biology was seen as "too complicated."

Women as an Afterthought

"We didn't even require women in research until 1993."

The NIH Revitalization Act of 1993 finally mandated women's inclusion but enforcement was weak.

WHI & the Fallout: A Study That Set Women Back

"In 2002, the WHI claimed HRT caused cancer, strokes, and clots."

The media frenzy terrified millions. Doctors stopped prescribing hormone therapy.

HRT use dropped by over 70% worldwide even for women who needed it.



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Staggering Research Insights

Misguided Design = Misguided Care

"They told us hormones were dangerous. They were wrong for most of us."

WHI results applied to older women, not those in early menopause.

Later analyses revealed HRT reduced heart disease and mortality in women aged 50–59.

But the damage was done. An entire generation of women suffered in silence.

Finally, a Reckoning

"It took 20+ years to correct the WHI narrative."

In 2022, the Journal of the Endocrine Society confirmed that for many women, HRT's benefits outweigh risks.

In 2024, the FDA advisory panel backed removing the HRT black box warning.

Women's health is finally being seen as unique, not a male baseline with hormones "on top."



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<20% of Women Meet CDC Activity Minimums

Why Should I Care?

- 73.6% of Women over 20 are clinically “overweight”
- About 50% of Women age 40-59 are clinically obese
- Heart Disease: 200–300% increased risk
- Type 2 Diabetes: 300–400% increased risk
- Breast Cancer (postmenopausal): 30–50% increased risk
- Colorectal Cancer: 30–70% increased risk
- Endometrial Cancer: 400% increased risk
- Ovarian Cancer: 30–50% increased risk
- Hypertension: 300% increased risk
- Sleep Apnea: 400–500% increased risk



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Hormone Health

Hormones

Testosterone

- **What It Does:** Testosterone is often thought of as a “male hormone,” but women have it too. It helps you keep **muscle mass**, stay **energized**, and feel **confident**. As you age, your testosterone levels can drop, which can lead to feeling more **tired**, having less **motivation**, or having trouble with **libido** (sexual desire).

Estrogen

- **What It Does:** Estrogen is a hormone that helps with **your monthly cycle** and keeps **your bones** strong. As you get older, especially around **menopause**, your estrogen levels go down, which can cause symptoms like **hot flashes** and **mood changes**. Estrogen also helps keep your **skin** smooth and healthy.

Progesterone

- **What It Does:** It works closely with estrogen. Supports **healthy periods**. In Midlife your body makes less progesterone, which can cause issues like **irregular periods** or trouble **sleeping**.



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Relationships

Estrogen and Progesterone

- What Happens if One is Too High or Low:
 - If **estrogen is too high** (like in menopause), you might feel **moody**, get **hot flashes**, or have **weight gain**.
 - If **progesterone is too low**, you might feel **irritable**, have **irregular periods**, or trouble **sleeping**.

Estrogen and Testosterone

- What Happens if One is Too High or Low:
 - If **testosterone is too low**, you might feel **tired**, have **low libido** (sexual desire), or notice a loss of **muscle**.
 - If **estrogen is too high** and testosterone is low, it can cause **fatigue**, **mood swings**, and **weight gain**.



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Hormone Health Next Steps

1. **Test, Do Not Guess:** See QR Code (Free Quiz | Hormone Health Panel)
2. **Improve Insulin Sensitivity** Through Diet and Exercise:
3. **Sleep & Sunlight:** Monitor Quality Sleep, Walk in the AM.

Scan QR Code For a Free Guide



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Gut Health

Gut Health

1. Gut-Hormone Connection
2. Gut-Immune System Connection
3. Gut-Mental Health & Mood Connection



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Gut-Mental Health & Mood

Gut-Brain Axis: a powerful connection between gut health and mental well-being. Gut bacteria produce neurotransmitters like **serotonin**, which regulates mood, anxiety, and sleep.

- **Gut Microbiome and Mental Health:** An unhealthy gut can affect the production of serotonin, the “feel-good” neurotransmitter. Dysbiosis has been linked to conditions like anxiety, depression, and brain fog, common in midlife women dealing with hormonal changes.
- **Fact:** Research indicates that nearly 90% of serotonin is produced in the gut, emphasizing its crucial role in emotional well-being. Studies also suggest that gut dysbiosis can exacerbate symptoms of depression and anxiety.



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Gut-Hormone Connection

The gut microbiome plays a **direct role in hormone regulation**, including estrogen, thyroid hormones, and cortisol.

- **Estrogen and the Gut:** A healthy gut helps metabolize and eliminate excess estrogen, preventing hormone-related issues like weight gain, fibroids, or breast cancer. Imbalances can lead to **estrogen dominance**, a condition often exacerbated during perimenopause .
- **Fact:** Studies show a connection between gut dysbiosis and increased estrogen levels, which can worsen symptoms like **hot flashes, night sweats, and mood swings**.



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Gut about 70% of the Immune System

Gut Immune Connection: The gut-associated lymphoid tissue (GALT) is responsible for initiating immune responses to harmful pathogens and regulating inflammation.

- Dysbiosis (imbalance in gut bacteria) can disrupt this immune function and trigger conditions like rheumatoid arthritis, allergies, or inflammatory bowel disease (IBD).
- **Fact:** Studies show that an unhealthy gut microbiome can impair the body's ability to produce specific immune cells like T-cells, which are crucial for fighting infections.



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Gut-Health Steps

1. **Test, Do Not Guess:** See QR Code (Free Quiz | GI-Map Test)
2. **Track Nutrition Intake (7-days):** Note Fluid Intake, Fiber Total (25g), Soluble & Insoluble Amounts, Highly Processed Food Meals.
3. **Track Digestive Symptoms (7-days):** Note Bloat, Gas, Heartburn, Constipation, Bowels, Frequency and Type.

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Nutrition & Supplements

Nutrition & Supplements

- **Creatine for Strength, Cognition, and Energy**

- Women benefit just as much as men from creatine monohydrate. It supports lean muscle, improves strength, brain health and fatigue resistance. Typical dose: 3–5 g daily.

- **Protein for Muscle and Hormone Balance (1g per Lb of Ideal BW)**

- Adequate protein intake supports lean muscle, stabilizes blood sugar, and helps maintain bone and hormone health through midlife and beyond.

- **Magnesium for Stress and Sleep**

- Magnesium (glycinate or citrate forms) aids relaxation, improves sleep quality, and supports over 300 biochemical reactions including muscle function and hormone regulation.



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Nutrition & Supplements

Creatine for Strength, Cognition, and Energy.

- **How Much:** Most studies support **3–5 g/day of creatine monohydrate** for women.
- **If Low:** Muscle creatine levels are linked to **reduced muscle performance, faster fatigue, and slower recovery.**
- **When Optimal:** **~8–14% gains in strength** and better fatigue resistance, cognitive benefits and **memory**
- **Key Reasons:** Women tend to have **lower baseline muscle creatine stores** than men, partly due to lower meat intake and smaller muscle mass.



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Nutrition & Supplements

Protein for muscle and hormone balance

- **How Much:** Women benefit from 1g per lbs of ideal body weight. RDA (0.8 g/kg) is only a bare minimum, not an optimal target.
- **If Too Low:** Low protein intakes are linked to loss of lean body mass, poorer bone density, higher fracture risk, and impaired hormone synthesis.
- **When Optimal:** Higher protein intakes support better fat loss, lean muscle preservation, and satiety during calorie control.



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Nutrition & Supplements

Magnesium for Stress and Sleep

- **How much:** **320 mg/day** (US RDA). **350–400 mg/day** for optimal health.
- **If low:** Magnesium is tied to **higher rates of anxiety, poor sleep quality, migraines, PMS symptoms, and insulin resistance.**
- Surveys show **~40% of women don't meet daily needs.**
- **Key reasons:** Magnesium acts as a cofactor in **300+ enzyme reactions.**



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Tips & Next Steps

1. How to Increase Creatine Monohydrate

- Take **5 grams per day** in water or a smoothie. **Red meat** and **fish** are natural sources.

2. How to Meet Protein Requirements

- Protein builds muscles. Aim for **1 gram per lbs of ideal body weight**. Sources: **chicken, fish, eggs, or whey protein**

3. How to Reach Optimal Magnesium Levels

- Magnesium supports muscles, sleep, and energy. **Spinach, almonds, and avocados** are rich in magnesium.

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Activity & Exercise

Activity & Exercise

- 1. Muscle Mass Declines by 3–8% Per Decade After Age 30**
- 2. Women Who Meet Physical Activity Guidelines Have a 30% Lower Risk of Heart Disease**
- 3. Resistance Training Can Increase Bone Density by Up to 4% in Just 6 Months**



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Activity & Exercise

Muscle Mass Declines by 3–8% Per Decade After Age 30

- Women lose **3–8% of muscle mass per decade** starting at age 30.
- Sarcopenia leads to increased risk of disability, with a **3x higher risk** of falls and injury.
- Resistance training can **rebuild muscle** by 1–2% annually, improving strength and metabolism.



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Activity & Exercise

Women Who Meet Physical Activity Guidelines Have a 30% Lower Risk of Heart Disease

- Meeting the **150 minutes of exercise per week** reduces heart disease risk by **30%**.
- Regular activity **improves cardiovascular health**, lowers blood pressure, and reduces cholesterol.
- Resistance training, alongside aerobic activity, helps **lower CVD risk**.



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Activity & Exercise

Resistance Training Benefits

- Strength training can improve **bone density by up to 4%** in 6 months.
- Osteoporosis affects **1 in 2 women** over 50 leading to **long-term disability or death**.
- Resistance exercises **stimulate bone growth**, helping prevent osteoporosis.



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Tips & Next Steps

1. Start Small: Commit to 10 Minutes of Strength Training Today

- **Action:** Begin with just 10 minutes of light resistance exercises, to help maintain muscle mass and boost metabolism.
- **Why:** Muscle loss that starts after age 30, and it's an easy way to ease into a more active lifestyle.

2. Walk for 30 Minutes, 5 Days a Week: Your Heart Will Thank You

- **Action:** Begin walking 30 minutes a day, five days a week.
- **Why:** This simple habit can reduce your risk of heart disease by 30%, improve cardiovascular health and blood pressure

3. See QR Code for a Free Strength Guide



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