

menōme®

10  
Simple Steps  
to a  
Leaner, Healthier  
YOU



# WELCOME FRIEND

## Thank you for downloading this guide!

At MenoMe® we know many of you are finding the physical changes that come with the meno years frustrating, but I'm here to tell you that with a bit of self-care and some lifestyle changes it can get a whole lot easier. It doesn't have to be complicated or overwhelming to start implementing healthier habits if you feel you need to - the pay-off can be huge.

In this e-guide, I'll share several important key tips to help you on your way to implementing healthier habits. It's important to understand that real change doesn't happen overnight, even though we really want it to. The window is usually about three weeks to three months. Change is what happens when we decide we no longer want to settle for how we feel or look and we are truly ready to make a lifestyle shift (no crazy diets, pills, potions or "tricks"). The bottom line is, you have to DECIDE - not half-heartedly - but with all your being.

- **DECIDE** that you will start today and make it a priority.
- **DECIDE** that your comfort zone is no longer serving you and you're ready to step out and discover the NEW you!

We always love hearing from you so stop by our [Facebook page](#) with questions, comments or to share progress. If you want us to set up a private group on there just sing out to me at [jennifer@meno-me.co.nz](mailto:jennifer@meno-me.co.nz) and I'll get onto it.

# We Are MenoMe®

We believe every woman has the right to love her life every single day so when our resident biochemist, Peter Lehrke, discovered EstroG-100™ (40+) and his wife asked for more, Meno**Me**® was born. It's a hub created to support women (and the men who love them) going through the changes of the meno years.

For menopause information, nutritional advice, weight management aids and skin care advice (coming soon) come and visit us at [www.meno-me.co.nz](http://www.meno-me.co.nz)

With the warmest of wishes and the brightest of smiles  
The Meno**Me**® Team

*Experience Freedom*



**ARE YOU READY TO DIVE IN?**  
**GOOD! LET'S GET STARTED**

**You probably know by now that there are no quick fixes when it comes to losing weight for the long term while also supporting your health.**

The most effective way to lose weight and keep it off is to focus on adding in healthy habits. A healthy lifestyle is not about being on a 'diet', it's about learning how to nourish your body so you can thrive – not feel deprived.

It's easy to get overwhelmed, impatient and want results NOW, but by making small changes you can live with for the rest of your life, the better your chances are for success. This is also the best way to get off of the diet roller coaster for good.



# WHY RESTRICTIVE DIETS DON'T WORK

According to Dr. Oz, “The problem with severely restricting diets is that they jolt your body into starvation mode, preventing your body from burning unwanted fat and storing more fat and calories for you to survive on. When the body can no longer get its calories from food it looks to get some of its calories from lean muscle. This results in muscle loss. Less muscle means a slower metabolic rate causing stalled weight loss or even worse - weight gain.”

It can be confusing to know where to begin, so I'm sharing 10 simple but effective strategies you can incorporate to help you on the road to living a healthier, happier and more balanced life.

Start with one or two habits at a time then build on those successes by adding one or two more. Slow and steady really is the way to go so that you incorporate these habits as part of your lifestyle.

You can begin with the simplest habit first and go from there if you like. Don't get overwhelmed – just start with ONE thing. Write it down somewhere as a reminder.

Grab your smart phone, iPad, tablet or pad of paper as we get going. By the way, a great, free smartphone app for tracking your habits is called “Good Habits”. You can enter up to three habits and set it up so that you get a daily reminder. Awesome!

Check off the first one to two habits you want to start with this week. Imagine if you were to incorporate even one new habit each month for a year – amazing things would happen!

# 1. GET ENOUGH SLEEP

This may seem like a strange place to start, but it's so important that I'm putting it at the top of the list. Why? Let's face it, when we're tired we tend to make fewer healthy choices throughout the day and reach for the quick-fix energy boost we need, often in the form of sugar-filled options and processed snacks.

Lack of sleep disrupts circadian rhythms and can lead to inefficient body regulation of energy balance, metabolism and appetite. Abnormal leptin and ghrelin levels – hormones that tell your body it's full – can go awry when your body isn't fully rested.

To get more sleep, set a goal of what time you need to be in bed each night to get the 7-9 hours you need. Try it this week and see what difference you notice, both in how you feel and your appetite.



**I'm committing to getting \_\_\_\_\_ hours of sleep each night this week.**

## 2. REDUCE STRESS

I realise this is not always an easy thing to do. Most of us are juggling way too much and going through the day at warp speed, trying to get more and more done. Not only is a high stress level harmful to your health, it's harmful to your waistline as well.

When you are constantly under stress, hormone levels, like cortisol and insulin are elevated. The elevation of these two hormones can sabotage your weight loss efforts and actually cause weight gain.

*“Feeling stressed can create a wide variety of physiological changes, such as impairing digestion, excretion of valuable nutrients, decreasing beneficial gut flora populations, decreasing your metabolism, and raising triglycerides, cholesterol, insulin, and cortisol levels.”* – Mercola.com

So, while you may think you can “handle it” as far as your stress level goes, we aren't meant to be under constant stress and it takes its toll. If you are doing everything right as far as diet and exercise but you're under stress everyday, you're not going to see or feel the results you want.

**What are some ways you can reduce your stress level? Is there something you can start with this week or this month?**

### 3. DON'T SKIP MEALS

It's common for people to think that when they skip a meal, they are 'saving' calories. What happens though is it backfires and by mid afternoon or early evening, they're starving. Then they feel like they have no 'will power'. Our body needs fuel in the form of food to function, so when it's deprived, it screams out for what it needs – food! Willpower is no match and then they end up feeling guilty. Skipping meals sets you up for failure and feeling guilty.

Eat three meals a day and healthy snacks when needed. You'll notice you get through the day with more energy and when you plan your meals out during the day, you can make healthier choices. It's much easier to make unhealthy choices when you need to eat something right now and you just grab the closest thing you can find.

Plan ahead and be sure to not skip meals and you'll notice a difference in how you feel and you'll usually end up eating fewer calories during the day.



## 4. TRADE OUT YOUR BEVERAGE

A really easy way to improve your health and lose weight is to trade out your fizzy drinks (regular or diet), flavoured coffee drinks or other calorie or artificially sweetened beverages.

For most of us, it's just a habit we've formed. What is the trigger for you? Is it going by the cafeteria, fast food drive-thru or the stash in your fridge or pantry maybe?

Studies show that diet soft drinks increase our appetite. So, while the drink itself may be zero calories, you end up eating more food to go along with it.

If you're addicted to the caffeine, you may want to start out cutting your consumption in half for a week or so and see how you do.

Decide what you can drink instead. You can try unsweetened iced tea, water with fresh fruit or unflavored carbonated water if you want some fizz in your drink - delicious with lemon or lime and mint or a cinnamon stick.

By trading out your sugar or chemical-filled beverage for water you're giving your body what it needs - good hydration.



## 5. EAT CARBS THAT FUEL YOUR BODY

Our body needs carbs, but the right kind of carbs. Refined carbohydrates like white bread, pasta, cereal and processed snacks are lacking in nutrients and leave us hungry again a short time later.

Complex carbohydrates from foods like fruits, vegetables, whole grains, nuts, seeds and legumes contain fibre and nutrients that fuel us and help us feel full longer.

If you can find it in nature (as opposed to a package with a long list of ingredients), it's a pretty safe bet it's a good choice.



## 6. CHOOSE HEALTHY FATS

**FACT: Our body needs fat in order to function optimally.**

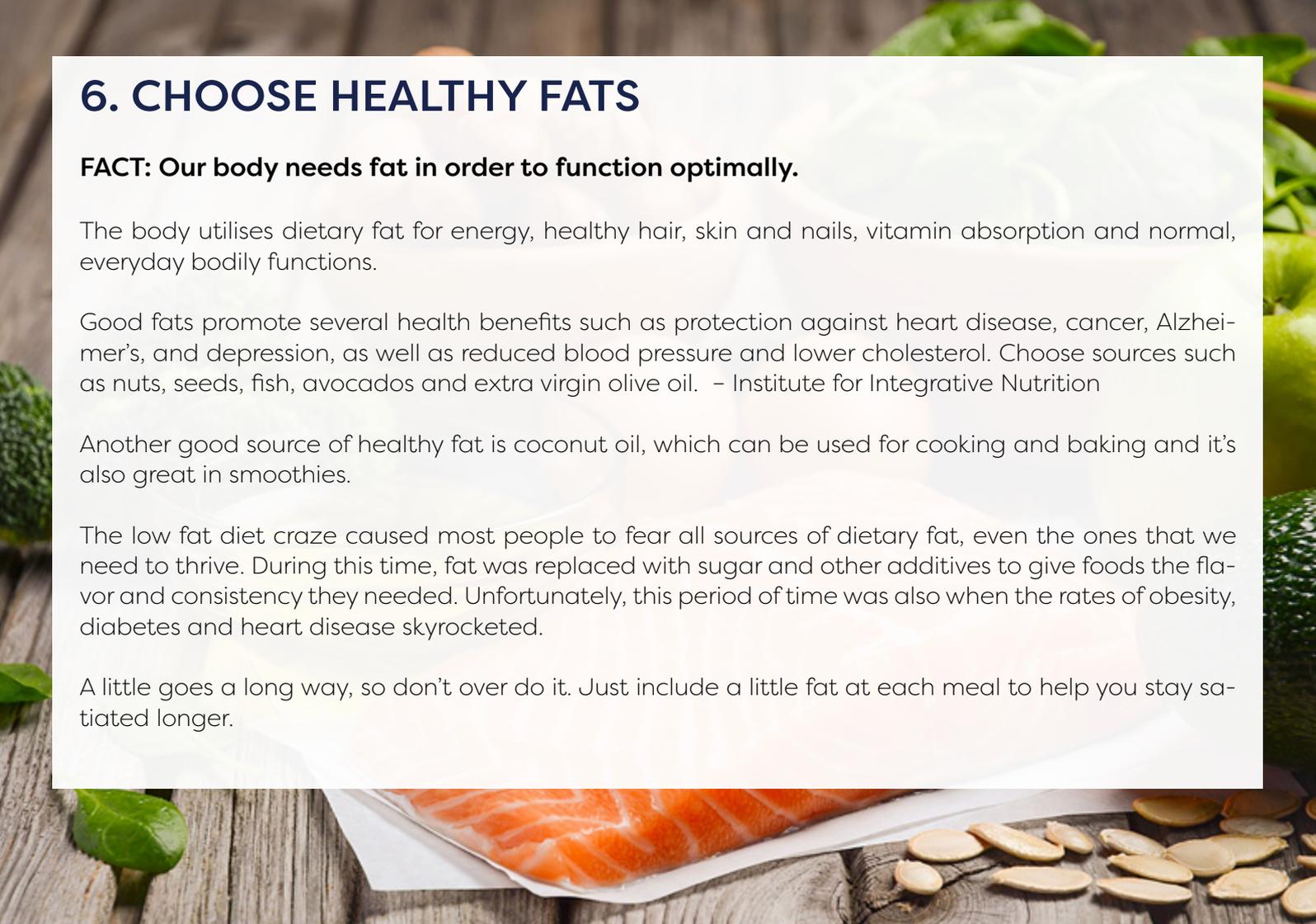
The body utilises dietary fat for energy, healthy hair, skin and nails, vitamin absorption and normal, everyday bodily functions.

Good fats promote several health benefits such as protection against heart disease, cancer, Alzheimer's, and depression, as well as reduced blood pressure and lower cholesterol. Choose sources such as nuts, seeds, fish, avocados and extra virgin olive oil. – Institute for Integrative Nutrition

Another good source of healthy fat is coconut oil, which can be used for cooking and baking and it's also great in smoothies.

The low fat diet craze caused most people to fear all sources of dietary fat, even the ones that we need to thrive. During this time, fat was replaced with sugar and other additives to give foods the flavor and consistency they needed. Unfortunately, this period of time was also when the rates of obesity, diabetes and heart disease skyrocketed.

A little goes a long way, so don't over do it. Just include a little fat at each meal to help you stay satiated longer.



## 7. FOCUS ON LEAN PROTEIN

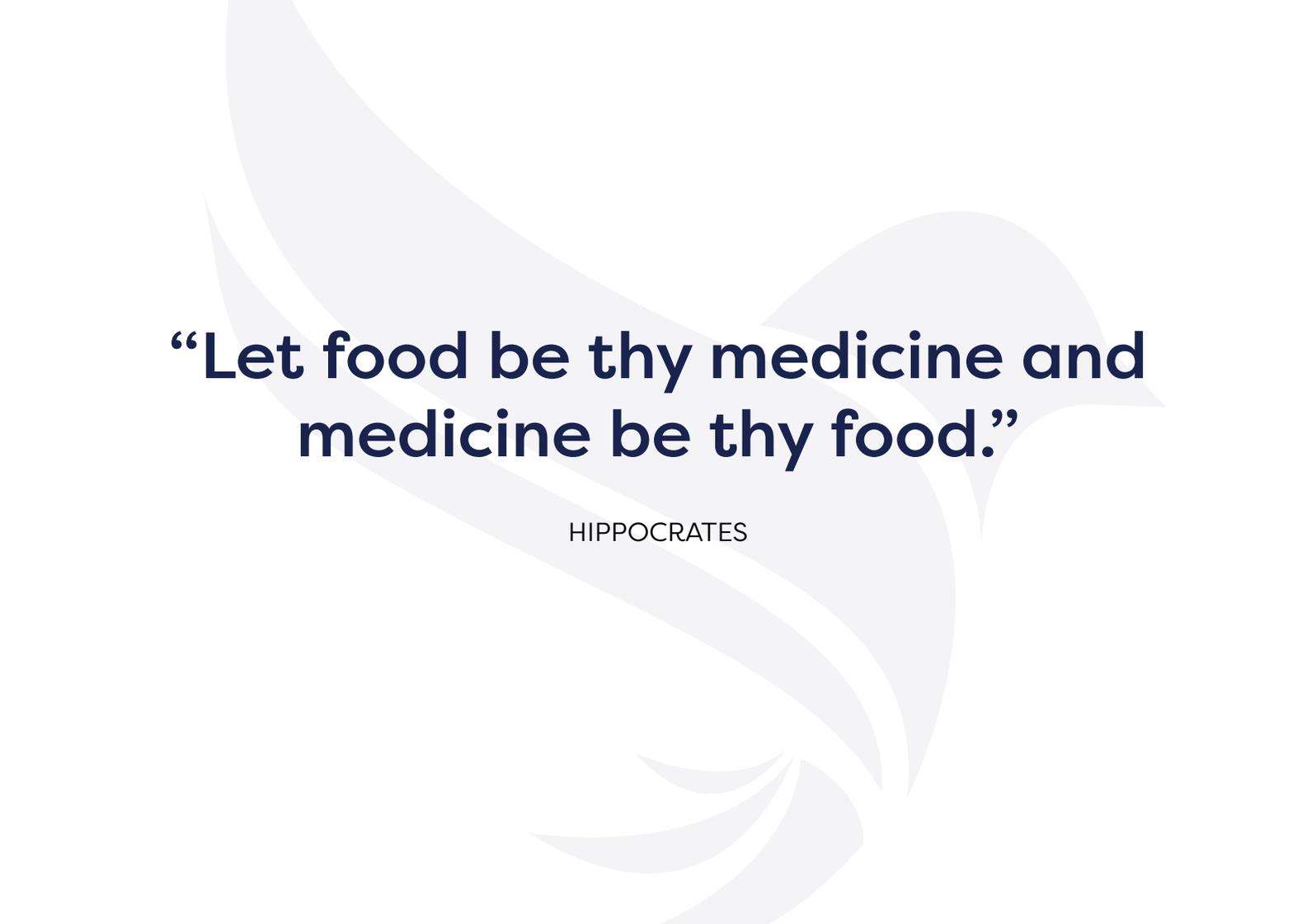
Consuming enough protein is another way to improve your energy and stay satiated longer after your meal.

Our bodies require protein for cell renewal, stabilising our blood sugar, and providing us the energy we need. Many foods contain protein, but some of the best sources include: fish, dairy, meat and eggs, as well as plant sources like seeds, nut and beans.

Be aware of your protein consumption and observe how you feel when you have more versus when you have less to determine what works best for you.

Also, be aware that quality matters – grass-fed beef and free-range chicken are healthier protein sources than feed-lot meats. Choose organic when possible for foods like dairy, eggs, peanut butter and soy products.





**“Let food be thy medicine and  
medicine be thy food.”**

HIPPOCRATES

## 8. GET MOVING

Exercise actually gives us energy! Think about how you feel after sitting around for hours, versus how you feel when you're up moving around. You just feel so much better when you're active.

This doesn't mean you have to spend countless hours at the gym to reap significant benefits from exercise. In fact, more and more research shows it's quite the opposite.

You can start with something simple like a 20-minute walk if you're just getting back to an exercise routine. Look at ways you can add more activity into your day – a short walk during lunch, another walk after work perhaps. Maybe two 10-minute walks each day would work better for you than one 20-minute walk.

Yoga, Pilates and things like Tai Chi are great options for those of us in our meno years. They keep us strong and flexible with the added bonus of grounding the mind.

Having an activity tracker like a Fitbit or pedometer is a great way to see how active you are and get an idea of how many calories you burn during the day. It's fun and motivating to see how many steps you take in a day.

Find a friend or co-worker who has similar goals to you and figure out something you can do together to help keep each other accountable.

Do you prefer to workout at home? Great! There are endless options of workouts to choose from for every fitness level. Options include exercise DVD's, online workouts, fitness apps and more. Let me know if you need suggestions by emailing me at [jennifer@meno-me.co.nz](mailto:jennifer@meno-me.co.nz).

## GET MOVING CONTINUED...

Join a gym. The gym is nice because your routine is not affected by the weather. If you can invest in a personal trainer to get you started it can be helpful to boost your confidence and knowledge in how to use the machines as well as making sure you're using proper form.

It's important not to overdo it. If you go for a 10km run when you haven't lifted a finger for years, or go to Cross Fit when you're out of shape you'll only succeed in stressing your body out, releasing cortisol and holding on to any weight you want to wave bye bye to.

If you have taken a long break from exercising, don't set yourself up for disappointment – have realistic expectations and be okay with feeling like a beginner again. It's okay – just start where you are right now and build on it.

**Note: Always check with your doctor before starting a new exercise program.**



## 9. PREPARE MORE MEALS AT HOME

Cooking meals at home allows you to control the quality, calories and portion sizes of your food.

Do you notice how much food you're served when you go to a restaurant? Crazy! When we have more food in front of us, we'll eat more without realising it.

**Bonus:** preparing meals at home saves money too. Plan your week out in advance and see which nights you can cook at home. The slow cooker becomes my best friend on busy days. I look at my calendar for the week ahead and whichever days are hectic, those are slow cooker nights – easy breezy!



## 10. KEEP TRACK

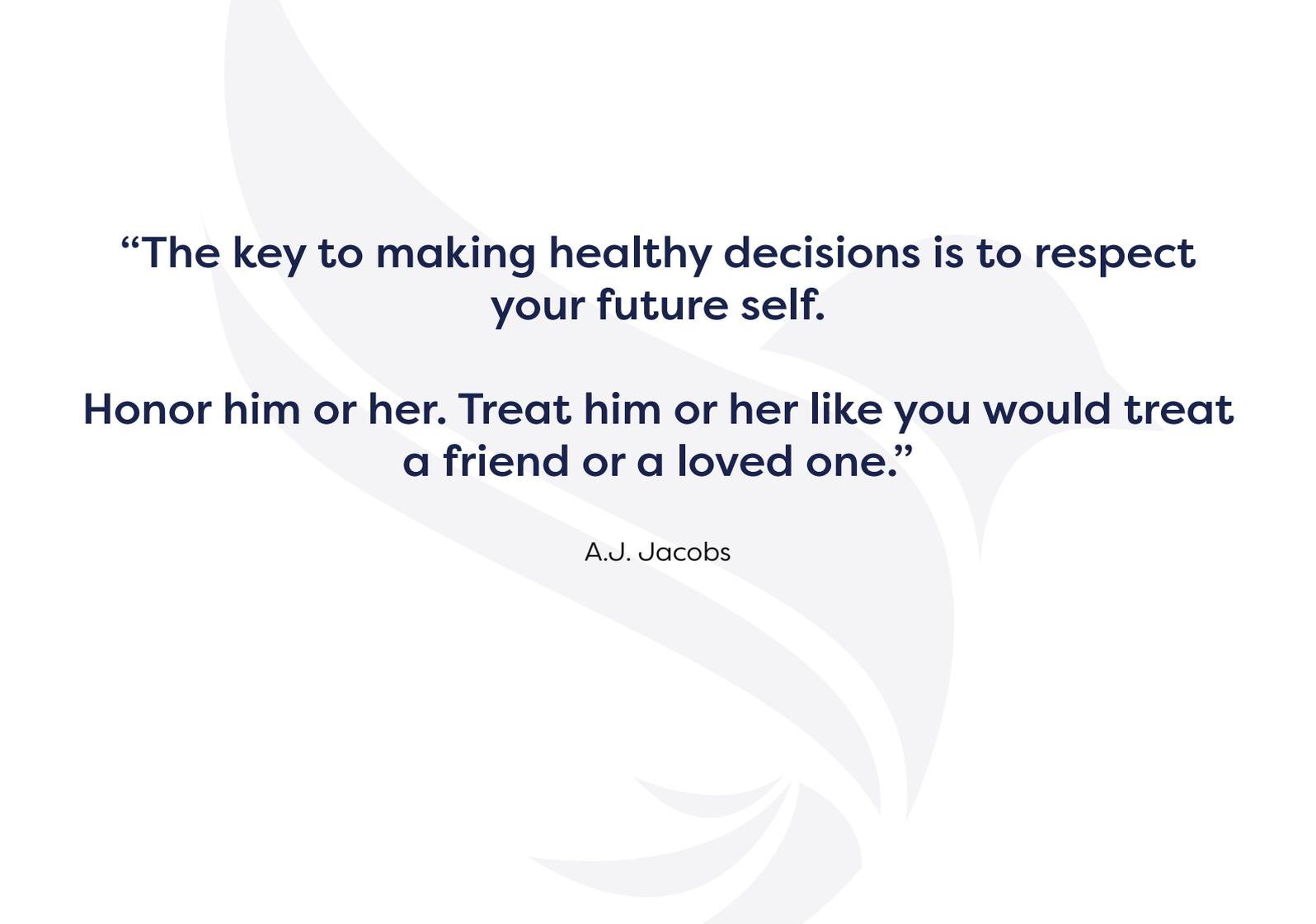
Keeping track of what you eat can be pretty effortless thanks to all the handy apps we have available at our fingertips.

My favorite food tracking apps are MyFitnessPal and Loselt. You'll be surprised what you discover when you start tracking. Just remember, quality counts and it's not just about the number of calories. One hundred calories of biscuits is not the same as 100 calories of veggies as far as nutrients and fueling your body is concerned.

For tracking, you also want to track the nutrients (or lack of nutrients) in foods. Reading the nutrition label is key. We have grown so accustomed to focusing on the calories listed on the food label instead of the actual ingredients. Actually if it's a food with no labels at all so much the better; Mother Nature tends to rock. Not always I grant you, but a good percentage of the time.

Look for foods that have the shortest list of ingredients and those that you recognise. If it's a long list of ingredients with words that are difficult to pronounce or you don't know what they are, put it back on the shelf and look for something else.

**TIP:** A good rule of thumb is to seek out ingredient lists that contain five ingredients or less.



**“The key to making healthy decisions is to respect  
your future self.**

**Honor him or her. Treat him or her like you would treat  
a friend or a loved one.”**

A.J. Jacobs

# START TODAY

**Decide on one or two healthy habits to start with today.**

**Start with the easiest one if you want.**

When you start making choices based on the answer to the question “Is this going to feed my body what it truly needs?” instead of “What’s the quickest thing I can find right now?” and ask yourself “Will this get me closer to or further from my goals?” on a regular basis, decisions shift, behaviors are changed and you will feel much better.

The best part is once you’re on the road to that healthier lifestyle, knowing it will be for the rest of your life, you WILL lose the weight and it won’t feel like deprivation.

**It will feel like the new YOU.**



# HERE'S TO A HEALTHY LIFE!

That's the end of our eBook – we hope you enjoyed it. Remember if you want to check in with your progress we're on Facebook. If you'd love a private Facebook group to check into just email me on [jennifer@meno-me.co.nz](mailto:jennifer@meno-me.co.nz) and I'll sort it out.

I find that so often people want to live a healthier life, but they just aren't sure how to fit all the pieces together to make a plan or they don't know where to begin. It can be quite overwhelming!

That's why we created this book.

However, if you want to take it further and consult with a knowledgeable advisor to walk you through a step-by-step plan to implement healthier eating and lifestyle habits we can help you out there too. Just [email](#) me to set up a free Health Strategy Session and we can explore how we can assist you in achieving your health and fitness goals.



**In health and happiness,**

Jenna Moore (IINHC)

Integrative Nutrition Health Advisor

And the happy team @ [Meno-Me.co.nz](http://Meno-Me.co.nz)

**menome**  
*experience freedom*



**You can do this! We're rooting for you!**

*Note: The information provided is not a substitute for medical care or advice. Information provided is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Consult your doctor about making diet and lifestyle changes that are right for you.*