



## OPTIMIZING WOMEN'S HORMONES

# Session Four

## Emotional Rollercoaster

**Classes featured:** The Emotional Rollercoaster, Improving Emotional Health with Food

My reflections:

What I want to remember:



## WHAT YOU NEED TO KNOW:

- The brain needs estrogen. Remember there are receptors in the brain.
- Estrogen increases blood flow to the brain.
- Estrogen helps clear the plaque that contributes to Alzheimer's disease.
- Focus on eating essential fatty acids and food rich in B vitamins.

### Tips from the pros to remember:

- Women often struggle to remember nouns and new information during this time.
- Limit caffeine, sugar, and alcohol.
- Go-to eating formula:
  - › Low-glycemic carb + protein + fat at every meal and snack.
- Make homemade egg muffins with leftover veggies; freeze for an easy breakfast.



## HOMEWORK

### Assignment

Choose one or two of the following to focus on:

- I will reduce my caffeine intake to one cup or less per day.
- I will cut my alcohol intake to see if I notice changes in my mood and sleep.
- I will use the “eating formula” at every meal.
- I will consume foods rich in B vitamins at every meal.
- I will eat a healthy fat source every day.

Quick notes:



# PROTEIN BITES FORMULA

Choose 1–2 of your favorite ingredients from each category. Try new combinations to create new flavors!

Instructions:

- Start with a ½ cup healthy base, add 1–2 Tbsp of sticky & sweet, and add extra flavors to taste.
- Combine in a bowl, roll into balls, and store in fridge or freezer.
- Other fun add-ins: nutmeg, hemp seeds, fruit, dried fruit, or extracts (vanilla, peppermint, almond).

## Healthy base

+

## Sticky & sweet

+

## Extra flavor



Oats



Ground dates



Shredded coconut



Almonds or other nuts



Ground flaxseed



Nut butter



Chocolate chips



Cacao powder



Protein powder



Honey



Extracts



Cinnamon



## WHAT TO EAT LIST

### Essential Fatty Acids

Essential fatty acids have been shown to be effective in reducing perceived stress levels and anxiety in women going through menopause. “Essential” means that our body doesn’t produce them on its own. We must get them from food.

**Food Sources:**

Sardines, salmon, herring, ground flaxseeds, chia seed, walnuts, and soybeans

### B Vitamins

Not a meat-eater? No problem! It’s important to get enough essential fatty acids from a variety of sources.

**Food Sources:**

- **Meat and seafood:**

- › Beef, chicken, eggs, salmon, lamb, turkey, tuna, and shrimp

- **Plant sources:**

- › All types of beans, broccoli, lentils, potatoes, sunflower seeds, bananas, and dark leafy greens