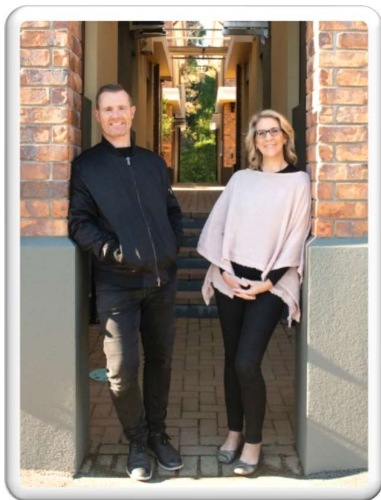




The Ultimate

Menopause Transformation Manual

Welcome to The Ultimate Menopause Transformation Programme!



The Menopause Reset Programme is about helping you to learn how to manage your own health better naturally and reduce the reliance on Doctors or other practitioners.

Your body speaks to you through body language – or symptoms.

Symptoms like anxiety, depression, hot flushes, skin problems, energy or pain flare ups is your body's way of trying to tell you something.

The objective from our perspective is to help you learn to manage your symptoms better by first understanding the root cause of your menopause issues.

The angle we take for the majority of women with these issues are viral and bacterial infestation, toxins in the body and stress

Most of our health issues start from some type of stress. Stress is healthy for us, but only in small doses. The modern day stress many of us encounter now is ongoing. That is a major problem and it is leading to many health issues.

Sometimes our stress starts as a perception in our mind of a particular personal issue, then manifests as a hormonal response, which leads to a physical and/or emotional symptom.

Stress can also arrive in the form of inflammation caused by bacterial and viral contamination that infest your body, or stress can also be attributed to toxic exposure from herbicides, pesticides, mercury fillings or food contamination.

The physical symptoms may result in inflammation and swelling, bloating, hot flushes, anxiety, depression, constipation or diarrhoea, cramps, mood swings, and stubborn bodyfat to name a few.

The emotional symptoms may be frustration, anger, bitterness, resentment, depression or sadness.

We must understand that a historical trauma can lead to years of health issues if we hold onto these issues and do not address them. These can manifest as menopausal side effects.

Everyone is different though and unravelling the root cause of your personal health symptoms can be complex.

The Menopause Reset Programme is about using an anti-bacterial/anti-viral diet, exercise, pre – bedtime routines, and personal coaching techniques to reduce stress and balance hormones, assess the way we perceive certain situations and restore the immune system. We will focus on the five pillars of function – sleep, exercise, gut function, addressing stress and nutrition.

As you're about find out, your adrenal glands are a part of a very important system called the Endocrine System which balances your hormones in your body, and when this system is placed under too much stress for too long you can end up crashing, and you can't burn bodyfat. We will also focus on the liver and how well your liver is functioning. Most of our symptoms will be linked back to liver dysfunction of some type – this is where viruses nest and create a raft of health issues (we'll dig into that shortly).

Shift your thinking away from hormones and start addressing the viruses and stress that you are having issues with.

This is where you need to shift focus.

First Up Take the Adrenal Stress Quiz

Please download and print off the Adrenal Stress Quiz. You can find this on the download page if you don't have it already. Add up all of the scores for each section to make one final score.

There are 4 levels of Adrenal function. Here they are summarised in this table.

You will need to take the Adrenal level quiz to find out where you sit on the table below. Once you have taken the quiz, then you can find out the specific course of action to turn the corner and move back toward the Thriving level.

Thriving		Surviving		
		Stressed	Wired	Crashed
How You Feel	Enthusiastic	Edgy	Overwhelmed	Exhausted
How Other people seem to you	Engaging	Too slow	Incompetent	Demanding
Your Sleep Is	Deep and restful	hard to fall asleep	hard to stay asleep	Unrefreshing
Your mental function is	Sharp & focused	Fast and scattered	Erratic/anxious	Unable to generate ideas/ depressed
Best Type Of Exercise	Any, have fun	Strength training	Cardio	Yoga

- 1. The Stressed Level:** This is like a reaction to a loud noise or your child crying. It could be nerves while public speaking or social anxiety. Anyone can move very quickly between the thriving stage and stressed stages. You may find that stress triggers a hot flush.

2. **The Wired and Tired Level:** At this level the stress is lasting. Your body is putting a lot of its resources into resisting the stress, so it is less able to maintain health. Your Adrenals are making lots more Cortisol and their daily rhythm has been disrupted. At this level you may feel a combination of urgency but with weakness at the same point. This is why this level is called “wired and tired”. It’s common for people to feel constantly anxious at this stage. You may also experience poor sleep and hot flushes/temperature fluctuations.
3. **The Crashed Level:** Also known as exhaustion. This is where the stress does not let up. Symptoms persist. Your adrenal glands have been producing so many extra hormones for so long now that it can’t produce enough for the daily needs of your body. At this level of stress, diseases like high blood pressure, high blood sugars, allergies, digestive problems and depression can get a foothold along with menopause symptoms. Exhaustion is typified by a feeling of weakness and collapse. This is where people typically end up on medication or with auto immune dysfunction due to a compromised immune system.
4. **Thriving is also listed above:** This is the optimal level we need to be functioning at most of the time to lead a healthier lifestyle. If we can move you toward the thriving stage, you will notice many of your symptoms reducing or even disappearing.

Note: The liver is predominantly the area of the body we will be focussing on, as an underperforming liver can affect adrenal performance and also manifest as common menopause symptoms. An adrenal stress quiz can help us understand your sleep performance, current immune system performance and a prediction on recovery time.

The cause of Menopause symptoms – not quite what you think?

We are taught by the mainstream health practitioners, that side effects from menopause are a normal part of the journey. But why then do some women struggle with extreme side effects while other women seem to breeze through with no trouble at all?

The answer lies in the types of pathogens and toxins that some women have in their body. By pathogens I am talking about bad viruses and bad bacteria. Bacteria like strep and e-coli. Viruses from the herpes family.

These organisms take a hold of you when your immune system is running low from perhaps a stressful, fast paced lifestyle, or maybe from constant exposure to toxins like radiation, herbicides, pesticides and insecticides. Maybe it’s the stress of financial difficulty. The one thing all menopausal women who suffer negative side effects have in common is a **change in hormones**.

Hormonal changes weaken the immune system, allowing the onset of pathogens to grow and replicate within the body (mainly the liver), feed off toxins, adrenaline (stress) and food like dairy, subsequently excreting toxic waste into your body.

Menopause is a hormonal fluctuation that can weaken the immune system allowing pathogens to create problems.

Can you imagine how toxic it would be to have something in your body that actually defecates inside of you?

Some of you may have had chicken pox, shingles, acne or glandular fever in your past. Maybe you suffer from an autoimmune condition like chronic fatigue, multiple sclerosis, rheumatoid arthritis or a thyroid condition. These issues are linked to your menopause symptoms via the nasty pathogens in your body (these are just a few conditions, there are many more).

When you address your menopause symptoms, you are effectively addressing the toxins, viral & bacterial issues in the background at the same time. Remember this.

What to eat and what to avoid

First of all let's look at what you must eat to reduce your symptoms.

Fruits – avocado, pineapple, watermelon, bananas, frozen fruits, berries, etc. Fruit is an essential means of reducing menopause symptoms and beginning your journey to healing a sick liver. Do not confuse fruit sugar with processed sugar. Fruit has been demonised for years as a leading cause of diabetes, weight problems. This couldn't be further from the truth. Fruit will help to stabilise your adrenal glands and prevent hormone fluctuations and a compromised immune system. Your liver's primary source of fuel is from glucose and we need to stop being fearful of having fruit in our diets. If you are nervous of eating fruit because you have been told to avoid carbs, remember this - *All of the women that do well on this program eat fruit every day.* This will help you reduce cravings for sugar and will boost your immune system to fight pathogens.

Vegetables – green leafy vegetables, potatoes, kumara, pumpkin, squash, beetroot, beans, chickpeas, lentils, peas and other non-GMO foods. Vegetables feed your good bacteria, strengthening your immune system and digestive system.

Daily vegetable recommendations: up to one cup of potato, sweet potato/kumara, pumpkin and unlimited salad vegetables per day

Small amount of animal protein - such as fish, lamb, chicken, turkey, beef. Animal protein is hard to digest. If you had a history of high animal protein and dairy diets, it is likely that you suffer from low hydrochloric acid (the acid that digests your food, produced by the parietal cells in the stomach).

The daily recommendation is up to one palm size piece of meat per day. One day per week have one handsize piece of meat. (this is very important). Feel free to split your meat or fish allowance up across several meals, for example have half of your meat at lunchtime and the other half at dinner.

To starve the virus, you need to know which foods to avoid as best as possible.

You don't have to cut these foods out entirely, but you do need to reduce these sooner rather than later or this plan may not work. Take the following list very seriously. **We recommend you reduce these foods by 80% where possible.**

- Dairy, cheese, butter, yoghurt and milk – fuel for strep bacteria and herpes virus

- Eggs – hormones that feed viruses & unproductive bacteria
- Tuna – contains mercury which feeds the virus
- Wheat – fuels strep bacteria and herpes virus
- Canola oil – weakens immune system, fuels herpes virus
- Pork – high fat meat that weakens the liver
- High fat diets – hard work on an already over-burdened liver. Limit nuts & seeds and other oils.
- Stress – I will add stress here because it is a common daily issue that also feeds viruses

You're probably thinking "oh but I LOVE eggs!" and the truth is that you have been feeding unproductive bacteria and viruses in your body without even knowing it.

Normally when I mention the foods to avoid (or significantly reduce), some women tend to be quite hesitant or even resistant to the change. The emotional connection to food can be a big hurdle to overcome. But the reality is that you are here doing this program for a reason.

Remember this:

What you have been doing doesn't work.

Your sleep is poor.

Your moods are affecting your happiness.

Your hot flushes are intolerable.

Your bodyshape may be negatively impacting your self-confidence.

This program is about you accepting change to be able to move forward and conquer these issues for good. Emotional relationships with food are not necessarily productive relationships, so be prepared to disperse what does not serve you.

Once you start on the meal plan, you'll find that the alternatives I am presenting you will nourish your body, balance blood sugars and significantly reduce your menopause symptoms in as little as a week. During our coaching session I'll run you through a specific nutrition plan.

Stress – Address the Root Cause

Addressing the root cause of your stress is vital to get on top of your symptoms. When you are anxious, worried, angry, bitter, frustrated or resentful for example, you trigger a fight or flight response in your body. When this happens you release more hormones like cortisol and/or adrenaline into the blood stream. This process raises your blood sugars, providing the body with the energy to engage a stressful situation and keep you safe.

We need this function to survive. But if we are over-saturated with stress hormones we actually damage the body. Stress hormones like adrenaline and cortisol are corrosive in high amounts – which is why we can't live under constant non-stop stress.

Stress suppresses the immune system. When this happens your viral load can travel through the body inflaming nerves or attacking areas such as the thyroid or the ovaries causing dysfunction (among others).

But for menopausal women who are experiencing hormonal changes, this weakens the immune system also.

So what is the stress you are facing, if any?

Mother-in-law issues? Marriage issues? Work stress?

When you have something lingering in the background, it's best to address the stress head on. Create boundaries between yourself and toxic people. Let go of resentment and bitterness by forgiving others.

Gut function – the ability to digest, absorb and eliminate

Your results depend largely on the ability to digest your food, absorb nutrients and excrete toxins efficiently. So how do we digest food properly? It's important to note that adrenaline reduces hydrochloric acid. So reducing stress as mentioned earlier is vital to your ability to digest food. Lemon juice is perfect to help restore Hydrochloric acid – one reason why I suggest squeeze the juice of a half lemon to 500ml of water first thing in the morning. Celery juice is even better and watermelon helps too.

As you digest food better in the stomach, your food then passes into the intestines where your good gut flora eat the small particles of digestion fruits & vegetables, breaking them down further. This allows micronutrients to pass through the intestinal wall into the blood stream.

During this process, your good gut bacteria also produce 90% of your serotonin and vitamin b12 is also made available, ready for absorption.

Serotonin is your natural antidepressant (a good mood hormone which also helps you sleep better), while vitamin b12 is required for optimal brain, liver and central nervous system function.

Supplements that kill viruses, remove toxins and reduce symptoms quickly

Here you will find a list of the supplements that I prescribe. These supplements don't just help with menopause symptoms they cover many other health issues too. For value for money these are what I suggest.

The top supplements I recommend to menopausal women are:



Vitamin B12 with Methylcobalamin – required for all 2000 functions of the liver. This is necessary to fight viral & bacterial infections that can affect the immune system and cause menopause symptoms. Key ingredient is methylcobalamin. Select a B12 with a dropper.



Liquid Zinc Sulphate – Required for all 2000 functions of the liver, including hormone production and reducing toxic copper from the liver. Antiviral to fight viral issues.



Barley Grass powder – Reduces joint pain, removes dark circles under the eyes, alkalises blood, reduces digestive pain, fights pathogens and removes toxic heavy metals from the body.



Spirulina powder (organic if possible) – good source of iron, plant based protein, helps bowel function, fights pathogens and removes toxic heavy metals from the body.



Optional: Ashwagandha (capsules or spray) – helps to prevent over production of stress hormones by the adrenal glands such as adrenaline which weaken the immune system. I recommend this if you have frequent bouts of stress or have a busy lifestyle which can bring on menopause symptoms. Keep this in your handbag. Do not take if you are on mental health medication.



Optional: 5HTP – boosts production of serotonin for mood stability and sleep. Recommended if you have serious sleep issues. If you are on any other medication such as antidepressants, check with your doctor first.

Note: when selecting supplements choose those that they have no alcohol contained. Alcohol weakens the immune system, which can open the body up for pathogenic attacks and symptoms.

If you live in New Zealand and would like to order your supplements online, click the link here and use the discount code I have for you. The products I use are already in your cart. Just select what you need. Your supplements will be sent to your door.

<https://pachealth.co.nz/Customer/PickUpPrescription.aspx?code=v8bdetjm>

discount code: v8bdetjm

The Eating plan & recipes

Print off your meal plan. The meal plan & recipes are separate documents for easier use.

Let's look at the meal plan first.

- The meals within the plan can be moved around to suit you and be swapped with other recipes provided.
- I do recommend a smoothie each day as this is the easiest way to add your supplements like B12 & Zinc for best results. However, you can just add the supplements to water.
- There is a list of foods to be avoided as best as possible. Pay attention to this.
- Aim to follow your plan at about 80% adherence

Drink 2 litres of water per day. Rehydration is very necessary if you have experienced ongoing hot flushes.

Limit coffee to one cup per day. Extra coffee will impact your stress hormones and can magnify anxiety. It's best to remove entirely if possible.

Have one cheat meal per week. You may eat whatever you like once per week. Your weight will go up after doing so, but this is only water weight and fluid weight. The next day recommend a half day water or juice fast until 12pm.

Detox Symptoms

It is normal to have a flare up of your symptoms. You may feel worse before you get better, and healing can come in waves. This is what we refer to as the “healing crisis.”

Your menopause symptoms may flare up, recede, flare up, recede and so on. Everybody has different symptoms, and not everyone will get noticeable detox symptoms.

Some common detox symptoms may include:

- Diarrhoea
- Skin issues
- Reflux
- Metallic taste in the mouth
- Energy fluctuations
- Mood swings
- Temperature fluctuations
- Headaches, migraines or nausea
- Sleepless nights
- Cramps
- Physical pain

If you are concerned with your detox symptoms please contact me via messenger.

Sleep

It is absolutely vital that deep restful sleep becomes a part of your daily routine. This routine is what you need to follow. Note that it can take weeks or even months to repair a very damaged/dysfunctional sleep pattern. Have you ever had babies? If the answer is yes, then you know how important it is to set a bedtime routine for that child so they sleep deeply and grow a strong immune system. You as an adult are no different.

Follow the pre bedtime routine six nights each week. You will heal faster.

1. **Have chamomile tea each night.** This tea helps you to relax, putting a busy mind at rest. This also helps you settle down and focus on just sipping away on a cup of tea. Have your tea at any time of the evening that suits you.
2. **Have an Epsom Salts Bath.** Directions: Use one cup of Epsom salts and one quarter of a cup of baking soda for each bath. Soak for 20 minutes.

Note: for those of you at the crashed level of adrenal dysfunction, please use a luke warm water temperature.

3. **Read a book at night and lie flat while reading**
4. **Turn your lights out at 10pm.** The sacred window of sleep is between 10 pm and 2am.

One late night per week is ok. But aim to get at least six good nights of sleep.

Exercise

I recommend low intensity exercise like walking, cycling, low impact strength work for the majority of people. High intensity training must be used sparingly.

For any unanswered questions, please use our support forum in the messenger group.