


"HOW TO AVOID THE 3 MOST COMMON HEALTH & LIFE HURDLES WOMEN FACE"

A USERS GUIDE TO LIVING IN A FEMALE BODY

Presented by Annika Ek RHN – Functional Nutritionist & Wisdom Coach

TRULY  HEALTH & WISDOM
For a better you + world.

1

Welcome!

**Annika Ek RHN
Functional Nutritionist &
Wisdom Coach**



2

Disclaimer

- *Disclaimer: The information provided is for informational purposes only and is not intended as substitute for advice from a physician or other licensed health care professional.*
- *All rights reserved 2020 – Annika Ek International Inc. and TrulyU.com*



3

Gift For You

- I will share a lot of information, be focused!
- Stay until the end I will share my notes from this webinar with you.



4

1. Metabolic Foundation



5

What is Metabolism?

- Convert Food -> Energy via Glucose
- Convert Food -> Building Blocks
- Elimination of Waste



6

Metabolism As We Get Older

- **Metabolism Slows**
 - Eat same amount of calories -> weight gain
- **Muscle Mass Decreases**
- **Activity Level Decreases**
- **Food & Lifestyle Choices Linked To Blood Sugar Stability**
 - This is where we need to start
 - Foundational to good health



7

Blood Sugar Metabolism

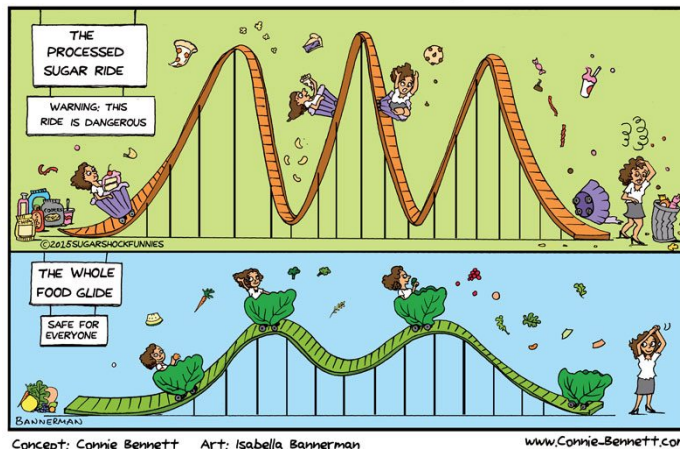
- **Cells and Neurons Need Glucose to Function**
- **Steady Supply of Glucose is *Critical***
- **Especially for the *Brain***
 - Brain needs about 1/3 of body's glucose



8

Blood Sugar Roller Coaster

SUGAR SHOCK FUNNIES™: Blood Sugar Rollercoaster



Concept: Connie Bennett

Art: Isabella Bahnerman

www.Connle-Bennett.com



9

Normal Blood Sugar Response

- Hunger ->
- Eat ->
- Blood sugar level goes up in blood stream ->
- Pancreas release insulin ->
- Insulin is like a key that opens the cells so glucose can enter ->
- Blood sugar returns to fasting level



10

Normal Blood Sugar Expression

- Wake Up with Energy and Feeling Rested
- Wake Up with Appetite
- Hunger between Meals
 - No Sugar Cravings
 - No Loss of Function



11

How Do You Feel After You Eat?

- Important Question
- Can answer if you have Low Blood Sugar, High Blood Sugar, or Both.
 - Pay attention



12

Low Blood Sugar Expression

- a.k.a. Hypoglycemia
- Hard to Wake Up
- No Appetite in Morning
- Want Caffeine or Sweet Foods for Breakfast
- Skip Meals
- Lose Function Between Meals
 - Shaky, Irritated, Blurry Vision
- Energized After Eating
- Crash 3-5 pm – Crave Sugar, Salt, Caffeine
- Hard to Stay Asleep



13

Low Blood Sugar - Symptoms

- Fatigue
- Insomnia
- Depression and Mood Disorder
- Infertility
- Slow Metabolism and Difficulty Losing Weight
- Headaches
- Hormone Imbalances



14

High Blood Sugar Expression

- a.k.a. Insulin Resistance
- Wake Up Not Feeling Rested
- Wake Up with Sugar Cravings
- Eat High Sugar/Starch Breakfast
- Sugar Cravings All Day
- Fatigue After Meals
- Crash After Lunch and Need Stimulants
- Difficult Falling Asleep



15

High Blood Sugar - Symptoms

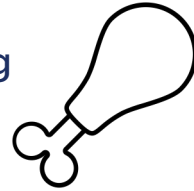
- Fatigue
- Inability To Lose Weight
- Joint Pain
- Depression and Mood Disorder
- Infertility
- Thinning Hair
- Hormone Imbalances



16

Low Blood Sugar - Solutions

- **Must Eat Protein within One Hour of Waking**
 - Even if Not Hungry
 - Must Eat Protein: Chicken, Salmon
- **Eat Snacks Between Meals**
 - No Sweets or Fruit
 - Nuts, Seeds, Veggies, Hummus etc.
- **May Need Snack Before Bedtime**
 - High Protein



17

High Blood Sugar – Solutions

- Reduce Intake of Carbs and Sugar
- Reduce Portion Size
- Do the Above Until *No Longer Tired After Meals*
- **Glucose That Can't Enter Cells is:**
 - Oxidized -> end-product that Damages the Brain (Dementia)
 - Glucose is Converted to Triglycerides and Stored as Fat
 - Uses a lot of energy -> fatigue after meals



18

Final Words On Blood Sugar

- Age -> Increased Insulin Resistance
- Insufficient Sleep -> Increased Insulin Resistance Next Day
 - Sugar/carb cravings that day
- Stress (ex. low blood sugar) -> Cortisol + Adrenaline Response -> Release Stored Glucose from Liver or Muscles
 - This means in essence, that when you are stressed you move your thigh muscles to your waist
- Belly/Visceral Fat around Vital Organs is *Inflammatory*
- Start with Blood Sugar Stability!



19

2. Back To Hormone Balance



20

Moment of Stillness

- A Minute of Stillness and Heart Coherence



21

I HAVE 3 SIDES...

1. The quiet and sweet side.
2. The fun & crazy side.
3. The side you never want to see.



22

A Woman's Hormonal Life Stages

1. Infant/Toddler/Girl years

2. Reproductive Years

- Teen years: first period - age 19
- Adult years: age 20 - 35
- Perimenopause: age 35 - menopause

3. Menopause is an Event

- 1 year after last period
- Average age 51

4. Wisdom Years - Postmenopausal

- The rest of a woman's life
- Often 30+ years



23

Perimenopause

• Hormones Start to Shift Around Age 35

- Starts with Declining Progesterone
- Ends with Declining Estrogen

HORMONES



24

As Progesterone Drops

- Agitated, Worse PMS
- Irregular Periods
 - Heavy, Painful
- Headaches
- Fluid Retention
- Disrupted Sleep



25

As Estrogen Drops

- | | |
|-------------------------------|----------------------------|
| • Poor Memory | • Bladder Issues |
| • Emotionally Fragile | • Weight Gain Around Waist |
| • Mood Issues | • Trouble Sleeping |
| • Dryness, Wrinkles | • Achy Joints |
| • Night Sweats or Hot Flashes | • Decreased Libido |

ESTROGEN



26



Perimenopause

- **Nature's "Soft Hormonal Landing"**
- **Self-Care Outmost Importance**
 - While Most Challenging
 - Family and Career Demands
 - ...Along with Shifting Hormones



29

Chronic Stress

- **Stress**
 - **Mental/Emotional**
 - Lifestyle Stress
 - **Dietary**
 - Food Allergies or Sensitivities
 - Blood Sugar Instability
 - **Environmental**
 - Xenoestrogens such as BPA



30

The Cortisol Steal

- **Chronic Stress is Damaging in Many Ways**

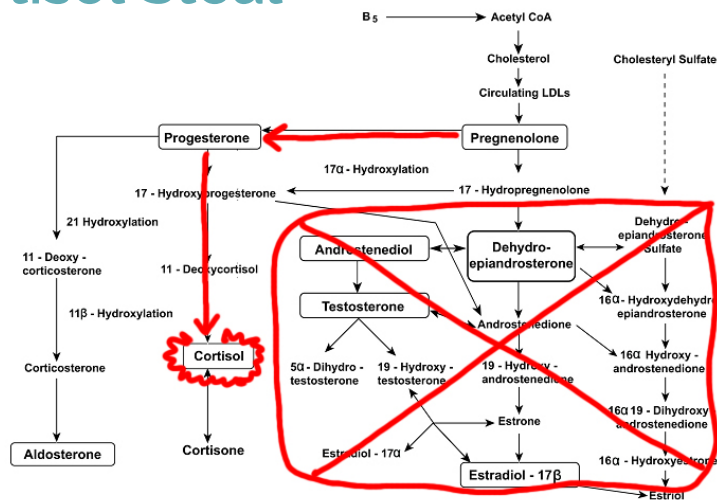
- **When Stressed**

- Cortisol ↑
- Estrogen ↓
- Progesterone ↓
- Testosterone ↓



31

Cortisol Steal



32

Survival First

- **Body Prioritizes Survival Over Healing and Reproduction**
- **Stress Today Different While Our Bodies the Same**
- **Get Used to Chronic Stress**
 - May Lose Awareness
 - Higher Set Level



33

Food & Lifestyle Upgrades First

- Herbs & Supplements *without* Food & Lifestyle upgrades will have limited results.
- Ensure you have what you need to make the changes part of your *everyday life* for lasting results
 - Knowledge
 - Tools
 - Skill
 - Support
 - Motivation
 - Community



34

Food Upgrades



• Remove/Limit

- Inflammatory Fats: trans fat and seed/vegetable oil from your diet
- Refined sugar incl. alcohol
- Stimulants like coffee, energy drinks



• Add/Increase

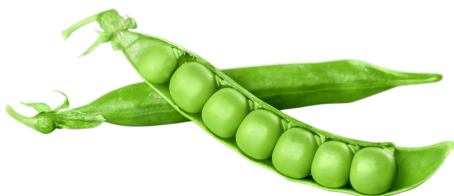
- Healthy Fats: avocado, wild cold-water fish, grass-fed beef, pastured chicken, coconut oil, olive oil (do not heat)
- Eat a Rainbow of Vegetables (mainly above ground)



35

Yes Foods!

- Anti-inflammatory
- Eat Plenty of these Foods



36

No Foods!

- Inflammatory
- Avoid or Greatly Reduce



NO - Inflammatory Foods

1. Sugar - White Sugar, Brown Sugar, Agave Syrup, Pancake Syrup, High Fructose Corn Syrup (HFCS) etc.
 2. Artificial Sweeteners - Aspartame, Splenda etc.
 3. Vegetable Oil - Canola, Sunflower, Cottonseed, Olive Oil in Clear Bottles
 4. Trans Fats- Margarine, Hydrogenated or Partially Hydrogenated Fats, Deep Fried Foods
 5. Dairy - Cheese, Ice-Cream, Yoghurt, Milk, Cream etc.
 6. Eggs - From Conventionally Raised Caged Chickens
 7. Salmon, Farmed
 8. Conventionally/Feedlot Raised Beef and Chicken
 9. Processed Meats - Deli Meats, Sausages etc.
 10. Alcohol - Wine, Cocktails, Beer, Cider, Hard Liquor
 11. Refined Grains
 12. Gluten Containing Grains - Wheat, Barley, Rye
 13. Food Additives - MSG, Preservatives, Food Colouring/Flavourings etc.
 14. Foods you are or may be allergic or sensitive to.
- Common allergens are gluten, dairy, eggs, corn and soy.

NO fast food, processed, packaged, deep fried and most restaurant food.

TrulyU Functional Nutrition | TrulyU.com | Info@TrulyU.com

© All Rights Reserved 2019 Annika Ek International Inc.



37

Seed Cycling for Hormone Balance

Make sure seeds are organic and raw.
Use a coffee grinder or dry container blender to grind seeds.
Store ground seeds no longer than 2 days in the fridge in tightly sealed glass container.
Add seeds to salads, smoothies, "power balls" etc.



From day 1 until day 14 take daily:

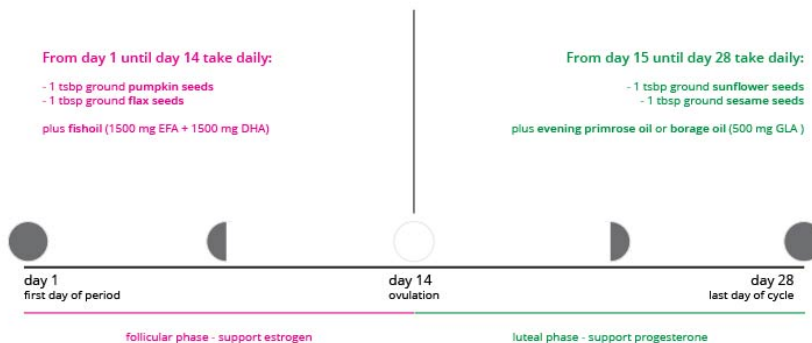
- 1 tbsp ground pumpkin seeds
- 1 tbsp ground flax seeds

plus fishoil (1500 mg EFA + 1500 mg DHA)

From day 15 until day 28 take daily:

- 1 tbsp ground sunflower seeds
- 1 tbsp ground sesame seeds

plus evening primrose oil or borage oil (500 mg GLA)



38

Back To Hormone Balance

- **Don't suffer alone**
 - If food and lifestyle are not enough...
 - ...you may benefit from targeted supplements and herbals
- **You may need bio-identical hormones**
 - See a Functional, Integrative or Naturopathic Doctor to find out if it is an option for you.
- **You can feel so much better!**



39



40

TRULYU
HEALTH & WISDOM
ESSENTIALS
for Women



41

Join Health & Wisdom Essentials for Women!



TrulyUHealthWisdom.com/join-hwew



42

3. Is This All There Is? Pursuing Your Purpose Path



43

A Sweet Life Without Sweets

- May be a link between craving carbs and not being on track with purpose and meaning in life
- Find the “sweetness” from purpose path, not from what you put in our mouth



44

Estrogen Veil Falls Away

- **Estrogen Makes Us...**
 - Want To Have Babies
 - Look Pretty
 - Be Accommodating and Nurturing
- **Dropping Estrogen ->**
 - Care Less about Clothes and Makeup
 - Speak Our Truth
 - Turn Inward – Become a Seeker
 - Tap into Wisdom, Creativity and Power



45

Life Stages

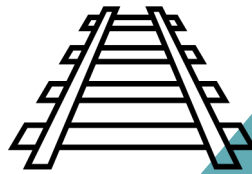
- Student
- Householder
- Forest Dweller/Hermit
 - Start ~ Age 42
- Renunciate



46

You're Not Crazy. You're On Track!

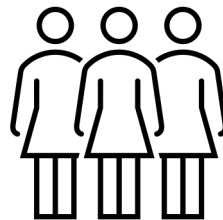
- Perimenopause is the journey from Householder to Forest Dweller
- Women in early 40's are wired hormonally to be seekers
- May have urge to be free from domestic responsibilities
 - Conflict since many women have children later in life
 - Find a balance between the two
 - Just start the journey!



47

Evolutionary Genius of Menopause

- Postmenopausal = Only Eating for Ourselves
 - No chance of pregnancy
 - Need less fuel/food
 - Evolutionary benefit
 - Support her Tribe or Society
 - Childcare
 - Leadership



48

Postmenopause – After the Landing

- Newfound Freedom
- Fill it with Meaning
- Find Your Tribe
- Find Your Inner Life



49

What We Covered

1. **How Important Blood Sugar Stability Is**
 1. Are You Normal, High, Low or Both?
 2. Solutions for Blood Sugar Balance
2. **Back To Hormone Balance**
 1. A Woman's Hormonal Life Stages
 2. Perimenopause 15 Year Transition
 3. Self-Care is Outmost Importance
 1. Start with Food & Lifestyle Upgrades
3. **Pursuing Your Purpose Path**
 1. Four Life Stages with "Forest Dweller" as of early 40's
 2. Wired Hormonally to be Seekers



50



TrulyUHealthWisdom.com/join-hwew



Notes from this presentation:
TrulyUHealthWisdom.com/health-life

Thank you!
Questions? Email info@TrulyU.com



51

References

- Dr. Kharrazian "Save Your Brain"
- Dr. Sara Gottfried M.D. "The Hormone Cure"
- Dr. Kalish "The Kalish Institute"



52