

## TYPE #3 – HORMONE SHORTFALL METABOLISM

*(Metabolic Roadmap Type: Normal Menstrual Cycle—Progesterone Deficient)*

### **Mindset Tip:**

With your type, there's one thing you should focus on...Using your breath to de-stress. You have probably heard of meditation, right? It's a great way to calm your mind and relax your body.

But many women with low progesterone are wired and tired. They have trouble calming their brain down long enough to get started. So here's an easier 2-minute option to try:

- ✓ Take 10 deep breaths... hold for a few seconds at the top... then exhale slowly.
- ✓ Then, take one deep breath and hold it for as long as you comfortably can.
- ✓ Listen to your heartbeat or watch the color changes dance around in the back of your eyelids.

That's it. 10 deep slow breathes. Then one big breath, and hold as long as you can. Repeat this up to three times including before bed to shut down your monkey mind and help you sleep.

### **Movement Tip:**

The best way to increase your movement is by walking for an hour a day. But there's a catch... you should walk at a slow, relaxed pace. No "power walking!" Your walk should be slow enough that your body doesn't feel like it's exercising. That way you produce less cortisol and keep insulin in check. And this walking doesn't have to be done all at once. It can be less stressful on your body if you split it into two 30 minute walks. Or even four 15-minute walks.

### **Meals Tip:**

The most important thing you can do is manage stress. That's because as stress levels rise, progesterone levels fall and your metabolic see saw gets thrown off balance. That makes a big difference in how you should eat.

The best way to get stress under control and rebalance your see-saw is by finding the carb tipping point. A lot of people avoid carbs because they've heard carbs make you fat. That's not true. No single type of food makes you fat. Obviously you can't eat 60 loafs of bread and expect a flat belly...That will cause a nasty spike in insulin – the primary hormone that promotes fat storage.

On the other hand, you can't swear off carbs all-together...That's because when your body doesn't get enough carbs, it can cause an equally nasty spike in the stress hormone cortisol. Your body uses cortisol as an emergency fuel producer when you don't have enough carbs. And one way it creates that fuel is by breaking down muscle tissue. Unfortunately, cortisol also blocks the hormones the help fat burning, so eat too many carbs and insulin is the problem. Eat too few carbs and cortisol is the problem.

The trick is to get the right amount... And to eat them at the right times that work best with your Hormone Type. Here's the rule Dr. Jade wants you to follow...he calls it the "half-in-half rule":

- ✓ If you have never reduced your carb intake before, he wants you to start.
- ✓ Eat half of the amount of cabs you are currently eating.
- ✓ And only eat them in the second half of the day, for example with dinner.
- ✓ Now, if you've already reduced your carbs and are eating less than 100 grams of carbs a day.... Then double the amount of carbs you're eating.
- ✓ And again, eat them only in the second half of the day.

This approach will help you manage both insulin and cortisol... and quickly start to rebalance your metabolic see-saw.

**Metabolics Tip:**

This is probably the exact opposite of what you'd expect to hear, but Dr. Jade wants you to take plenty of breaks during your workouts. That's because *resting more* during the workout actually allows you to work *harder* the rest of the time. Short bursts of intensity, followed by plenty of rest and recovery, then another short burst of intensity is the ideal way for you to get the best results in the shortest time. If you try to push yourself through these 15-minute workouts with *no* breaks, you're going to flood your body with cortisol, so get plenty of rest *during the workouts*. We promise, it will get you better results much faster.