

HOPE FOR MENOPAUSE

The Transformation You've Been Waiting For



Meet Tammy, one of our success stories.

Of course, your results may vary.

WHAT IS MENOPAUSE

Before menopause, a woman typically experiences a 28-day cycle. During the first 14 days, one of the ovarian hormones, an estrogen called estradiol, increases until it hits its mark and she ovulates.

Ovulation is like a volcanic eruption. The ovum is catapulted into the fallopian tube, **and like lava, two other ovarian hormones, progesterone and testosterone, ooze from the site of egg release.**

As a woman ages, her estradiol levels eventually fails to reach the level that induces ovulation.

When ovulation ceases, the ovaries no longer release progesterone or testosterone. This **ovarian nonproduction of progesterone and testosterone is what initiates the adverse symptoms of menopause**. No matter what the dictionary says, not having a period for 12 months is not the cause of the adverse symptoms associated with menopause.

“I define menopause as not ovulating, causing hormonal chaos with the ovarian nonproduction of progesterone and testosterone.”

HOW WOMEN DEFINE MENOPAUSE

I speak with dozens of menopausal women every week and have been helping women through menopause exclusively for the past fifteen years. Over my forty-five years of practicing health optimization, I’ve spoken with thousands more — and **here’s what menopausal women complain about the most:**

- Weight Gain (Not just a little but a lot)
- Weight Loss Resistance (The inability to lose weight, no matter what they do)
- Less Sleep (Instead of 7 hours minimum, 5 hours becomes the norm, if lucky)
- Hormonal-Induced Anxiety (She worries about things she never worried about before)
- Hormonal-Induced Depression (Occasional “*bad*” days of feeling low and emotional)
- Loss of Interest in Being Intimate (Her drive disappears nearly overnight)
- Loss of Motivation to be Social (Slowly, she starts isolating herself)

WHAT REALLY CAUSES THESE ADVERSE SYMPTOMS

The adverse symptoms of menopause are caused by the loss of ovarian production of progesterone and testosterone, causing a condition called **estrogen dominance**. Before I explain estrogen dominance, let me provide a brief overview of what the ovarian hormones actually do.

THE OVARIAN HORMONES

Estradiol (The *Feminine Hormone*)

- It's the *pretty hormone*: it makes women and men feminine—*pretty*..
- It's the *voluptuous hormone*: it stores fat in the breasts, belly, and hips.
- It's the best *anti-aging hormone*, helping you maintain a youthful appearance.

Progesterone (The *Happy Hormone*)

- I call it *the 60s Hormone* because it's all about peace, love, and flower power.
- It indirectly acts as a *fat-burning hormone* by regulating estradiol's ability to store fat.
- It is the *calming hormone*; it helps you relax, fall asleep, and stay asleep.

Testosterone (The *Masculine Hormone*)

- It's the *John Wayne Hormone* causing machismo, **hairiness**, and a lower-pitched voice.
- It is *THE fat-burning hormone*. Bodybuilders use synthetic fat-burning versions.
- It is *the drive hormone*: for sex, success, and to get to the next red light before you..



Meet Elaine, another one of our success stories.

Of course, your results may vary.

ESTROGEN DOMINANCE

We have tested thousands of women for estrogen dominance. The definitive test is known as the Progesterone-to-Estradiol Ratio. According to science, **the ideal ratio is 200 moles of Progesterone to every 1 mole of estradiol.** I disagree. I have found that women look and feel their best with a much higher ratio, somewhere between 300-400 to 1, but we'll start with a 200 to 1 ratio as our goal.

When a woman's P/E Ratio is 100 moles of progesterone to 1 mole of estradiol, or below, science diagnoses her as being estrogen dominant. (Think of moles as molecules.)

After testing thousands of women, we observed a general correlation between our patients' P/E ratios and their adverse menopausal symptoms. (At the time of *our* retirement, my wife was a nurse and nutritionist at our seven hormone and weight optimization medical clinics.)

100 to 1 P/E Ratio

- Weight Gain (30 pounds is what most women complain about)
- Weight Loss Resistance (She joined a gym, cut her calories, and nothing happened)

75 to 1 P/E Ratio

- More Weight Gain (now 50 pounds of excess weight)
- Loss of Sleep (5 or fewer hours of decent sleep)

50 to 1 P/E Ratio

- Hormonal-Induced Anxiety (Especially in the morning upon rising)
- Hormonal-Induced Depression (Doc, occasionally I have bad days, feeling low)

25 to 1 P/E Ratio

- Loss of Interest in Being Intimate (I love him more than ever, but...)
- Loss of Motivation to be Social (go to a party, no way!)

When a woman has a very low P/E Ratio, below 25 to 1, I hear many women say:

“Doc, the only time I am happy is when I have four walls, a locked door, and I am left frigging alone.”

TAMING THE SYMPTOMS

After decades of practice and helping thousands, we have found that four strands of health optimization must be intertwined to manage the adverse symptoms of menopause effectively.

Hormone Optimization

Three sets of hormones must be optimally balanced.

1. Ovarian Hormones
2. Thyroid Hormones
3. Adrenal Hormones

The good news is that if she optimizes her P/E Ratio, many of the thyroid and adrenal symptoms disappear.

Organic Sustenance (Weight Optimization)

A gourmet menu made from three basic nutritional principles

1. Eat a gourmet meal of God-made food
2. Eat when you are hungry
3. Eat to bottom out insulin and top out glucagon

The key to weight loss after menopause is to play the insulin-glucagon seesaw game. Insulin spikes and the consumption of human-made processed foods cause chronic inflammation, which is the primary source of disrupted hormones.

“Glucagon releases fat to be used as fuel by promoting lipolysis, the breakdown of fats stored in adipose tissue and the liver. As a catabolic hormone, glucagon mobilizes energy reserves when blood sugar levels are low, which stands in contrast to insulin, which promotes energy storage.”

Purification Protocols (Health Optimization)

1. Optimize Liver Function
2. Optimize the Gut (Permeability and the Microbiome)
3. Optimize Muscle (The best anti-aging tool is maintaining and building muscle.)

Having an optimized liver improves not only our hormones but also our weight. The liver governs hormone activation and conversion. It also governs how well we burn fat. Fatty livers may be the primary cause of hormone disruption. Science has found it associated with insulin resistance (diabetes), as well as nearly every other metabolic disease.

Having an optimized gut allows us to eat a larger variety of food, and most of our chronic inflammation occurs because of the gut's hyperpermeability. (Leaky Gut)

Enlightenment Coaching (Mind Optimization)

1. Know precisely what you want to *have*.
2. Know exactly who you want to *be*.
3. Build a bridge between the two, your *do*.

We will win the health and longevity game as long as we have the discipline. Discipline is what makes hormone and weight optimization easier. I was once a motivational speaker, not a very good one, but I had the opportunity to tour with the best in the business. They all taught that discipline was the key to success. I picked their minds over the course of my three years of touring, and I will share with you what I learned.

By intertwining these four strands and making The HOPE Rope, you'll look and feel great.



Meet Ronda, another one of our success stories.

Of course, your results may vary.

YES! YOU CAN TAME MENOPAUSE

If you are suffering from weight gain, weight loss resistance, loss of sleep, anxiousness, mood changes, loss of the desire to be intimate, and loss of motivation, stop the suffering!

“You can be yourself again.”

The first step is to tame estrogen dominance. To tame estrogen dominance, balance Progesterone and Estradiol. Yes, most of the adverse symptoms of menopause will reduce and even dissipate with better balance. Still, more importantly, if we don't tame estrogen dominance, after you lose your menopausal weight with or without a menu, you'll gain all your weight back.

The second step is to realize that once ovulation ceases, your ovaries no longer produce fat-burning hormones. You can't burn fat with diet and exercise any longer. You will have to eat

a menu that flips the switch from spiking insulin to spiking glucagon. Insulin opens the entrance doors that allow glucose to enter the cell, where it is converted to fat. ***Glucagon opens the exit doors of your cells to release and use fat as fuel.***

The third step is to optimize liver function. The liver is responsible not only for hormone conversion and activation but also for fat burning. ***The better your liver functions, the faster you will lose weight and feel great.***

The fourth step is to know where you're going, have the discipline to stay on the path that takes you there, and *be happy*. ***It's easy to achieve goals when you are happy, and self-discipline is the key to not only happiness but also achievement.***

TALK TO ME

I could write everything you need to do to optimize your third act of life, and I have, but you'll need months to read and learn it all.

In a nutshell, you need to:

1. Balance your ovarian hormones naturally **without prescription drugs**.
2. Enjoy a gourmet menu designed to help **lower insulin and increase glucagon**.
3. Flush and restore the liver to help your hormones and weight optimize **quickly**.
4. Improve your Self-Discipline so you finish strong and make success **easier**.

I will share all the information you'll need to succeed in a 30 to 40-minute conversation.

WHY CONVERSE

I need to know about your health status to tailor the protocol to your specific needs and lifestyle. I will then coach you daily for a week to customize the menu to your preferences. Everyone is different; they have different hormone levels, metabolisms, personalities, and food likes and dislikes. Within one week, I can create your customized menu.

IT'S FREE! WHY?

1. It's my God-given purpose to transform people's lives through health optimization. I can say this without my tongue in my cheek because I have never done anything else. She better not tell me I was supposed to be a rockstar, or we are going to have words.
2. I'm retired; this is not my job. We are financially set, so we spend our time traveling the world and coaching women and men to optimize their hormones, weight, health, and minds.
3. I only accept referrals as clients, and my client roster rarely has an opening, so I promise there will be no sales.

[CLICK HERE TO SCHEDULE AN INITIAL CONSULT!](#)

I only accept two readers per week to participate in this program at no cost. I do this because I receive emails from people who are unhappy about not being able to enroll in my program. To address this, I take the time to teach them at no expense, and now I rarely receive any unhappy emails.



When Vicky and I retired, we bought ourselves one of those small, fancy RVs. We have our two oldest children and three oldest grandchildren living in Florida, and our three youngest children and four youngest grandchildren residing in California. We became bicoastal, which led us to travel back and forth across the country. As we traveled back and forth from California to Florida, on our first trip, we realized that we had not disconnected the 800 number, and Vicky listened to some heart-wrenching voicemails from women having hormone problems. She asked me if I would call them. I did, and that's when I became semi-retired. I fell in love with virtual coaching. We do this because it's my God Given mission, and I am terrible at golf.

The Macs

Hormone and Weight Optimization Author and Coaches

HOPE isn't just a feeling. It's a protocol—and it's waiting for you. 💕

Yes, you can look great and feel great if you understand how your hormones are involved and how to make them work for you instead of against you.

[CLICK HERE TO LEARN HOW TO LOOK AND FEEL MENOPAUSALLY GREAT!](#)

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