

HOPE FOR MENOPAUSE

How To Feel Great And Lose Weight While in Menopause

The HOPE for Menopause Ebook



Hormone & Weight Optimization Coaches

“It’s all about the hormones.”

Helping women reclaim balance, energy, and confidence during menopause

Upon completion of this eBook, you’ll get instant access to our free:

The HOPE For Menopause Mini Course:

A deeper dive into how to use the four components of HOPE

To Feel Great and Lose Weight during this phase of your life.



Meet Tammy, one of our success stories.

Every woman's journey is unique — HOPEfully, you'll start yours today.

WHAT IS MENOPAUSE *REALLY*

The dictionary defines menopause as the absence of menstruation for one year.

Let me explain to you what it *really* is.

Before menopause, most women experience a regular 28-day menstrual cycle. During the first half of this cycle, estradiol, one of the primary ovarian hormones, steadily rises and peaks around day 14, triggering ovulation.

Once estradiol reaches its mark, ovulation occurs like a volcanic eruption. The ovum catapults into the fallopian tube, and from the site of release, called the follicle, the other

two key ovarian hormones, progesterone and testosterone, begin to flow, much like lava, causing you to enter the next phase of the cycle.

Progesterone prepares the uterus for conception by making the uterine walls thicker, stickier, and more vascularized. When conception doesn't occur, the uterine lining sloughs away, and this is menstruation.

Testosterone — well, God kind of set us up on that one. The one time a month a woman gets a natural surge of testosterone, which increases sex drive and decreases inhibitions, is the same time an egg is floating around, ready to be fertilized. Testosterone literally helps perpetuate humanity.

As a woman ages, her estradiol levels eventually fail to reach the level required to induce ovulation, and ovulation ceases. Since ovarian progesterone production stops, menstruation ceases, and since ovarian testosterone production ceases, her drive diminishes. This ovarian nonproduction of progesterone and testosterone is what initiates the adverse symptoms of menopause.

“I define menopause as not ovulating.”

Once ovulation ceases, her hormones become chaotic and imbalanced, resulting in the adverse symptoms of this phase of life commonly called menopause.

HOW MY CLIENTS DEFINE MENOPAUSE

I have been speaking with dozens of menopausal women every week for the past fifteen years. Over my forty-five years of practicing health optimization, I've talked to thousands more. **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)
- **Loss of Sleep** (Instead of 7 hours minimum, 5 hours becomes the norm, if lucky)
- **Hormonal-Induced Anxiety** (She worries about things she never worried about)
- **Hormonal-Induced Depression** (Occasional “*bad*” days of feeling low)
- **Loss of Interest in Being Intimate** (Her drive disappears nearly overnight)
- **Loss of Motivation to be Social** (Slowly, she starts isolating herself)

And you thought hot flashes would be the primary complaint. I rarely hear complaints about hot flashes because the symptoms above are more worrisome. Hot flashes and night sweats usually fall into the category of sleep loss.

The loss of ovarian production of progesterone and testosterone once ovulation ceases leads to a condition called **estrogen dominance**. Before I explain Estrogen dominance, here's a brief overview of the three primary ovarian hormones and how they *really* affect life.

THE OVARIAN HORMONES

Estradiol (The *Feminine Hormone*)

- I call it 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 us to 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's *indirectly a fat-burning hormone* neutralizing 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 muscle.
- It is *THE fat-burning hormone* that can burn fat quickly.
- It is *the drive hormone*: for sex, success, and to beat you to the next red light.



Meet Elaine, another one of our success stories.

Every woman's journey is unique — HOPEfully, it's your turn.

ESTROGEN DOMINANCE

We have tested thousands of women for estrogen dominance. The definitive test is a salivary assay 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 and 400 to 1.

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.

100 to 1 P/E Ratio

- Weight Gain (30 pounds is what most menopausal women complain about)
- Weight Loss Resistance (She joined a gym and cut her calories to no avail)

75 to 1 P/E Ratio

- More Weight Gain (Now she needs to lose 50 pounds of excess weight)
- Loss of Sleep (5 or fewer hours of decent sleep when she once slept 7)

50 to 1 P/E Ratio

- Hormonal-Induced Anxiety (Especially in the morning upon rising)
- Hormonal-Induced Depression (Occasional “*bad*” days of 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.”

HOW TO TAME MENOPAUSE (ESTROGEN DOMINANCE)

After four and a half decades of practice and helping thousands of women, we have found that there are four strands to taming the adverse symptoms of menopause/Estrogen

Dominance. These four strands must be intertwined to make what I call **The HOPE Rope**.

Hormone Optimization

Three sets of hormones must be optimally balanced.

1. Ovarian Hormones
2. Thyroid Hormones (The Energy Hormones)
3. Adrenal Hormones (The Stress Hormones)

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

Organic Sustenance (Weight Optimization)

A menu made from three basic nutritional principles

1. Eat a gourmet meal of God-made (Organic) food
2. Eat when you are hungry
3. Eat meals that bottom out insulin and top out glucagon

The key to weight loss after ovulation ceases is to play the insulin-glucagon seesaw game. Insulin spikes when you eat carbohydrates that lack fiber or if you overeat anything. Glucagon spikes when your insulin levels are bottomed out and when you eat animal protein. Before I go into the next strand, let's look at insulin and glucagon.

THE INSULIN GLUCAGON SEESAW

Insulin is released when your blood sugar spikes or if you overeat. Insulin is the key that opens the **entrance doors** to your cells. With the entrance doors to your cells opened, the highly toxic elevated blood sugar can be cleared from the bloodstream. The problem is that if you're not running a marathon or doing something else strenuous, the glucose isn't needed and will be converted to fat and stored in your fat pantries, your breasts, bellies, and hips—for a rainy day when food is lacking.

Glucagon is insulin's twin hormone. Insulin and Glucagon use the same receptor site. Instead of opening the entrance doors, glucagon will open the exit doors, allowing stored fat to be released to fuel our bodies. When insulin is low, the hypothalamus, the hormone thermostat in your brain, sends a signal to the alpha cells of the pancreas to release glucagon. The hypothalamus doesn't monitor blood sugar; it regulates hormones. When it sees that no insulin has been released as usual, it thinks you are fasting. It signals the release of glucagon to open the exit doors of our fat pantries because it believes you have no access to food.

Most of you have heard of insulin, but most of you have never heard of insulin's twin hormone, glucagon. When you Google glucagon, this is what Google says.

“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.”

–Google

In a nutshell, insulin puts you in a fat-storing state, and glucagon puts you in a fat-burning state. If you want a gourmet, customized menu, click the Mini-Course link below. Let me move to the next strand of HOPE first.

Purification Protocols (Health Optimization)

Spending my entire adult life studying and practicing natural health optimization, I have found it is best to concentrate on optimizing one organ or organ system at a time. When it comes to your hormones and weight, we must first optimize your liver. Next, you must optimize your gut, then your muscular system. If you optimize those three systems, you will live longer and with a much higher quality of life.

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

An optimized liver not only affects our hormones but also influences 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 fatty livers associated with insulin resistance (diabetes) and nearly every other metabolic disease. Having an optimized liver will help you lose weight and feel great more *quickly*.

Having an optimized gut allows us to eat a wider variety of foods, because most of our chronic inflammation stems from gut hyperpermeability (Leaky Gut), and chronic inflammation is the primary source cause of our deaths.

- Most cancers, if not all
- Diabetes
- Heart Disease
- Strokes
- Alzheimer's

Muscle is metabolism; the more muscle you have, the healthier you will be, and as you age, it becomes increasingly critical. The problem is that each year of life after 30, we lose muscle. By the time we are 50, we have lost substantial muscle mass. By the time we reach 70, we become frail, and frailty is the third-leading cause of death after 70.

With age, maintaining and growing muscle mass shifts from a goal to a necessity for long-term health.

Enlightenment Coaching (Mind Optimization)

1. Know what you want to *have*.

2. Know precisely what you need to *be* to *have* what you want.
3. Build a bridge between the two: what you will need to *do* to *be* and *have*.

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 what I learned with you to strengthen and shore up discipline.

We will win the health and longevity game as long as we have the discipline. Discipline is what makes hormone and weight optimization *easier*.

It's Time To Intertwine



Meet Ronda, another one of our success stories.

Every woman's journey is unique — HOPEfully, you'll take the next step.

By intertwining these four strands into *The HOPE Rope*, you'll be equipped to look and feel amazing, despite any hormonal hurdles menopause may bring.

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, you must balance Progesterone and Estradiol. Yes, most of the adverse symptoms of menopause will reduce and even dissipate with a better balance between these two hormones. Still, more importantly, if we *don't* tame estrogen dominance, after you lose your menopausal weight, ***you'll gain it all back***. You see how important it is to balance your hormones?

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.

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.*

IF THIS MAKES SENSE AND YOU WANT TO KNOW MORE

Get the 4-step course to restore hormone balance, weight, health, and discipline.

[“Click Here to Enroll in the Free *Tame Menopause Mini-Course*”](#)

You'll love the information on balancing hormones and what you'll need to do to lose the menopause weight provided in this course. One course is sent via email every day for five days. After enrollment, check your spam folder if you don't see the course introduction in your inbox. Then, favorite my email address doc@docmaccoaching.com. So you don't miss future courses. Each course will only take about 7 minutes of your time.

IT'S FREE

When my wife Vicky and I retired in 2015, we bought a small, fancy RV and planned to travel the country — Florida to California, coast to coast, back and forth. You see, our two oldest children live in Florida with our three oldest grandchildren, and our three youngest children live in California with our four youngest grandchildren. After retirement, we became bicoastal and decided to see the country as we dilly-dallied between the two states.

During our first cross-country trip, we realized we had forgotten to disconnect our 800 number. Vicky checked the messages and found heart-wrenching voicemails from women struggling with menopause symptoms. She asked me to call them.

I did—and that's how I fell in love with virtual coaching, especially since I can do it while we travel. After 10 years of virtual coaching, we coach women worldwide, helping them restore balance, lose weight, and rediscover their joy.

This isn't our job, it's our mission.



In this Us-ie, we are enjoying a fall in Lake Tahoe, CA

Hormone & Weight Optimization Coaches

Retired clinicians. Lifelong optimizers. Devoted grandparents.

We've helped thousands of women reclaim energy, balance hormones, and finish strong.

If you know you need help and you need it now, schedule a Free consultation.

[FREE TAME MENOPAUSE CONSULTATION](#)

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