

♀ women ♀
empowerment



The
“What the Heck is Going On?!”
Peri-Postmenopausal Support
Guide!

**Bossing
the
Change!**



KICKSPARK
WHOLEBODY WELLNESS™

UNACCEPTABLE!



You've been told your lab work is normal, so keep doing what you're doing...

Does this sound familiar?

You don't feel like yourself and experiencing:

Insomnia

Weight Gain

Hot Flashes

Fatigue

Decreased Libido

Hair Loss/Hair Changes

Skin Changes

Memory loss, brain fog, and lowered cognition

Bladder changes, leaking, pressure, and UTI's

Mood changes, anxiety, depression, no patience, irritable, sad

Longer recovery time needed from intense workouts

The immune system lowers and you have an increased risk of high cholesterol, heart disease, breast health issues, and neurological (think dementia) due to lowering estrogen in conjunction with unhealthy blood sugar, not enough sleep, and increased stress.

We've been told these are symptoms that are typical for women 40+, so it's something you will have to accept & deal with.

WE WANT ANSWERS!!



KICKSPARK
WHOLEBODY WELLNESS™

Hi, I'm Sherri Sherock

Raise your hand if you were educated about your body on perimenopause? How about menopause? Postmenopause??? Anyone?? <crickets...>

Me too... and believe it or not, it's still a hush-hush topic that society doesn't want to talk about. There are about 27 million women in the United States alone experiencing menopause and menopausal symptoms each year. Many of those women were never educated about these changes and how they can help their hormone imbalance through lifestyle changes. That's a lot of women going through physical, emotional, and mental changes and some are doing it alone.

Going through this midlife transition myself, I know firsthand what it's like to have new health problems show up, experience weight gain, sleep disruptions, and energy diminish. It can be scary trying to sort out all the physical, emotional, social, and mental changes.

These midlife experiences led me to this journey of becoming a Peri-Postmenopause Specialist and a Board Certified Functional Practitioner to help other women like you looking for answers.

In this support guide, I want to express that YOU have the power to alleviate most menopausal symptoms and hormone imbalances through small lifestyle habits. Small adjustments to your daily routine that will make a BIG impact on your health and well-being. So... be Compassionate towards yourself and become Empowered because the best version of yourself is waiting!



KICKSPARK
WHOLEBODY WELLNESS™

♡ Sherri



4

Typical Stages of Menopause

● Perimenopause: Stage 1:

Progesterone begins to decline; periods may become heavier and longer than the typical cycle, increasing the chance of estrogen dominance during this time.

● Perimenopause: Stage 2:

Progesterone and estrogen are in a continuous flux; symptoms like hot flashes may increase; insomnia, increased fat in the midsection, periods become shorter and more infrequent; ovulation stops.

● Menopause Stage 3:

Once periods have stopped for 12 consecutive months, a woman is in true Menopause. Menopause is a single occurrence that only lasts only a few days.

● Post-menopause: Stage 4:

Occurs a few days after the one-year mark of no period. Hormones estrogen and progesterone are still being produced but at lower levels.

Did you know
peri-menopause
can last up to
10 years?





What is Perimenopause? (the beginning of our 2nd puberty)

Perimenopause is the time of transition before menopause when changes begin to be felt physically, mentally, and emotionally in a woman's body. This is a time when the body is preparing for full menopause which is the complete stop of your menstrual cycle for 12 consecutive months.

Perimenopause lasts from a few years up to 10 years to complete in a woman's body depending on her lifestyle; her environment, stress, nutrition, movement, sleep, digestion, ability to detox, gut and liver health, her supplementation, adrenal and thyroid health and if there is an autoimmune condition.

As we age our ovaries produce less estrogen and begin ovulating less which in turn decreases our progesterone levels. I like to think of estrogen and progesterone as best friends on a teeter-totter and if one is out of balance, then the other isn't happy; throwing your body off, and creating menopausal symptoms.





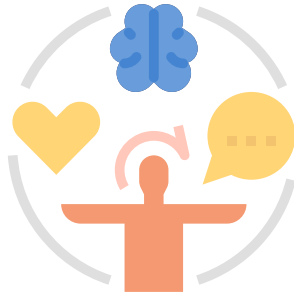
What should you expect in Perimenopause

Symptoms regarding your menstrual cycle may be:

- **Shorter cycles, meaning your period comes more often.**
- **Your periods change either getting heavier with more clots or lighter and more sparse.**
- **Experiencing spotting a few days before your actual period OR mid-cycle when you should be ovulating**
- **Having more cycles where you do not ovulate means you have a period but no egg was released.**

We have always been taught our period is the main event, but it is ovulation. We need to release an egg each month to produce progesterone (one of the key hormones in our luteal phase leading up to our period) that keeps our reproductive cycle healthy and in balance each month.





Hormones Changes

Estrogen and progesterone ("the best friends" I was talking about) are the only two of the many hormones that can shift during the near decade of perimenopause.

Here are some other team players that are affected during this time.

Testosterone

Ghrelin

DHEA

Melatonin

Cortisol

Serotonin

Insulin

Dopamine

Leptin

W H O L E B O D Y W E L L N E S S TM

There are so many others that are among the ever-changing hormones that work as a team of powerful messengers that supported us throughout the years as a woman.

Our thyroid hormones can often be impacted leading into this time, during, and after as well. Many women are told they have hypothyroidism, hyperthyroidism, or other related thyroid diseases which affect metabolism.



Ways To Support Your Body During Perimenopause

1. **Consume nourishing foods to support your hormones**
2. **Move your body in sync with your energy**
3. **Prioritize your sleep**
4. **Support your gut, liver, and adrenal health**

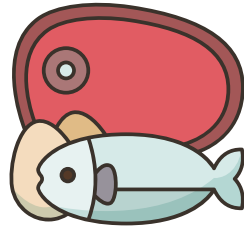
Ways to Support Your Body with Nutrition

- **Focus on consuming organic and non-GMO food and produce as much as possible. Toxic chemicals can alter and mimic estrogen causing toxicity to your gut (your immune system), liver (your toxic elimination process), and adrenals (your stress regulator).**
- **Slowly eliminate inflammatory foods such as processed dairy, gluten, sugar, alcohol, fast food, and seed oils.**
- **Foods mentioned above, as well as Glyphosate in GMOs, can be big triggers for gut microbiome and hormone inflammation. Always read your food labels.**

Don't skip breakfast!

- **Intermittent fasting is very popular, however, women following a strict 16:8 approach (16 hours of fasting vs. an 8-hour eating window) may hurt their hormonal health and create havoc with their perimenopause experience.**

A safe way to practice IF is to stop eating about 2-3 hours before bed so that digestion does not interrupt sleep and your body is fasting overnight than during the day when you need your energy most.



Eat Protein!

It's recommended to eat a protein-rich meal within 1-2 hours of waking for optimal blood sugar, adrenal, metabolic, and thyroid support.

Examples of protein-rich foods are:

Eggs

Chicken

Beef

Fish

Beans

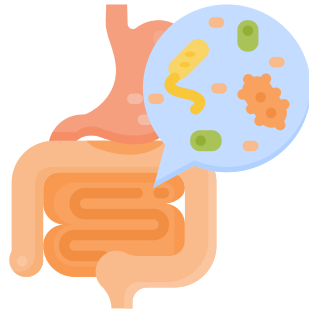
A non-dairy or high quality whey based Protein Powder



A good way to organize your plate is to focus on The "Big 3" which consists of 1. Protein, 2. Good Fat and 3. Fibrous Carbohydrates at each meal aiming to eat every 3.5-5 hours depending on how you feel.

Pay attention to your hunger cues during your day. Be mindful when you feel nauseous, experience headaches, feel light-headed, shaky, or have hangry energy because those signs are signals that your blood sugar is not balanced. Explore the best times to eat, and learn what works for you, so you can feel good; energized, mentally sharp, and calm after your meals.





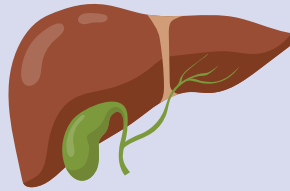
Support Your Gut Health

The first place to begin is your gut health if you consistently experience gas, bloating, reflux, indigestion, burping, constipation, diarrhea, etc.

You can support your gut by doing these simple actions like:

- Practice mindful chewing. Watching TV, reading, driving, or multi-tasking while eating can disrupt digestion and the absorption of nutrients in the body.
- Avoid drinking fluids when you eat.
- Do not stand while eating. Sit down to eat and take your time.
- Prepare a meal that you're excited to eat because digestion begins before you even eat. Digestive enzymes begin to increase even by thinking, seeing, prepping, and smelling your yummy food.
- Try digestive bitters or digestive enzyme supplements before you eat to help stimulate HCL (Hydrochloric Acid) and gut enzymes.





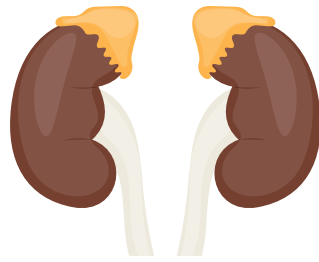
Support Your Liver & Gallbladder

To help liver and gallbladder function is so crucial because these main characteristics detoxify and eliminate excess toxins in your body whether from your food, environment, or beauty products all are considered (Xenoestrogens)

You can support your liver and gallbladder by doing these simple actions:

- Drink warm lemon or ACV water upon waking in the morning
- Drink dandelion or milk thistle tea or Dandy Blend elixirs
- Taking digestive enzymes or bitters before your meals
- Eliminate alcohol and inflammatory foods as mentioned above
- Eat more bitter foods such as greens, radicchio, dandelion, cruciferous veggies, grapefruit, citrus, even berries like cranberries and blueberries, pears and beets
- Dry brushing your body
- Using red light therapy to reduce inflammation
- Moving your body DAILY
- Use castor oil liver packs to help with detoxification





Support Your Adrenals

You can support your adrenals by doing these simple actions:

- **The first thing is to focus on balancing your blood sugar. Doing this is the best way to support your adrenals and nervous system daily!**
- **Be mindful about your stress and how you respond to it.**
- **Prioritize SLEEP and REST! Don't feel guilty and get the amount of rest and sleep your personal body needs. It's recommended that you get 7-8 hours of good-quality of sleep each night.**
- **Incorporate a sleep routine to help you unwind and unplug after 9 pm.**
- **Evaluate your workouts if your adrenals and nervous system currently feel really out of sorts. You may be pushing too hard creating more stress and cortisol production taxing the adrenals even more.**
- **Combine protein, fat, and fiber at each meal (Remember the "Big 3"?) If eating greens and other adaptogens are a struggle for you, adding in nutrient-dense powders can help support your body as well.**





Additional ways to Support Your Body.

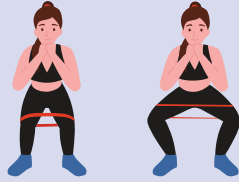
Supplements:

The first step to support your hormones is with food, however, adding supplements can also be beneficial. Plant and herbal remedies have been used for centuries to help support menopausal symptoms. I would highly recommend you test and don't guess before consuming these.

- The foundational nutrients I think every woman should consider taking daily are:
 - Omega 3's,
 - Magnesium
 - B Complex
 - Vitamin D
 - Pre or probiotics
- Additionally and depending entirely on your own symptoms and hormone levels you may need some support from products like:
 - Maca
 - Turmeric
 - Adaptogens (ie. Tulsi, Ashwagandha, and many others)
 - Zinc

Please reach out to inquire about working with us 1:1 through The MenoWarrior Method™ where we offer hair mineral analysis tests, protocols, meal plans, and strategies needed to support your body.





Movement for Longevity

When your body needs to flush excess estrogen, you will sweat more during different phases of your month. When hormones are at their lowest levels (usually during a menstrual or New Moon phase), it's best to choose active rest and recovery.

Exercising for more than 30 minutes at a time puts stress on your adrenal glands by causing cortisol to rise and any excess estrogen to encourage further fat production.

Focus your efforts with a 30-minute session that fits your phase cycle and how you're feeling.

Move your body from peri-postmenopause

- To reduce inflammation
- To improve insulin sensitivity
- To reduce hot flashes
- To build muscle
 - reverse sarcopenia (muscle loss)

Move your body that mimic everyday movements (functional fitness)

- Pushing, Pulling, Bending, Squatting
- Core Work
- Increase Mobility, Coordination & Strength



Become Empowered!

- Lifestyle habits do make a difference **WITHOUT** having to take medication which can cause additional symptoms.
- Peri-postmenopausal symptoms can be reduced and some cases eliminated with nourishing foods & movement.
- Practice a Functional Holistic Lifestyle to regain your health.
- It's all about Empowering yourself!
- I invite you to a Transformation call to find out more about The MenoWarrior Method™ program that focuses on losing the menopausal weight, balancing your hormones and gaining your confidence back.



Thank You!

Please remember, that while I am a Certified Functional Holistic Practitioner, I am not yours. I don't know your health history, your current struggles, or what you're going through at this moment.

This is not a prescription or protocol. This guide is designed to educate and support you for a very important time in your life as a woman in Perimenopause.

I recommend you work with a team of qualified practitioners who can do a proper intake of your health and goals and run the proper functional tests so that you can learn and understand more about what is going on in your body at the present moment, instead of trying what everyone else around you is doing.

If you need help and don't have a primary care practitioner who specializes in women's health, hormones, digestion, and inflammation we at KickSpark Fitness, LLC Whole Body Wellness™ are here to help.

Thank you again for joining me here on this journey of empowerment as you tune in even more to your wise and powerful body.

♥ Sherri





KICKSPARK

WHOLEBODY WELLNESS

Ignite Your Spark!

