Fighting Fat after 20, 30, 40, 50
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Knowledge is Power!

• Fight Fat after 40 - Pamela Peeke, M.D.

• Outsmarting the Midlife Fat Cell - Debra Waterhouse, MPH, RD

• Women’s Bodies, Women’s Wisdom - Christiane Northrup, M.D.
Peri-Menopause to Menopause

Age approximately 35 to 55 years

“Menopause is not a disease to be treated: it’s a transition to be experienced.” - Waterhouse
What is normal?

There is a normal weight gain at Perimenopause of 3 -12 pounds (especially around the waist)

- Your fat cells are responding to lower hormonal levels, adrenal fatigue, subclinical hypothyroidism, a drop in metabolism, and an overriding need to maintain your physical and emotional health during this transitional time.
Fat cells are your menopausal helpers or destroyers.

Progesterone keeps you trim
Carrying excess weight is a health risk!
Comparison

• 20 lbs = $1200 for Jenny Craig
• 10 lbs is the average weight loss for Weight Watcher’s a year
• Local for the hCG shots the cost ranges from $1800 to $3000 minimum
• 21 pounds in 21 days by Rejuvenation with 2 custom bottles of 21F, 2 enzymes, Stevia, Coaching book, and cookbook. $495 Priceless

What is your health worth to you to balance and detox your body?
Forgo Dieting

• So forgo dieting and begin a new, natural way of eating and exercise that works with your midlife body and detox.

• Can’t get 20 year old body back, but can work with the realities of this time to make choices to only gain an optimal amount of weight and make fat cells smaller and eliminate that stored fat.
Why The Drowning Epidemic of Obesity?

• Hydrogenated Oils
• MSG
• Increased caloric intake
• Bad nutritional advice
• Processed sugar
• Toxins in our foods

Have I been directed down the Wrong road???????
What is this reality?

• Your caloric needs drop as much as 400 calories a day from 20’s.

• **FITNESS, WELLNESS, NOT THINNESS, IS NUMBER ONE INDICATOR OF LONGEVITY.**
So, some weight gain is normal and healthy...

Gaining too much or too little can compromise your health and well-being.
What contributes to mid-life fat cell?

- Genetics (maternal obesity)
- Premature menopause
- Dieting (more than one attempt)
- Inactivity (no organized exercise)
- Late pregnancy (age 35 or older)
- Hormones (the pill, low progesterone, too much estrogen, or HRT)
- Stress (high daily level)

ATTITUDE
Stress Reduction

I'm a little stressed right now...

(just turn around and leave quietly and no one gets hurt.)
ATTITUDE
PERSPECTIVE
HUMOR
Food Industry Role - Obesity Epidemic

• Creation of seductive foods based on sugar, refined starch, trans fats, and salt (sea salt is good)
• “Convenience”
• Supersize as a value
• Hormones, antibiotics, and pesticides in food
• Aggressive marketing of junk to children and adults (high fructose corn syrup has mercury in it)
• Increased shelf life of foods by removing enzymes (enzymes do the work to carry the vitamins and minerals to the cell so therefore enzymes make digestion happen)
Common Signs of Menopause

- Hot flashes
- fatigue
- forgetfulness
- sleep difficulties
- increased food cravings
- frequent urination
- irritability
- mood swings

- Thinning hair
- bodily hair growth
- facial hair growth
- menstrual cycle changes
- waist expansion
- anxiety
- confusion
- heart palpitations
Common Signs of Menopause

• Increased Sex Drive
• Increased Creativity
• Greater Confidence
• Increased energy

• Increased Productivity
• Greater awareness of your bodies needs
• Enhanced communication skills
• Improved Self-Esteem
Develop a Broader Sense of Body Image-Circle the words that best describe your body:

- HEALTHY
- STRONG
- FLEXIBLE
- QUICK
- COORDINATED
- CURVACEOUS
- COMMANDING
- GRACEFUL
- DEPENDABLE
- POISED
- BALANCED
- MUSCULAR
- PLAYFUL
- CAPABLE
- AGILE
- SOFT
- CUDDLY
- SENSUAL
- FIT
- MOBILE
- SEXY
- MIRACULOUS
MOVE THAT GLORIOUS BODY!

• Getting fit and healthy is not a destination, it’s a journey.

• EXERCISE-YOU NEED TO MOVE MORE IN YOUR MID-LIFE YEARS THAN EVER! Walk or rebounder.

• EXERCISE YOUR RIGHT TO MOVE JOYFULLY and not too fast….!
BEING FIT AND WELL (Regular exercise)

- Fights Fatigue
- Recharges Metabolism
- Increase Mental alertness
- Helps you sleep better
- Stabilizes your mood
- Reduces Hot Flashes
- Strengthens Bones, heart,
- Live a Longer, healthier life AND
Why exercise?

Menopausal fat cell without exercise

Menopausal fat cell with exercise (walking or rebounding longer than 30 minutes)
What is Fitness?

“Fitness is maintaining or developing the capacity to meet the challenges of daily life.”
DURATION DETERMINES FAT LOSS

Fat loss

minutes

FAT BURNING ZONE
Exercise is your mid-life stabilizer

• If you’ve gained fat, you can lose it.
• If you’ve lost muscle, you can rebuild it.
• If you’ve lost strength, you can regain it.
• If you’ve lost bone mass, you can reverse it.
• If you’ve lost energy, you can find it.
• REGROUP - REGROUP – REGROUP
• Rejuvenations Journey to a New You helps you start in the right direction
The Hunger/Fullness Scale

10 - absolutely, positively stuffed
9 - so full it hurts
8 - very full and bloated
7 - starting to feel uncomfortable
6 - slightly overeating
5 - perfectly comfortable
4 - first hunger signals that body needs food
3 - strong signals to eat
2 - very hungry, irritable
1 - extreme hunger, dizziness
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Organic Foods in Phase One

- Organic Fruit 2 to 4 servings of apples, strawberries, oranges and grapefruit
- Two meals of organic and hormone free beef, chicken, white fish, shrimp, scallop, crab and lobster
- Meals include one or more of the following Vegetables: spinach, lettuces, leafy greens of any kind, tomato, celery, red, yellow or white onion, cucumber, chard, asparagus, cabbage, radishes, fennel
Why This Plan is Different

- Detoxifies the **Hypothalamus**
- Rejuvenation’s custom homeopathic formulas are tailored to the different needs of men and women. These extra ingredients enhance the weight loss plan
- The drops consist of Endocrine support and hCG (Human Chorionic Gonadotropin) which cause the body to release stored fat
  - hCG is produced in great amounts in pregnant females. During pregnancy, the substance almost completely controls the woman’s metabolic functions.
  - In non-pregnant persons, research suggests hCG similarly increases the metabolism similar to a pregnant female.
  - Thousands of calories in stored fat are released. And are used by the body or expelled *(You burn the stored fat just like you are eating food)*
  - hCG has been used in thousands of obese patients since 1950’s when it was first discovered by Dr. Simeon (go to website to download his educational eBook)
Why This Plan is Different (continued)

• Three types of fats in our body (reserve, structural and stored). Low calorie diets draw from a small fat reserve then the body goes into starvation mode and holds onto the abnormal stored fat and uses the structural fat making low calorie diets unsafe.

• Unlike other low calorie diets, Rejuvenation uses the fat reserves then proceeds directly to utilize the abnormal stored fat with no muscle mass lost.
This Plan is Different

- Over 93% surveyed experienced no hunger on the plan
  - Majority find most cravings for junk food and sweets are eliminated
- Unique phases support the release of stored fat
  - Phase 1 – detox and weight loss phase
  - Phase 2 – resets the hypothalamus, metabolism and weight set point
- When the 21 Plan is followed properly, you will not gain the weight back due to the Maintenance Plan (Phase 2)
- Two plan Bs if you gain weight during the phases (apple or steak days)
- Additional supplements and educational materials are added to the plan for client success
Suggestions to live by after you detox with rejuvenation’s 21 plan

• Eat Frequently - 5 - 6 small meals a day
• Eat your largest meal at lunch
• Eat your smallest meal at dinner
  (everyone’s metabolism is highest during the first 12 hours of the day and lowest during the second 12 hours. So metabolism takes a nosedive around 6 p.m.)
• Eat smaller amounts overall
Winning at Weight Loss

• Anne Kent and her husband lost
  – 21 lbs in 28 days - Anne
  – 27 lbs in 28 days - Mark

• Nicki Mastrovito
  – “I lost 30 lbs and feel so much better. My brother lost 50 pounds in 6 weeks and my mom lost 20 lbs in 30 days. I tell everyone I know about the Rejuvenation Plan.”

• Janet Hill lost 40 lbs in 41 days
  – “I went into Rejuvenation to lose weight, but when I told them about not being able to sleep, being cold all the time and several other issues they said ‘we can take care of all that and you can lose weight too’. WOW! 41 days later I had lost 40 pounds and began sleeping through the night. I feel great now and look 10 years younger! This is the finest weight loss program I have ever seen”.
The 7 habits of highly successful menopausal women

1. Lost fat weight and got fit for themselves
2. Possessed a general acceptance of their bodies
3. Exercised regularly.
4. Drank water throughout the day
5. Took their progest-E or progesterone cream daily
6. Ate their biggest meal at lunch
7. Enjoyed their favorite foods - they ate their favorite foods, they just didn’t overeat them.
Toxic Stress = Toxic weight gain

So, take time for yourself daily to enjoy this journey,

YOU DESERVE IT!
Questions or interested in starting the 21 day Rejuvenation program

Contact Anne Kent
414.588.1568 or anne@yourrejuvenationllc.com
Anne will schedule a consultation for you with the Rejuvenation Weight Loss Coach to get started

More information located at: www.yourrejuvenationllc.com
Questions or help

Yourrejuvenation.com

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