

A GUIDE FOR WOMEN

RADIANT RESET GUIDE



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GET GLOWING



Suggestions for
women in
Perimenopause and
Menopause

INCLUDED

- New Habit Ideas to start the day fresh
- Sleep Regimen Ritual
- Recipes
- Shopping List for mood boosting foods
- Resources for more information



WHY THIS GUIDE?

We are all more than aware, hormonal shifts in perimenopause and menopause can impact mood, skin health, energy, sleep and digestion.

This guide was designed to share healthy tips and tricks addressing :

- Balance hormones
- Improve energy
- Improve focus
- Restore vitality

Like all of my programs, this was designed for the busy woman in mind! We want quick, easy and something that works.

Included are things that work for me. I am not suggesting do every single item but find what works for you. If just 1 of the suggestions makes you feel better - that is SUCCESS!

As always, bio-individuality applies, and results may vary.

I hope this guide helps you to reset some habits that will improve overall health which in turn makes you radiant.



Morning Ritual

Starting the morning in a positive way is critical in setting the tone for the day. Below are a few suggestions that will help your mind and body feel refreshed and clear. See what fits best (and is repeatable) into your routine.

Hydration Boost : supports digestion and hydration

- 1 glass of warm water with lemon before coffee or tea
- Add a touch of mineral salt to restore electrolytes lost from previous day
- Double win - lemon is a mood booster

Breathe Work : calms nervous system, clears the brain

- 3-Minute Breath Reset:
 - Inhale for 5 slow counts
 - Hold for 5 slow counts
 - Exhale slow for 5 counts
- Quicker than mediation when you are short on time

Gratitude Before Gadgets

- Think about one thing you're grateful for
- Set one intention for your day.
- Reflect on vision board

Gentle Movement

- 5 minutes of stretching or yoga (neck, shoulders, hips)
- or refreshing walk
- Increase blood flow to brain to make more alert

Nutrition packed brekki : start the day right. You don't know what's to come that will derail your nutrition

- High Protein - recommended daily intake = 0.8g /lb body weight
- Collagen - for joint and skin health (pro tip: counts as protein)
- Increase fiber - Improved gut health is shown to improve mood
- Reduce sugar - too much sugar causes hormones to be unbalanced
- Reduce gluten



Sleep Improvement Tips

Your body does so much when you get quality sleep. It produces more melatonin (needed for a deeper restful sleep), strengthens your immune system, regulates your metabolism, and supports memory processing. Watch your energy transform with a few of these tips.

Turn off Tech

- 1 hour before bed (blue light blocks melatonin)

Brain Wind Down

- Warm shower or Epsom salt bath the reduce stress hormone
- Journal or write down next day to dos to help quiet the mind
- Deep breath exercise (same as above to start your day) - helps rid your mind of the noise

Set The Space

- Cool, dark, quiet
- Breathable sheets (or bamboo cooling)
- Eye Mask to promote darkness
- Cooling Pillow/pillowcase

Additional Tips

- Reduce alcohol and caffeine in the afternoon
- Ayurveda recommends sleeping on your left side if possible (to help digestion)
- Magnesium butter on soles of feet or take Magnesium supplement before bed

Shopping List



Specific for mood boosting, hormone balancing, friendly gut and glowing skin

PROTEIN

Salmon
Lentils
Greek Yogurt/or dairy free substitute

Tofu and Tempeh
Sardines
Quinoa
Chickpeas
Eggs

VEGGIES

Spinach
Avacado
Kale
Broccoli
Beets
Sweet Potatoe

SPICES

Turmeric
Dark Chocolate
Ginger

FRUIT

Berries
Cherries
Pomegranate seeds
Citrus (lemons, oranges)

NUTS & SEEDS

Walnuts (raw unsalted)
Chia seeds and Flax seeds
Pistachios (raw unsalted)
Brazil nuts (raw unsalted)
Almonds (raw unsalted)



What Makes These Foods Super

REDUCE INFLAMMATION 🔥

Salmon : Omega 3 reduce joint pain and hot flashes

Sardines : Omega 3 powerhouses

Kale : Antioxidants lower inflammation

Turmeric : reduces inflammation

Ginger : anti-inflammatory, soothes joints

Pomegranate seeds : polyphenols reduce stress + hot flashes

Walnuts : omega 3s lowers inflammation

Pistachios: polyphenols reduce inflammation

Cherries : reduce joint pain

GLOWING SKIN ✨

Eggs : biotin supports skin + hair

Sardines : fats and collagen support

Avocado : Vita E + biotin

Sweet Potatoe : vitamin A smooths skin

Pomegranate seeds : boost collagen

Berries : antioxidants protects skin

Broccoli : vita C

Citrus : collagen support

Walnuts : vitamin E

Beets : increase blood flow

BRAIN FOOD 🧠

Sardines : DHA protects the brain

Walnuts : supports memory

MOOD BOOSTERS 😊

Brazil nuts ; lifts mood + libido

Pomegranate seeds : boost energy

Cherries : melatonin aids sleep

Citrus : uplifting + stress relief

Dark Chocolate : endorphins + serotonin

Ginger : calms stress

Sweet Potatoe : magnesium relaxes

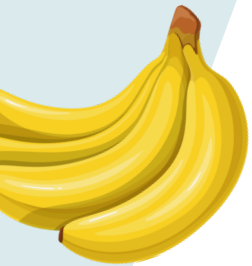
Salmon : reduces mood swings

Turmeric : improves memory,

reduces brain fog

Rainbow Smoothie

For hormone balancing. Feel free to add more ingredients from your shopping list above



2 cups coconut water or milk of choice

1 scoop protein powder

1 tablespoon flaxseed meal

1 tablespoon pomegranate seeds

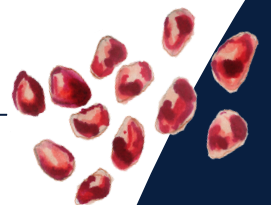
½ teaspoon ginger powder

½ banana

¼ cup frozen blueberries

1 teaspoon turmeric powder

1 scant handful spinach



(Substitute as needed or for what tastes better to you)

Stuffed Sweet Potatoes with Avocado, Black Beans and Lime Vinaigrette

Ingredients:

- 4 small-medium sweet potatoes
- Olive Oil
- 1 small yellow or red onion
- 1 cup cooked black beans
- 1 tablespoon cumin
- Sea salt and black pepper to taste
- Juice 5 limes
- 1 avocado, diced
- ¼ cup chopped cilantro



Instructions:

- Pre heat oven to 350 F
- Rinse sweet potatoes, pat dry, slice in half and rub with 1 tablespoon olive oil. Lay on baking sheet and roast for 30 minutes or until tender
- Peel, dice and sauté onion for 5-7 minutes in olive oil on medium heat in pan until caramelized
- Remove sweet potatoes from oven and scoop out most of the flesh, leaving small amount so skins keep their shape
- Transfer scooped out sweet Potatoe flesh to pan with onion. Add cooked black beans, cumin, sea salt and black pepper. combine well.
- Stuff sweet potatoes with mixture
- Transfer back to oven for 15 minutes
- whisk lime juice and ¼ cup olive oli with sea salt and black pepper
- Top sweet potatoes with avocado, cilantro, sea salt, black pepper and lime vinaigrette



Pomegranate Dark Chocolate Bark

Ingredients:

- 12 ounces 70% or higher cacao dark chocolate chips
- 1 tablespoon virgin coconut oil
- 1 tablespoon peeled, minced fresh ginger
- $\frac{1}{3}$ cup pomegranate seeds
- $\frac{1}{4}$ cup shelled, chopped unsalted pistachios

Instructions:

- Combine dark chocolate chips and coconut oil in a double boiler over medium-low heat. Cook until melted, about 10 minutes, stirring occasionally. Stir in ginger.
- Spread melted chocolate on a baking sheet lined with wax paper. Top with pomegranate seeds and pistachios. Transfer to freezer for 30 minutes.
- Using clean hands or a butterknife, break chocolate into pieces. Refrigerate in an airtight container for up to 5 days.

High Protein Snack Ideas

Keeping blood sugar stable can help maintain hormone balance and reduce mood swings



Greek Yogurt



Berries



String Cheese



Cherry Tomatoes



Hummus



Carrots



Cottage Cheese



Peaches



Almonds



Strawberries



Hard-Boiled Egg



Cucumber



Nut Butter



Apple Slices

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