

JJVIRGIN

HORMONE HEALTH GUIDE

**PMS, MENOPAUSE,
THYROID DISEASE & MORE**

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HORMONE**HEALTH**GUIDE

A lot of women only think about their hormones when it comes to their monthly cycle. However, your hormones dictate every single aspect of your health, from your appetite and sex drive to how well you sleep or cope with stress.

Can't seem to lose the weight? Check your hormones – they also affect your ability to burn fat and build muscle. Hormones decide whether you feel hot or cold, exhausted or energized.

In other words, if your hormones aren't right, your whole life can feel off balance! This guide is your key to understanding your hormones and taking proactive steps to achieve great hormone health.

Whether you're dealing with PMS, an irregular cycle, or menopause, there are simple, natural strategies to balance your hormones. With expert tips, recipes, and supplement advice, you'll soon be on your way to better sleep, less stress, and a new appreciation for how crucial your hormone health really is.

Enjoy,
JJ



PMS SUPPORT: HOW TO EAT, DRINK, AND SUPPLEMENT TO FEEL BETTER DURING PMS

Being a woman is beautiful, but the mood swings, fatigue, headaches, and bloating during your monthly cycle can make life miserable. PMS symptoms can also change as you age, making it more challenging to manage.

Good news! There are some easy ways to minimize your symptoms and feel more like yourself. Try these 7 easy tips to ease feel better safely and naturally...

- 1 Practice good sleep habits.** Getting 8-9 hours of quality sleep a night is vital to maintaining your hormone balance.¹ Quit the caffeine after lunch, turn off electronics an hour before bedtime, and find a calming routine. (If you need a little extra help, try [Sleep Candy](#).)
- 2 Avoid sugar and refined carbs.** That includes fruit, fruit juices, and pasta or bread made with grains. Fructose and gluten are highly inflammatory, and the last thing you need during PMS is more stress hormones and inflammation!²
- 3 Exercise regularly.** High-intensity interval training provides quick bursts of exercise during the day that produce endorphins, your natural feel-good chemicals.³ Resistance training (i.e. lifting weights) enhances growth hormone release, which can help your body better regulate PMS symptoms.⁴

4

Drink up. Staying hydrated is key during PMS to avoid bloating, fatigue, and headaches. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day. For an extra health boost that can calm your mood and fight inflammation, add 2-3 cups of unsweetened green tea daily.⁵

5

Pray or meditate. Research proves that the soothing thoughts and breathwork during meditation calm the emotional centers of your brain.⁶ That encourages the release of neurotransmitters that create a more relaxed, happy state – goodbye, mood swings!

6

Get plenty of protein. Protein is integral to healthy immune function and preventing inflammation, both of which come in handy during PMS.⁷ Quality counts, so go for clean, lean protein sources at each meal. Options include protein shakes, organic free range chicken or turkey, grass-fed beef, wild-caught fatty fish, or plant-based superfoods like chia, legumes, and flaxseed.

7

Supplement wisely. Taking a [high-quality multivitamin](#) is vital during every phase of your life for optimal hormone health. The supplement regimen below can also help balance your stress and sex hormones, prevent bloating, fight inflammation, and calm your mood.* Each day of PMS, take:

- **[Omega Ultra](#):** 1 with breakfast and 1 with dinner, 2 per day
- **[Metabolic Reset](#):** 2 with breakfast and 2 with lunch, total of 4 per day
- **[Sleep Candy](#):** 2 at bedtime, as needed

Article Sources:

1 <http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.0010062>

2 <http://www.ncbi.nlm.nih.gov/pubmed/23253599>

3 <http://jap.physiology.org/content/88/1/61.short>

4 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC474733/>

5 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3190564/>

6 <https://www.ncbi.nlm.nih.gov/pubmed/18296328>

7 <http://www.ncbi.nlm.nih.gov/pubmed/17403271>

RECIPES

PMS-FIGHTING SMOOTHIE

This hydrating smoothie is full of natural anti-inflammatories, plus antioxidants to help boost your immune system. Protein gives you energy, while healthy fats stop bloating.



MAKES 1 SERVING

- **2 scoops** [Vanilla or Chai JJ Virgin All-In-One Protein Shake powder](#)
- **1 cup** fresh baby spinach
- **1/2 small** avocado
- **10 oz.** unsweetened coconut milk
- **1 tbsp** freshly ground flaxseed
- **1 tbsp** coconut butter or coconut oil
- **2 tsp** grated fresh ginger
- **1/4 tsp** ground turmeric
- **1/8 tsp** ground cinnamon
- **dash** ground cayenne pepper
- **4-5 ice** cubes

Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Enjoy!

ARE YOUR HORMONES CAUSING WEIGHT LOSS RESISTANCE?

There are several key factors that can make it difficult – if not impossible – to lose weight and even cause you to gain weight. If you've identified and eliminated your food intolerances and lowered your sugar impact and you're still struggling, it's time to go deeper.

The following quiz can help you self-identify your potential for weight loss resistance related to these common hormone issues:

- **Adrenal Issues**
- **Sex Hormone Imbalances**
- **Insulin & Leptin Resistance**
- **Thyroid fatigue**

This assessment is meant as a starting point to uncover hormone issues that could be causing weight loss resistance. Use it to identify which areas you need to investigate and work on, ideally with an integrative/functional medicine doctor who can do definitive testing, diagnosis, and treatment.

Remember, health is a journey, and this is another step along the way to achieving the life you deserve. You are worth it!

ARE YOU WEIGHT LOSS RESISTANT BECAUSE OF ADRENAL ISSUES (STRESS & SLEEP)?

Do you struggle with any of the following 2 or more days of the week?

- Fatigue
- Feeling tired and wired
- Irritability/anxiety
- Poor memory or focus
- Belly fat
- Sweet cravings
- Salt cravings
- Feeling overwhelmed or “stressed-out”
- Need coffee or carbs to get going or keep going
- Get less than 7 hours of sleep two or more nights a week
- Wake up more than one time throughout the night
- Take more than 30 minutes to fall asleep at night
- Need an alarm clock to wake up in the morning
- Have difficulty waking up; you frequently feel like you need more sleep
- Have 90 or higher fasting blood sugar despite following a low sugar, low refined carb diet

Total Yes Answers: _____

Are You Weight Loss Resistant Because of Sex Hormone Imbalances?

- Has your sex drive decreased?
- Do you have irregular periods (women)?
- Do you have belly fat?
- Do you have difficulty putting on muscle?
- Do you suffer from depression?
- Do you have PMS (women)?

Total Yes Answers: _____

Are You Weight Loss Resistant Because of Insulin and Leptin Resistance?

- Is your fasting blood sugar 100 or greater?
- Is your fasting insulin 10 or greater?
- Is your hemoglobin A1c greater than 5.5?
- Are your triglycerides greater than 150?
- Is your triglyceride:HDL ratio greater than 3?
- Are your HDLs less than 50 (woman) or 40 (man)?
- Is your waist measurement equal to or greater than 35 (woman) or 40 (man)?
- Is your waist:hip ratio greater than 0.08 (woman) or 1.0 (man)?
- Is your body fat percentage greater than 37% (woman) or 29% (man)?
- Do you have PCOS (woman)?
- Do you have skin tags?

Total Yes Answers: _____

Are You Weight Loss Resistant Because of Thyroid Fatigue?

- Have you been diagnosed with hypothyroidism by a
- healthcare practitioner through lab testing?
- Are you frequently cold?
- Is the outer third of your eyebrow thinning?
- Do you have elevated LDL cholesterol?
- Do you have a yellowish tinge to your palms?
- Do you suffer from constipation?
- Do you have trouble building muscle?
- Are you depressed?
- Are you chronically tired?
- Is your hair thinning?
- Is your skin dry?

Total Yes Answers: _____

The more yes answers in any one area, the more likely this hormonal issue is a factor in your weight loss resistance. It's rare that an individual has an issue in just one area, as one factor interacts with other factors – e.g., toxicity can lead to insulin resistance and thyroid fatigue, stress issues can lead to thyroid issues, poor sleep can lead to insulin resistance, etc.

Make sure you're [eating correctly](#), exercising regularly, and supplementing with basics like [Daily Essential Packets](#) and [Vitamin D Plus](#), plus additional supplements as needed.

The good news is that once you have identified your potential challenges, they are all either fixable or manageable with the appropriate diet, supplements (and in some cases medications), and lifestyle strategies.

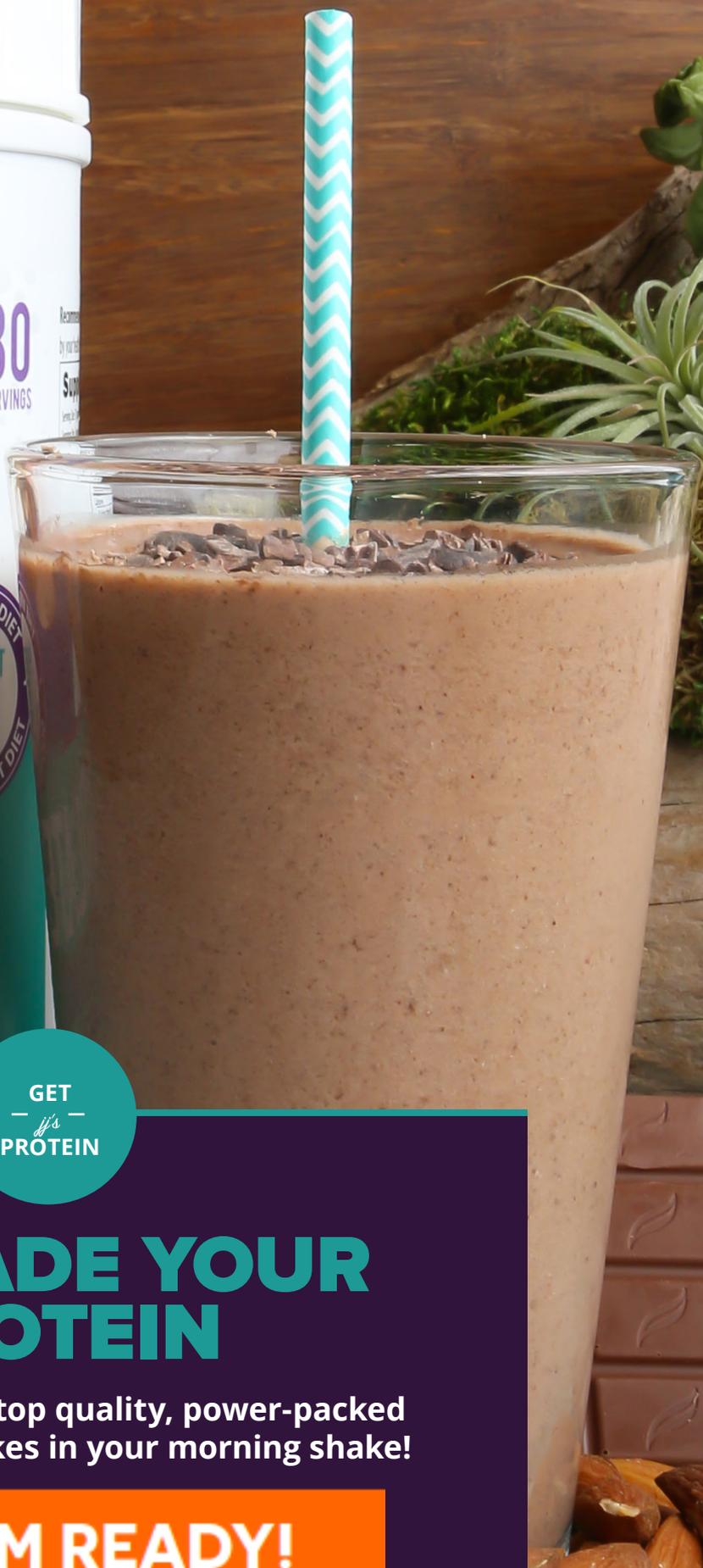


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YES! I'M READY!



MANAGING MENOPAUSE: 7 TIPS TO HELP YOU FEEL YOUR BEST DURING MENOPAUSE

Menopause is the start of an extraordinarily fulfilling time in your life. Unfortunately, it can be hard to appreciate it through all the hot flashes, mood swings, and night sweats. Then there's the changes in your appetite – in both the bedroom and the dining room...

Whether you're just noticing cycle irregularity or in the midst of menopause, there's no need to suffer! **Here are 7 simple ways you can relieve common menopause symptoms and maintain your hormonal balance, plus slow aging:**

1

Quit smoking and limit alcohol. You already know this one, but I'm going to say it anyway! The toxins and nicotine in cigarettes have no place in a healthy lifestyle, but they're especially harmful during menopause. The same goes for overdoing it when you drink, which can cause dehydration and sleep issues.

2

Get daily exercise. Whether you opt for slower, meditative exercise like tai chi and yoga or faster burst training, the results are a boost of endorphins and growth hormones that will make you feel calmer and happier.¹ Bonus: you'll also find it easier to sleep and deal with stress.²

3

Fight hot flashes with your diet. Some foods contain "phytoestrogens" – plant-based compounds that are similar to human sex hormones. Research proves that eating phytoestrogens is a remarkably good way to get rid of hot flashes during menopause.³ Options include flaxseed, apples, fennel, celery, and parsley.

4

Opt for healthy fats. Omega-3 fatty acids and medium chain triglycerides (MCTs) are both a huge help during menopause. Not only will they tame inflammation, they benefit your brain and heart health, both of which can take a bruising as your hormone levels change.⁴⁻⁷ Eat plenty of wild-caught fatty fish like tuna or salmon and cook exclusively with coconut oil.

5

Make sleep a priority. Healthy sleep habits are crucial to hormone balance and detoxification.^{8,9} Menopause can make it a challenge to get your z's, so it's especially important to follow rules like no caffeine after lunch and no electronics an hour before bedtime. If rest remains elusive, [try Sleep Candy](#) to maintain your own healthy sleep cycle.*

6

Eat your veggies. This one was always important, but menopause makes it especially so. That's because the antioxidants superfood fruits and vegetables contain help protect your body on a cellular level.¹⁰ That means less inflammation, the main cause of common signs of aging and some of the most uncomfortable menopause symptoms. (Think weight gain and painful intercourse...)

7

Supplement well. The supplements listed below can help balance sex hormones, fight inflammation, calm your mood, and preserve your bone, brain, and heart health.* Each day of menopause, take:

- [Daily Essentials](#): 1 packet per day
- [Vitamin D Plus](#): 1 with lunch, total of 1 per day
- [Sleep Candy](#): 2 at bedtime, as needed

Article Sources:

- 1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3632802/>
- 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC474733/>
- 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4389700/>
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- 8 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2831987/>
- 9 <http://science.sciencemag.org/content/342/6156/373>
- 10 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2685276/>

RECIPE

HOT FLASH-HALTING PROTEIN SHAKE

The ingredients in this tasty, wholesome smoothie can help eliminate hot flashes, as well as detoxify your system and slow inflammation and aging. Take that, menopause!



MAKES 1 SERVING

- **2 scoops** [Vanilla or Chai JJ Virgin All-In-One Protein Shake powder](#)
- **10 oz.** unsweetened almond milk
- **1/2 small** avocado
- **1 cup** fresh baby spinach
- **1/2 cup** frozen mixed berries
- **1 tbsp** freshly ground flaxseed
- **1 tbsp** raw cacao powder
- **1/4 tsp** fennel seed

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Enjoy!



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WHAT DOES IT FEEL LIKE TO HAVE TO HAVE THYROID DISEASE?

By Dr. Izabella Wentz

If you or someone you love may have thyroid disease, read on to learn the symptoms and what you can do to help.

A few months ago, I asked my Facebook community of Root Cause Rebels the question you see above. Here are some of the responses...

"Confusing, exasperating, numbing, exhausting. It's so incredibly hard on those that have it, as it is hard on those that love us. It's hard to explain the feelings, the desperation, the weight gain, and the lack of intimacy to those that have not experienced it firsthand... it's just hard."

"Sleeping in thick socks and a sweater because, even if I have the AC set to 70 degrees in my house at night, I feel like it's 40 degrees."

"Like you don't recognize yourself anymore in many ways, and you keep trying to find the old 'me,' but she's long gone. I miss the girl I was before Hashimoto's."

"An out of body experience, where I don't know who I am anymore, nor how I got this way. When I'm tired, I feel like there's a weight on my body preventing me from moving."



Dr. Izabella Wentz, Pharm.D., FASCP is a passionate, innovative, and solution-focused clinical pharmacist and #1 NYT best-selling author of *Hashimoto's Protocol*. She had a passion for healthcare from a very early age and found her calling in thyroid health after her own experiences with Hashimoto's disease. Find out more from Dr. Izabella at <https://thyroidpharmacist.com/>.

“Like wading through chin-deep mud or quicksand with a load of bricks on your back, the day after the most grueling workout imaginable, after pulling several all-nighters in a row. Sometimes hung-over on top of that, except without the fun part. You think ‘if I could only rest for 5 minutes’ and wake up 13 hours later.”

I wish I could tell you that most people with thyroid disease see a disappearance of their symptoms as soon as their thyroid hormones are addressed with medications.

Unfortunately, this is not always the case. Some people may continue to have a persistent reduction in their health-related quality of life, even when their hormone levels fall within the “normal” laboratory reference range.

How Thyroid Disease Affected Me

To me, the scariest experience after my thyroid diagnosis was the dissociation from myself. I became numb and apathetic to life, unable to feel any emotion, good or bad. I no longer had a desire for the things that made me human, such as being close to others, making friendships, following my passions and loving the people in my life.

It was as though my inner “love” switch was turned off or dimmed and I was living in a cold, dark world and all but a very small part of me didn’t care. Like the Pink Floyd Song, I had become comfortably numb.

Often in the early stages of Hashimoto’s, a person may swing into hyperthyroidism. Looking back at my thyroid journey, I can see times when I was clearly on a hyperthyroid-induced emotional rollercoaster.

Before I was diagnosed with Hashimoto’s, I had always been very polite, and described as a “diplomat,” because I was able to maintain patience and composure in almost any situation. But suddenly, I found myself “wearing my heart on my sleeve.” My husband and I got into an argument before meeting friends for dinner, and I spent the entire evening sulking and sobbing, making our friends super uncomfortable. Right or wrong, normally, I would have put on a big smile and pretended like everything was fine.

Can you think of a time when you lost your cool with a loved one?

The lack of obvious “physical” features of Hashimoto’s (“Well, you don’t ‘look’ sick...”) often makes it difficult for loved ones, as well as patients themselves, to understand the impact of the condition.

A person who is sniffing, coughing and has a fever is expected to sleep all day, but a person who has hypothyroidism, “an invisible disease,” often feels unjustified for wanting to sleep all day, and others may not understand.

When we have an invisible illness like thyroid disease, some of us have also found it difficult to validate the effects of our illness, because our symptoms are virtually invisible to others.

Thyroid antibodies, even when TSH is completely normal, can produce symptoms such as pain, anxiety, distress, fatigue, weight gain, and depression. Furthermore, many of us don't fully understand the impact of our condition, because the non-specific symptoms of autoimmune thyroid disease are often brushed off as being part of everyday life...

It doesn't help the situation that most of us are brushed off by doctors and loved ones.

How many of us have heard one or more of the following?

“It's all in your head.”

“You're just stressed.”

“You're just getting older.”

“Everyone's tired.”

“You must be depressed.”

“You're eating too much.”

“You're not trying hard enough.”

Significant others often do not acknowledge or understand the effect the condition has on their loved one's daily functioning.

I remember trying to tell my husband how awful and tired I felt when I was first diagnosed, and all he could say was, “I think it's in your head. You look just fine to me.” Family members told me that if I just tried a little harder, woke up earlier and stopped feeling sorry for myself, all would be well.

It's okay to admit there's a problem!

It's OK to admit that you don't have everything figured out and that you're not the superman or superwoman you are pretending to be. It's OK to let loved ones know that you are going to need their support and understanding during this time. And it's understandable that you are afraid that you will feel like this forever.

The first step in overcoming any problem is to admit to the problem, and I recommend that you do an honest inventory of what you're going through and give yourself permission to show yourself some serious love and compassion. This is a crucial step to awakening to the clarity of where you are in your journey and where to go next.

Be honest:

- **How does thyroid disease make you feel?**
- **What are the things you will do to show yourself compassion and serious self-love?**
- **If you truly loved yourself, what would you do for yourself?**

I hope that you show this article and your reflections to your loved ones, so that they too can get a glimpse of what you're going through and that they can see past the invisible illness and give you the support, acknowledgment and validation that you deserve.

BONE BROTH AND YOUR HORMONES

By Dr. Kellyann Petrucci

Bone broth helps to optimize your hormone levels in several ways. One of the most important is that it helps you prevent adrenal fatigue.

Your adrenal glands are two little glands that sit on top of your kidneys, a little like mushroom caps. They produce the stress hormone “cortisol,” and they also play a big role in producing your sex hormones. If you’re a woman, your adrenal glands pick up the slack in making these hormones as you hit perimenopause and your ovaries produce less of them.

So far, so good. But things change when chronic stress enters the picture.

When we’re constantly stressed, our adrenal glands need to crank out cortisol constantly. As a result, they don’t have time to make other hormones. They’re overworked and “burned out” – a condition we call adrenal fatigue.

If you’re suffering from adrenal fatigue, your sex hormones become unbalanced. You feel exhausted all the time. You have muscle aches and “brain fog.” You get moody and develop a cortisol tire – if you’ve ever seen thin people with a big belly, this is their problem.



Dr. Kellyann Petrucci, M.S., N.D., is a weight loss and natural anti-aging expert and author of the New York Times bestselling book *Dr. Kellyann’s Bone Broth Diet* (Rodale, 2015) and *Dr. Kellyann’s Bone Broth Cookbook* (Rodale, 2016). Learn more at <http://drkellyann.com/>.

If you're on the verge of adrenal fatigue or you've already gone over the cliff, a daily dose of bone broth can be a lifesaver. Bone broth supplies a rich dose of conditional amino acids – glycine, proline, arginine, and glutamine – that your adrenal glands need to heal themselves and to do their job well. These are amino acids that your body can't supply in adequate quantities if it's run-down.

In addition, the glycine and magnesium in bone broth are calming nutrients that help to ease your anxiety. So they can lower your stress, and lower stress equals healthier adrenal glands that can avoid burnout.

Bone broth also is loaded with soothing gelatin that heals a permeable intestine (or leaky gut). A leaky gut, which allows toxins to escape into the bloodstream, leads to chronic, system-wide inflammation. This raises your cortisol levels, contributing to adrenal fatigue. I compare drinking gelatin-rich bone broth to rubbing aloe vera on a sunburn because it helps to put out your internal "burn."

By healing your gut, bone broth also helps you balance your hormones in another way: by reducing your belly fat. (In fact, we now know that the chronic inflammation caused by a leaky gut is the leading cause of weight gain, and that healing this inflammation is the fastest way to lose weight.) Taking pounds off your waist is a huge key to balancing your hormones, because belly fat is an "estrogen factory" that can throw your sex hormones completely out of whack.

RECIPE

BEEF BONE BROTH

This delicious Beef Bone Broth is full of protein and vitamins that can do great things for hormone health, weight loss, and immune function. Make a big batch, then freeze to use in recipes later.



MAKES 12 CUPS

- **3 whole** carrots, cut into fourths
- **3 stalks** celery, cut into large chunks (leaves are fine)
- **1 medium** yellow onion, peeled and cut into large wedges
- **8 cloves** garlic, peeled
- **3 1/2 lbs** grass-fed beef bones (check at the butcher counter)
- **1 tbsp** sea salt
- **1 tsp** whole black peppercorns
- **2 whole** dried bay leaves
- **1 bunch** fresh thyme
- **2 tbsp** apple cider vinegar
- **12 cups** filtered water

Place all ingredients in slow cooker, adding more water if needed to cover vegetables and bones completely. Cook for 8-10 hours on low.

Using a wooden spoon, carefully skim the coating off the top of the broth and discard. Pour the remaining contents of the slow cooker through a fine-mesh strainer into a large bowl to reserve the broth. Dispose of the strainer contents.

Add more salt to taste, then store up to 5 days in the refrigerator or 3 months in the freezer. (Broth can be stored in glass jars or ladled into resealable plastic bags once cool.)



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