

50+ POST MENOPAUSAL Fasting Options

Post Menopausal- Moon Calendar- 30 day REGULAR Fasting Reset

POWER PHASE 1 Starts on the NEW Moon			MANIFESTATION	POWER PHASE 2	NURTURE PHASE
Intermittent Fasting 13 hours	Intermittent Fasting 15 hours	Autophagy (17+hrs)	Intermittent Fasting 13 hrs	Intermittent Fasting 13 hrs	NO FASTING
Days 1-4	Day 5	Day 6-10	Day 11-15	Day 16-19	Day 20-30

Post Menopausal- Moon Calendar- 30 day Advanced Fasting Reset

POWER PHASE 1 Starts on the NEW Moon			MANIFESTATION	POWER PHASE 2	NURTURE PHASE	
Intermittent Fasting (15 hrs)	Gut Reset (24 hrs)	Autophagy (17+hrs)	Intermittent Fasting (15 hrs)	Gut Reset (24 hrs)	Autophagy (17+hrs)	NO FASTING Or Intermittent Fasting (13hrs max)
Days 1-5	Day 6	Day 7-10	Day 11-15	Day 16	Day 17-19	Day 20-30

No Cycle Fasting : 5-1-1 (post menopausal)

5 Days of Intermittent Fasting (13-15hours)
 1 day a week of 24 hour-fasting
 1 day per week healthy feasting

No Cycle Fasting : 4-2-1 (post menopausal)

4 Days of Intermittent Fasting (15hours)
 2 days per week of NO fasting
 1 day per week longer fast (17+)

ADF- Alternative Day Fasting

Day 1. Sunday 7pm- Start Fast	Day 2. Monday 36 hour fast	Day 3. Tuesday 7am- Break Fast
Day 3. Tuesday 7pm- Start Fast	Day 4. Wednesday 36 hour fast	Day 5. Thursday 7am- Break Fast
Day 5. Thursday 7pm- Start Fast	Day 6. Friday 36 hour fast	Day 7. Saturday 7am- Break Fast

NO CYCLE- Fasting Options

For WOMEN 35-50 with no Cycle- PERIMENOPAUSAL

-Get to KNOW YOUR CYCLE-

download an APP to track any symptoms (Clue, Flo etc)

*It is hard to track but keep going

GET TO KNOW AND IDENTIFY YOUR HORMONES

Progesterone

"I need more progesterone" if:

- Start spotting
- Stop sleeping well
- Hair is thinning
- Feel anxious
- Hungry in the morning

Estrogen

"Estrogen needs support" when:

- Skin is really dry
- Mucosal membrane is dry (vaginal and nose)
- Cognition slows down
- Hot flashes

What to do?

STOP FASTING!
 Raise your Glucose
 EAT more PROGESTERONE FOODS
 Progesterone Foods

ADD MORE FASTING!
 *Get Hormone Test

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HIIT TRAINING	HIIT TRAINING	HIIT TRAINING	Heavy Weights	HIIT TRAINING	Low Intensity: Yoga, walks, hikes, lighter weights.

Moon Calendar- 30 day Advanced Fasting Reset

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