

Managing Weight, Mood and Menopause



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Why Aren't We Perfect in Body?

- Genetics
- Stress
- Toxins
- Trauma
- Malnutrition
- Addictive Coping
- Not 'In Control'



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4 Levels of Eating

Choices and Consequences

- 1. Eating for Pleasure
 - Comfort Foods: Sugar, Fats
- 2. Eating for Energy
 - Fast Foods: Pizza, burritos, sandwiches
- 3. Eating for Recovery
 - Diet Plan: Reductive, Discriminating, Supps
- 4. Eating for Health
 - Conscious Eating: Moderate, diverse,



Assess and Support Neuro-Hormonal Balance

■ Autonomic Nervous System

■ Stress vs. CALM

- Sympathetic
 - Flight or flight
- Parasympathetic
 - Rest and digest

■ Hormonal System **Metabolic Regulators**

- Hypothalamus/pineal
- Pituitary
- Thyroid
- Thymus
- Pancreas
- Adrenals
- Gonads



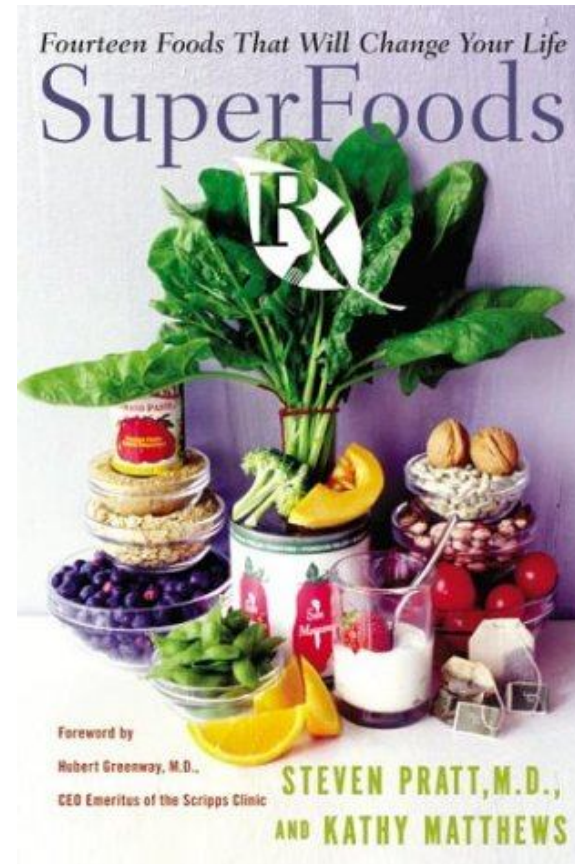
Wanted: Better Metabolism!

- Build muscle with exercising
 - Build energy with breathing
 - Build digestion with bitter plant foods
 - Build elimination with better bile via olives and avocados
- DIET: Eat 4 Health
 - Proteins: 15 g/meal
 - Fats: 2 T/meal
 - Complex Carbs: crunchy, leafy, roots & fruits, brown rice
 - Beverages: Tea, broth, juice, water
 - No damaged foods

Nutritional Remodeling

Lose 1 pound/week

- E4H Diet
- Herbs/Booster foods
- Beverages
- Vital Scoop and supplements
- Process Emotions
- Exercise
- Love





Meal Plan: Just Eat IT

- Eat 2 Meals/Day
- Protein and Vegetable Based
- Healthy Plate
 - 50% vegetables
 - 25% protein
 - 25% starch
 - Toppers: seeds, oils, booster foods

- Drink 2 Meals/Day
- 8 AM and 4 PM
- **Vital Scoop Shake**
 - 1 scoop of the VS
 - 1 Tbs flax or hemp
 - 1/2 c. Berries
 - 12 oz coconut water or nut milk
 - Almond, hazelnut



Bauman 'Root 66' Tea

■ Total System Tonic

- 1 part dandelion root
- 1 part burdock root
- 1 part licorice root
- 1 part eleuthero
- 1 part carob
- 1 part cinnamon

■ Instructions

- mix 1 Tbs. of each to 1 liter of water
- boil and simmer 20 minutes,
- remove tea bolus
- keep warm in tea pot
- reinfuse 3 times
- drink 1 c. 20 minutes before meals



‘Mood Food’ Snack

■ To Calm

- Starch: baked yam, cooked millet, brown rice or quinoa: 1/2 c.

■ Add Toppings

- 1 Tbs. Flax
- 1 Tbs. Nuts
- 1/2 c. yogurt
- 1/4 c. dried fruit: dates, raisins, figs

■ To Energize

- Protein: egg, nuts, chicken, fish, turkey, legumes

■ Add toppings

- 1 tsp. Nutrition Yeast
- 1 tsp. Green Magic
- 1 tsp. Seaweed
- 1/2 tsp. Spices: garlic, ginger, basil



Women's Hormone Balance

- With age, wear and tear & menopause
- Hormones fluctuate and diminish
- Balance estrogens
16/4 to 2 w. flax, brassica's
- Stabilize hormones
 - flax, greens & whey
- Test hormone levels
- Diet Essentials
 - Fiber/flax: 2-4 T/day
 - Protein: lysine and threonine: 2-4 g/day
 - Fats/Cholesterol
 - Flax, Hemp or Chia seeds: 1 T day
 - Cruciferous vegies
 - Mag/B₆, E, tea, flora



Bauman ‘Cool Flash’ Tea

■ Tincture

- 3 pts. Vitex
- 3 pts. Dong Quai
- 2 pts. Red Clover
- 2 pts. Black Cohosh
- 1 pt. Turmeric
- 1 pt. Licorice
- 1 pt. Motherwort

■ Instructions

- Tincture: 3 droppers: (30 drops) 3 x day
- To help sleep, add 1 pt hops
- More sleep help, use the *Cranial Energy Stimulator* (CES)
- To help mood, add reishi mushrooms 1 pt



Nutrients for Menopause

Confused?: Call a **Bauman Nutrition Mentor**
(707) 824-0776

- Vit E: > progesterone
 - 400iu, 2-3 x day
- Vit B5: support stress hormones, liver, memory, brain
 - 100 mg, 2-3 x day
- Vit B6: less edema, improves protein uptake
 - 50 mg. 2-3 x day
- B 50 mg complex for digestion, energy
- Magnesium: muscle relaxation, nerves cardio, bones:
 - 250 mg. 2-3 x day
- Calcium: bones, pH,
 - 300 mg. 2-3 x day
- Boron: bones
 - 2-3 mg
- Vit C/Bioflavonoids:
 - 3-6 g/day C