

# 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,

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## Assess and Support Neuro-Hormonal Balance

- Autonomic Nervous System
- Stress vs. CALM
  - Sympathetic
    - Flight or flight
  - Parasympathetic
    - Rest and digest
    - Rejuvenate and repair
- Assess to Understand
  - Hormone balance
  - Neurotransmitters
  - GI competency
  - Heavy Metal burden
  - Metabolic Profile
  - Food Sensitivities
  - Fatty Acid Balance
  - Antioxidants
  - Vitamin D

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# Nutritional Remodelling

## Lose 1 pound/week

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



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# Meal Plan: Just Eat IT

- Eat 2 Main 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
  - 1 t- T. Maca powder

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# Wanted: Better Metabolism!

- Build muscle with exercising
- Build energy with breathing
- Build digestion with bitter plant foods
- Build elimination with better bile via flax, 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
  - No microwaved food

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# Key Precursor Nutrients & Foods

## All need B vitamins/nutritional yeast

- Serotonin – l-tryptophan/turkey
- Dopamine – l-glutamine/chicken
- GABA – l-theonine/green tea
- Pituitary – l-arginine/ornithine/seeds
- Thyroid – l-tyrosine/ fish/seaweed
- Adrenal/Gonads – l-phenylalanine/eggs/maca
- Pancreas – l-glycine/legumes
- Thymus- l-lysine/lamb
- Liver - l-cysteine/liver/broccoli

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## New Kid on the Brain Block **Leptin**

- The **adipocyte hormone leptin** serves as a signal that provides information about the size of energy reserves to systems regulating feeding, energy utilization and energy balance.
- **Serum leptin is usually elevated in obesity**
- Positively correlated with body mass index, percentage of body fat and fat mass
  - Considine et al. 1996, Maffei et al. 1995)

## Women's Issues and Leptin

- Studies indicate that leptin levels are higher in women than men.
- Plasma leptin levels increase with weight gain and decrease with weight loss.
- One study points correlates high estrogen with high leptin.
- Estrogen, insulin and cortisol mediated by all the brain neurotransmitters and by leptin.

## Overeating vs. Fasting

- Plasma leptin levels decline gradually during 24-36 hrs of fasting to 40-70% of baseline in both lean and obese subjects despite little or no loss of fat mass.
- Acute massive overfeeding (120 kcal/kg) increases plasma leptin by 40% after 5 hrs.
- The fall of leptin levels with fasting likely depends on the drop in insulin, in concert with increases in catecholamines.

## CLA and Leptin

A study published in the January, 2003 issue of the Journal of Nutrition found that diabetics who add CLA - an essential fatty acid made up of various fatty acid isomers - to their diet had lower body mass as well as lower blood sugar levels by the end of the eight-week study.

Researchers also found that higher levels of this fatty acid in the bloodstream meant lower levels of leptin, a hormone thought to regulate fat levels.

According to their results, it was the 10-12 isomer, and not ruminic acid, that was linked to a reduction of body weight and leptin levels.

## CLA Reduces Body Fat Mass

- Subjects were divided into 5 groups
- They were given either olive oil (placebo), CLA 1.7g, 3.4g, 5.1 g, 6.8 g daily for 12 weeks.
- Body composition was measured
- Results: A Significantly higher reduction in BFM was found in the CLA groups, compared with the placebo group
- 3.4 g (P= .05), 6.8 g (P= .02) These 2 doses got the best results.
- Take away: use 3 grams per day, 1 gram with each meal

## The role of Cortisol

- Cortisol levels **increase** during fasting and stress.
- **High** cortisol levels are associated with central **obesity**.
- Cortisol **deficiency**, Addison's Disease, is associated with **weight loss**.
- Research suggests that *high cortisol favors fat deposition* and a higher set point for body fat.
- The increase in plasma leptin in response to glucocorticoid appears to be *greater in obese vs. lean humans*

## The Role of Insulin

- Glucocorticoids induce insulin resistance and hyperinsulinemia
- Glucocorticoids increase leptin expression *most strongly in the presence of insulin*
- When sympathetic nervous system activity was stimulated by placing women in a cold chamber at 4 degrees C there was a rapid *decrease* in serum leptin.

## Carbohydrates vs. Fat

- A low fat (20% fat), high carbohydrate diet produces higher peaks of leptin during the night compared with a high fat diet (60% of calories).

## Fructose – How bad is it?

Numbers of animal studies show:

- High fructose diets induce hypertension in animals (this model is used to test hypertensive medications in clinical trials)
- Fructose promotes atherosclerosis more than other carbohydrates
- Fructose raises triglycerides
- Fructose raises LDL and VLDL chol
- Fructose glycosylates Hgb 7 x faster than glucose

## 5 HTP = 5- Hydroxytryptophan

- Precursor to serotonin production
- Reduces appetite
- Reduces cravings for carbohydrates
- Improves mood
- Research shows that it allows for weight loss without dieting
- Helps diabetics to stay on their diets – why?

## 5-HTP for Diabetics, Syndrome X and Overeating

- Diabetes Mellitus is associated with depressed brain serotonin
- <Serotonin associated with **hyperphagia**  
– increased appetite for and consumption of food, thought to be associated with a lesion or injury in the hypothalamus.
- And **carbohydrate cravings**
- DM is associated with **depression**

## 5- HTP Promotes Weight Loss

Results:

- Brain tryptophan levels were considerably lower in diabetics than healthy controls
- NIDDM patients receiving 5-HTP decreased their daily energy intake (calories) considerably
- Carbohydrate and fat intake were both reduced
- Body weight reduced as well
- Leptin levels went down, insulin and thyroid sensitivity went up

## 5 HTP Metabolism and Mood

- Tryptophan to 5-hydroxytryptophan to serotonin
- Studies show that 5 HTP's effectiveness is comparable to SSRI's like Prozac
- Also gets results similar to the tricyclic antidepressants like Elavil.
- Serotonin becomes melatonin at night

## Sunny Serotonin

- Sun in the day (vit D), helps the brain make serotonin
  - Book: *Lights Out*: by TJ Wylie
- All serotonin used by brain cells must be made within the neurons, since serotonin cannot cross the blood-brain barrier.
- Synthesis of serotonin is heavily dependent upon the availability of L-tryptophan within the CNS.

## Factors that Diminish Serotonin

- Production and transport of L-Tryptophan from the blood into the CNS compromised by
  - Stress
  - Elevated cortisol levels,
  - Vitamin B6 deficiency
  - Toxic chemicals
  - High dosages (above 2,000 mg) of L-Tryptophan or other amino acids

## Serotonin Affects Weight, Mood and Menopause

In the Central Nervous System (CNS) serotonin implicated in the regulation of

- Sleep
- Depression
- Self-esteem
- Anxiety
- Aggression
- Appetite
- Body temperature
- Libido
- Pain Management
- Pleasure

## 5 HTP is Well Absorbed

- 5-HTP is well absorbed from an oral dose, with about 70 percent ending up in the bloodstream.<sup>5,6</sup>
- Absorption of 5-HTP is not affected by the presence of other amino acids; therefore
- It may be taken with meals without reducing its effectiveness.
- Unlike L-Tryptophan, 5-HTP *cannot be shunted into niacin or protein production.*

## Benefits of 5 HTP beyond serotonin

- Other neurotransmitters and CNS chemicals, such as
  - melatonin,
  - dopamine,
  - nor-epinephrine,
  - beta-endorphin
- Shown to increase following oral admin of 5-HTP
- This ability to increase not only serotonin levels in the brain, but also **dopamine** and **norepinephrine** allows 5-HTP to produce some significant and unique effects on brain chemistry

## Dieting reduces plasma tryptophan

- 41. Anderson IM, Parry-Billings M, Newsholme EA, et al. *Dieting reduces plasma tryptophan and alters brain 5-HT function in women.* Psychol Med 1990;20:785-791.

## Dieting Reduces Omega 3 Levels

### Dieting Lowers Omega 3 Levels

- Common Weight Loss strategies may not supply enough omega 3 fats, which may lead to mood alterations, including depression

**Bruinsma KA, Taren DL Dieting, essential fatty acid intake, and depression.**

**Nutr Rev 2000 Apr;58(4):98-108**

## Adiós to Sugar/Carb Cravings

**5 HTP** > serotonin - 100 mg. each meal

**Glutamine** > dopamine ¼ tsp t.i.d for ridding sugar cravings and to build muscle when working out

- **Zinc Challenge** (taste test)
  - no taste – 3 Zinc Supreme
  - slight taste – 2 Zinc Supreme
  - strong taste – no zinc needed
- **Chromium** – 200 mcg. with meals
- **B Vitamins** – 1 Tbs Nutritional Yeast w meal
- **Vital Scoop Protein** 1 scoop between meals

## ‘Root 66’ Coffee Replacement 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 or
  - 2 T. goat cheese
  - 1/4 c. dried fruit: dates, raisins, figs

### ■ **To Energize**

- Protein: egg, nuts, chicken, fish, turkey, legumes, green tea
- Add toppings
  - 1 tsp. Nutrition Yeast
  - 1 tsp. Green Powder
  - 1 tsp. Seaweed
  - 1/2 tsp. Spices: garlic, ginger, basil

## Menopause Meal Plan

### ■ **With age, wear and tear & menopause**

### ■ **Hormones fluctuate and diminish**

### ■ **Balance estrogens w. flax, brassica, turmeric, maca**

### ■ **Stabilize hormones** - flax, greens & whey

### ■ **Diet Essentials**

- Fiber/flax: 2-4 T/day
- Protein: lysine and glutamine: 2-4 g/day
- Fats/Cholesterol
- Flax, Hemp or Chia seeds: 1 T day
- Cruciferous vegies
- Mag/B<sub>6</sub>, E, tea, flora
- Love and peace

## 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

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## Micronutrients for Menopause

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- Vit D & E: > progesterone
  - 400 iu, 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

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## Summary and Conclusion

- Eat for Health
- Slow Down
- Breathe Deeply
- Exercise Daily
- Assess to Identify areas to support
- Hire an NC to advise



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## View More Nature, Less TV



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