



EMBRACE CHANGE

# MENOPAUSE RESET

This season of life is not to be dreaded, but to be enjoyed.

# WHAT YOU MIGHT EXPERIENCE DURING MENOPAUSE

*Know Your Body*

Menopause is a natural transition in a women's life. Though the symptoms that come along with this change can be difficult at times, there are ways embrace this change and and feel your best throughout the transition.

Most common symptoms:

- Hot flashes
- Weight gain
- Fatigue
- Hair loss
- Low libido
- Dryness
- Bone loss
- Cholesterol
- Decreased muscle mass
- Night sweats
- Difficulty sleeping

The good news, most of these symptoms can be made better by shifts in your diet and lifestyle.

# MENOPAUSE RESET PROTOCOL

## *Nourish Your Body*

This protocol focuses on nourishing your body with optimal amounts of high quality protein, a diverse array of fruits and vegetables and the purest supplements-all designed to support your return to a thriving, balanced state. Lifestyle plays a vital role, too. Our bodies are designed to move with strength and rest with intention-both essential for harmonizing stress hormones and overall well-being

### The Reset Essentials:

- 4-5 Canisters Tri-Release Protein
- 1 Harmonia
- 1-2 Ionix Supreme (if sleep is an issue, we recommend 2)
- 1 Pura Plant Vitamins
- 1 Natural Accelerator
- 1 IsaFlush
- 1 Hydrate
- 2 Cleanse for Life\*
- Isagenix Snacks\*
- Collagen Bone Broth\* (optional)



\*Set Aside for Cleanse Days: Cleanse for Life, Isagenix Snacks

**Optional Boosters** for this month or next depending on your wellness goals:

- Collagen Bone Broth (extra support for Cleanse Days)
- Moringa (Supermix) / Greens powder (easy way to get an extra veggie serving in)
- Collagen Elixir (extra support for healthier Skin, Hair, Nails)
- Celletoi Skincare
- Hair Revival (for extra support with Hair Growth / Healthier Hair)
- Healthy Energy Boosts: BEA / E+ energy shots / XM+ / Isagenix Coffee
- Nootropic Elixir (extra support for Brain health / Focus)
- Adaptogen Elixir (extra support for Stress / Sleep)
- Nox (extra support for Cardiovascular Health or Endurance Sports)
- Repair (Anti-Inflammatory, Workout Recovery, Joint Health)
- Joint Support Gummies (Joint Health)
- Renewal Sleep Support Spray (oral melatonin & botanical sleep supplement)

Isagenix makes it easy to customize a protocol that aligns with your goals. Talk with your coach for suggestions and read more on our health blog: [www.isagenixhealth.net](http://www.isagenixhealth.net)

# MENOPAUSE RESET PROTOCOL

*Nourish Your Body*

Hydration is key: Aim for a minimum of half your body weight in ounces of water each day and up to a gallon. Electrolytes will greatly help so add in 1 hydrate each day. You can also add fresh lemon / lime or a pinch of good quality sea salt or pink himalayan salt for electrolytes. Start your day with a glass of water - warm water with lemon is really helpful to the digestive system in the am.

## Daily Nutrition:

My Protein Goal: \_\_\_\_\_ grams /day

### Breakfast within an hour of waking:

- Smoothie: 2-3 Scoops of Tri-Release Protein with fruits and/or greens / seeds for extra fiber
- Ionix Supreme (1 oz liquid or 2 scoops powder mixed in water or into your smoothie) \*
- 2 Pura Plant Vitamins
- 2 Natural Accelerator capsules

### Lunch:

- 2-3 Servings of Vegetables (fruit optional)
- Protein \_\_\_\_\_grams

**Afternoon:** (Optional) second dose Ionix Supreme (1 oz. / 2 scoops in water - ok to add ice)

### Dinner:

- 2-3 Servings of Vegetables (fruit optional)
- Protein \_\_\_\_\_grams

### Evening Smoothie:

- 2 scoops of Tri-Release Protein blended with water or nut milk.

**Bedtime:** 1-2 IsaFlush & 2 Harmonia\*\* capsules with water

\*If you wake at night between 2-4am, shift your AM Ionix dose to Bedtime.

\*\* You can also try 1 Harmonia in the am, 1 PM if you feel better spacing the dose out.

## Lifestyle Tips:

- **Workout:** (morning is usually best for women's hormone balance) - Don't overdo cardio or over-stress ..find your sweet spot: yoga, strenth training are best. Add diversity through the week with hiking / walking or something you enjoy.
- **Relaxation:** meditation, prayer, gratitude journaling, breathwork



# MENOPAUSE RESET PROTOCOL

## *Nourish Your Body*

Choose 1 Day a week to fast / Cleanse Day. \*If you are pre-menopausal (still cycling), Time your fast within Days 1-10 or 16-19 of your cycle. (See chart). This is a wonderful way to help your body heal on a cellular level and you'll love the results! It's normal to be a little colder when you fast so dress warm, enjoy hot herbal teas bath with epsom salts and prioritize self-care. Enjoy a light activity like walking or yoga but don't work out hard today. Make sure to hydrate well: Aim for a gallon and be sure to add in those electrolytes. We love our Isagenix Hydrate on cleanse days! A healthy caffeine option is OK today too (moderation is key). You've got this!

### **Cleanse Day Schedule:**

#### **Breakfast:**

- Ionix Supreme (1 oz liquid or 2 scoops powder mixed in water)
- 2 Pura Plant Vitamins
- 2 Natural Accelerator capsules
- Cleanse for Life (4 oz liquid or 2 scoops powder mixed in glass of water)
- 1-2 Isagenix Snack wafers

#### **Lunch:**

- Cleanse for Life (4 oz liquid or 2 scoops powder mixed in glass of water)
- 1-2 Isagenix Snack wafers

#### **Afternoon:**

- Cleanse for Life (4 oz liquid or 2 scoops powder mixed in glass of water)
- 1-2 Isagenix Snack wafers or Collagen Bone Broth

#### **Dinner:**

- Cleanse for Life (4 oz liquid or 2 scoops powder mixed in glass of water)
- 1-2 Isagenix Snack wafers or Collagen Bone Broth

#### **Bedtime:**

- 1-2 IsaFlush
- 2 Harmonia


# IF YOU STILL HAVE A CYCLE...

## *Know Your Body*

If you've ever tried fasting in your Luteal / PMS phase and you got hangry, you'll be ever grateful for this wisdom. For those in perimenopause, you can try to track based on your other symptoms or follow the lunar schedule with the new moon being Menstrual phase / Day 1. The lunar cycle can also be helpful for women in full menopause just to keep hormones in balance. Listen to your body and keep a journal. Why the moon? The word menstruation is actually derived from Greek and Latin words meaning month and moon. Dr. Mindy Pelz is a great resource if you want to learn more about hormone balance. Her book *Eat Like a Girl* is very empowering.

### WHEN IS IT THE RIGHT TIME FOR women to intermittent fast?

- Day 1-10 of your cycle:* Perfect time for ALL types of fasting!
- Day 11-15 of your cycle:* Intermittent fasting OK, but no more than 15 hours of fasting.
- Day 16-19 of your cycle:* ALL types of fasting OK unless working on fertility or you have low progesterone.
- Day 20 - menstruation:* NO fasting!

 @DR.MINDYPELZ

### hormone building foods:

FOR DAYS 11-15 AND 20+  
OF YOUR CYCLE

#### ESTROGEN:

Flax seed & oil  
Pumpkin seeds & oil  
Sesame seeds  
Olives, olive oil  
Chickpeas  
Celery  
Pinto beans  
Peas  
Spinach  
Pistachios, Cashews

#### PROGESTERONE:

Pumpkin, seeds & oil  
Sunflower seeds & oil  
Sesame seeds  
Squash  
Grass fed meats  
Beans  
Cruciferous vegetables  
Sprouts  
Citrus fruits  
Tropical fruits

@DR.MINDYPELZ

# HOW MUCH PROTEIN DO YOU NEED?

*Fill up on protein*

How much protein you need depends on your ideal body weight and activity level. Most health experts recommend the following:

**Women** .7 - 1 gram per pound of your ideal body weight

## HIGH PROTEIN FOODS

### MEAT/POULTRY

Grassfed Beef (3.5 oz) - 26 g  
Chicken Breast (3.5 oz) - 29 g  
Turkey Breast (3.5 oz) - 29 g  
Pork Chop (3.5 oz) - 25 g

### BEANS & LEGUMES

#### (cooked)

Lentils (1 cup) - 18 g  
Black Beans (1 cup) - 15 g  
Chickpeas (1 cup) - 15 g  
Organic Tofu (3.5 oz) - 10 g  
Tempeh (3.5 oz) - 19g  
Edamame (1cup) - 17g

### SEAFOOD

Salmon (3.5 oz) - 25 g  
Tuna (3.5 oz) - 24 g  
Cod (3.5 oz) - 20g  
Halibut (3.5 oz) - 23g  
Sardines (3.5 oz) - 25 g  
Scallops (3.5 oz) - 20 g  
Shrimp (3.5 oz) - 24 g  
Clams (3.5 oz) - 25 g  
Mussels (3.5 oz) - 24 g  
Oysters (3.5oz) - 20g

### EGGS/ DAIRY

1 Large Egg - 6 g  
3 Large Egg Whites - 10 g  
Cottage Cheese (1/2 cup) - 29 g  
Plain Greek Yogurt (6 oz) - 17 g

### NUTS & SEEDS

1 Tbsp Almond Butter - 3.5g  
Walnuts (1oz) - 4g  
Chia seeds (2 tbsp) - 5 g  
Pumpkin seeds (1 oz) - 7 g  
Hemp seeds (3 Tbsp) - 9 g  
Sunflower seeds (1 oz) - 6 g  
Flax seed (2 tbsp) - 3 g

Pace your protein throughout the day according to your goal.

Here's an example:

### **Breakfast Smoothie**

Tri-Release Protein  
(3 scoops) - 36 g  
1 cup raspberries - 2 g  
1 T ground chia seeds - 2g

40 g

### **Lunch Salad**

2 cups Greens - 3.5 g  
1/2 pear chopped - 2 g  
1 oz walnuts - 4 g  
2 Tdried cranberries - 0g  
1/2 chicken breast - 14 g

23.5 g

### **Early Dinner**

Salmon filet - 25 g  
1/2 cup sweet potato - 2 g  
2 cup roasted broccoli - 7.4 g

34.4g

### **Evening Smoothie**

Tri-Release Protein  
(2 scoops) - 25 g

25 g = 122.9g total

# HOW TO SHOP FOR CLEAN PROTEIN

## *Respect Your Body*

When it comes to buying protein, some choices are far better than others. As for animal products, those that were raised in their natural environment and fed their natural diet, will have a far better nutrition composition than those that were not. For plant based protein, the closer it is to its whole form the more nutritional value it will have and the less inflammatory it will be. For example, a soy bean is much better than soy milk. The Tri-Release Protein will be useful in getting enough protein without eating far too many calories in a very pure form that will slowly release naturally keeping you satisfied / fuller longer.

### Animal Protein

#### Best

- 100% grass-fed and finished beef.
- Organic and pasture raised poultry and eggs.
- Wild caught fish.
- Organic / Regenerative Pork

#### Better

- Grass-fed beef.
- Organic eggs and poultry.
- Canned wild caught fish with low mercury.
- Organic chicken sausage.

#### Avoid

- Non-organic meat and poultry.
- Grain-fed beef.
- Conventional deli meat.
- Meat with nitrates, nitrites, and colors such as most bacon, most deli meat, and most breakfast sausage.

### Vegetarian Protein\*\*

#### Best

- Dry roasted or raw nuts and seeds.
- Organic beans, legumes, lentils, and quinoa.

#### Better

- Organic Tempeh\*\*
- Whole grains\*\*
- Sprouted grain bread.\*
- Oats. \*
- Unsweetened nut milk without added colors and emulsifiers.

#### Avoid

- Seitan.
- Meat mimicking products (such as a vegan hotdog).
- Most vegan cheese.
- Soy isolate.

**\*Unless vegetarian, ideally avoid beans and grains in your first week or 2 - for some, this can be problematic for weight loss. Re-introduce each slowly to see how your body responds. This will also make it easier to get your 5-7 servings of fruits and vegetables as well as ideal amount of protein in. Keep nut butter to 1-2 tablespoons max per day.**

# HOW MUCH FIBER DO YOU NEED?

*Fill up on fiber*

How much fiber you need depends on your age and gender. Most health experts recommend the following:

**Women** Under 51 years old: 25 grams/day. 51 years old or over: 21 grams/day

## HIGH FIBER FOODS

### VEGETABLES

Broccoli (1 cup) - 2.4 g  
Brussels spouts (1 cup) - 4 g  
Green peas (1 cup) - 7 g  
Cabbage (1 cup) - 4 g  
Sweet potato (1 cup) - 6 g  
Cauliflower (1 cup) - 2 g  
Celery (1 cup) - 1.6 g  
Green Beans (1 cup) - 2.7g  
Asparagus (1 cup) - 3 g  
Kale (1 cup) - 2.6 g  
Swiss Chard (1 cup) - 1.3 g  
Romaine Lettuce (1 cup) - 1 g  
Cabbage (1cup) - 2.2 g

(all above are amounts raw)

### FRUITS

Raspberries (1 cup) - 8 g  
Blackberries (1 cup) - 8g  
Blueberries (1 cup) - 3.6 g  
Wild Blueberries (1 cup) - 6g  
Strawberries (1 cup) - 3 g  
Avocado (1 cup) - 10 g  
Apple (1 med w/skin) - 4.5 g  
Pear (1 med w/skin) - 5.5 g  
Grapefruit Half - 2.5 g  
Guava (1 cup) - 10g  
1 Kiwi - 5 g  
Tomatoes (1 cup) - 1.5 g  
Coconut, unsweetened,  
shredded (1 cup) - 7 g

### BEANS & LEGUMES

Split peas (1/2 cup) - 8 g  
Lentils (1/2 cup) - 8 g  
Black Beans (1/2 cup) - 8 g  
Chickpeas (1/2 cup) - 6 g  
Kidney beans (1/2 cup) - 6 g  
(all above are cooked)

### NUTS & SEEDS

Ground Chia seeds (1 tbsp) - 4 g  
Pumpkin seeds (1 oz) - 5.2 g  
Almonds (1 oz) - 3.5 g  
Sunflower seeds (1 oz) - 3 g  
Pistachios (1 oz) - 3 g  
Flax seed, ground (1 tbsp) - 2 g

Eating a diet rich in plant foods like fruits and veggies makes it easy to hit your daily fiber goal. Here's an example:

#### **Breakfast**

Tri-Release Protein - 0 g  
1 cup raspberries - 7 g  
1Tbsp ground chia seed - 4 g

#### **Lunch Salad**

2 cups Greens - 3.5 g  
1/2 pear chopped - 2 g  
1 oz walnuts - 1.9 g  
2 Tdried cranberries - .9g  
1/2 chicken breast - 0 g

#### **Early Dinner**

Salmon filet - 0 g  
1/2 cup sweet potato - 3 g  
2 cups roasted broccoli - 10 g

#### **Evening Smoothie**

Tri-Release Protein  
(2 scoops) - 0 g

11 g      +      8.3 g      +      13 g      +      0 =      32.3 g total



# EATING FOR HORMONE HEALTH

*Top Tips*



## Eat organic

Conventional produce is grown with harmful pesticides such as glyphosate. These chemicals are endocrine disruptors and throw off your hormone balance. So eat organic as much as possible. If eating all organic is out of your budget, follow the EWG's '[Dirty Dozen](#)' & '[Clean Fifteen](#)' guidelines.



## Eat enough healthy fats

Your body uses fats as the building blocks for hormones. Without enough, your hormone production will suffer. Be sure to eat plenty of healthy fats like:

- Avocados
- Nuts & seeds
- Fatty fish (such as salmon, mackerel, sardines, & anchovies)
- Coconut oil
- Extra virgin olive oil
- MCT oil
- Kefir



## Keep your blood sugar balanced

Sugar and refined carbs increase insulin resistance. They also reduce leptin, the hormone that tells you you're full. So to keep your blood sugar (and hormones) balanced:

- Eat the protein and vegetables on your plate first.
- Eat complete meals with a good balance of protein, healthy fats, and complex carbs
- Keep snacking to a minimum



## Eat protein at every meal

Protein is made up of amino acids, which your body uses to make hormones. Protein also lowers your hunger hormone ghrelin and helps keep your blood sugar stable. Aim to eat 20-30 g of protein with every meal.

High protein foods include:

- Chicken
- Eggs
- Salmon
- Grass fed beef
- Sardines
- Lentils
- Turkey
- Beans
- Pork Chops



# OPTIMIZING DETOX

## *For hormone balance*



### Eat enough fiber

Fiber keeps you pooping so you can flush out excess hormones. If you're not pooping regularly these hormones can get reabsorbed and throw off your hormone balance. So how much fiber is enough? Women should aim for at least 25 g of a day, while men should aim for 38 g. High-fiber foods include raspberries, pears, apples, sweet potatoes, legumes, and avocado.



### Stay hydrated

Drinking plenty of water helps your body detox excess hormones. Without enough water, all that fiber will just sit inside you. So aim to drink at approximately half your body weight in water every day. For example, if you weigh 160 pounds, your water goal would be 80 ounces a day. \*Add in electrolytes like Isagenix Hydrate, lemon/lime or pinch of pink himalayan salt.



### Sweat it out

Sweating helps your body remove toxins via your skin. This lightens the load on your liver, which helps your body detox hormones. You can sweat it out via exercise or even take in a sauna session. Nowadays there are even portable saunas that can turn your bedroom into an at-home spa.



### Dry brush

Dry brushing exfoliates your skin and reduces the appearance of cellulite. But it also stimulates your lymphatic system, which helps your body remove wastes and toxins. If the lymphatic system gets sluggish, it can lead to a build-up of estrogen. New to dry brushing? [This post](#) will walk you through it. And [here's](#) my favorite dry brush set.

# TOP FOODS TO REDUCE SYMPTOMS OF MENOPAUSE

## *Enjoy and Benefit*



### LEAFY GREENS

RICH IN CALCIUM AND MAGNESIUM TO SUPPORT BONE HEALTH AND DETOXYIFY EXCESS HORMONES. EACH HAS ITS OWN SPECIAL SUPER POWERS! SO VERSATILE TO ADD IN A SMOOTHIE, BIG SALAD OR SAUTEED WITH MEALS OR IN SOUPS.



### CHIA SEED AND FLAX SEED

CONTAIN PHOSPHORUS, MAGNESIUM AND CALCIUM ALL OF WHICH ARE EXCELLENT FOR BONE DENSITY. THEY ALSO CONTAIN OMEGA 3 FATTY ACIDS FOR IMPROVED BRAIN HEALTH, HEART HEALTH, AND SKIN QUALITY.



### CRUCIFEROUS VEGETABLES

THESE VEGETABLES CAN AID IN ESTROGEN METABOLISM AND BALANCE. THEY ALSO HAVE CALCIUM TO IMPROVE BONE HEALTH. EXAMPLES ARE: BROCCOLI, CABBAGE, BRUSSELS SPROUTS, BOK CHOY, CAULIFLOWER, COLLARD GREENS.



### QUALITY PROTEIN

THIS IS NECESSARY TO MAINTAIN MUSCLE MASS WHICH CAN DECREASE MORE RAPIDLY AFTER MENOPAUSE. THE RECOMMENDED DAILY AMOUNT FOR WOMEN AFTER MENOPAUSE IS 1 GRAM PER KG OF IDEAL BODY WEIGHT.

EXAMPLES ARE: ORGANIC CHICKEN, WILD CAUGHT FISH, ORGANIC EGGS, GRASS FED BEEF, NUTS, AND SEEDS. THE ADDITION OF TRI-RELEASE WILL GREATLY HELP YOU ACHIEVE YOUR DAILY GOAL EASILY.



### FATTY WILD CAUGHT FISH

FOODS RICH IN OMEGA 3 FATTY ACIDS HAVE BEEN SHOWN TO REDUCE HOT FLASHES AND NIGHT SWEATS. THESE FOODS ALSO HELP MAINTAIN BRAIN HEALTH AND SKIN QUALITY. EXAMPLES OF HEALTHY FATTY FISH ARE: SALMON, MACKEREL, SARDINES, AND HERRING.



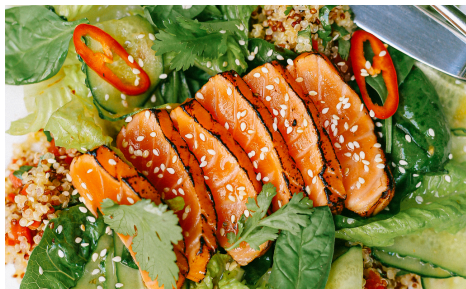
### DARK BERRIES

THESE LITTLE POWERHOUSES ARE LOADED WITH ANTIOXIDANTS WHICH CAN BLUNT THE EFFECTS OF AGING. THEY CONTAIN A UNIQUE COMBINATION OF FIBER, FLAVONOIDS, AND PHYTONUTRIENTS THAT CAN REDUCE RISK FOR HEART DISEASE AND HAVE BEEN SHOWN TO LOWER LEVELS OF LDL CHOLESTEROL. THEY HELP PROTECT AGAINST CELLULAR DAMAGE THAT CAN CAUSE CANCER AND COGNITIVE DECLINE. GREEN TEA ALSO HAS MANY OF THESE SAME BENEFITS.



# MEAL IDEAS TO HELP REDUCE SYMPTOMS OF MENOPAUSE

## *Enjoy and Benefit*



### SOY AND SALMON SALAD

LEAFY GREENS, SMOKED OR RAW SALMON, RADISHES, ARUGULA OR SEAWEED, AVOCADO, CHERRY TOMATOES, RICE (OPTIONAL), OLIVE OIL, LEMON, AND SEA SALT.



### CHIA SEED PROTEIN PUDDING

1 CUP ALMOND MILK OR LIGHT COCONUT MILK, 1-2 SCOOPS TRI-RELEASE PROTEIN, ½ TEASPOON ORANGE OR LEMON ZEST, ⅛ TEASPOON VANILLA EXTRACT, 3 TABLESPOONS CHIA SEEDS, 1/8 CUP FRESH BERRIES OF CHOICE, 1 TBSP UNSWEETENED COCONUT SHREDS. MIX TOP 5 INGREDIENTS TOGETHER AND REFRIGERATE OVERNIGHT. TOP WITH BERRIES AND COCONUT SHREDS. (COULD REPLACE A SMOOTHIE)



### BAKED CHICKEN AND VEGGIES

CHICKEN BREASTS, CHOPPED BROCCOLI, SLICED RED ONION, SLICED CARROTS, AND SLICED RED CABBAGE COATED WITH AVOCADO OIL, GARLIC POWDER, AND SEA SALT. COOK IN OVEN ON 350 DEGREES FOR 20 MINUTES (UNTIL CHICKEN IS COOKED THROUGH).



### EGGS AND GREENS

EGGS COOKED YOUR WAY WITH ARUGULA, AVOCADO, AND GROUND FLAXSEED.



### SALMON, BROCCOLI, AND BRUSSELS SPROUTS

BAKED OR GRILLED SALMON WITH LEMON AND GARLIC. SERVE WITH STEAMED OR ROASTED BROCCOLI AND BRUSSELS SPROUTS.



### BERRY SALAD TOPPED WITH LEAN PROTEIN

ARUGULA, WALNUTS, MIXED BERRIES, AVOCADO, SLICED RED ONION, OLIVE OIL, AND LEMON. TOP WITH LEAN PROTEIN SUCH AS SHRIMP, CHICKEN, TURKEY, OR FISH.

# FOODS TO LIMIT DURING MENOPAUSE

## *Pass on These*



### SPICY FOODS

THESE FOODS CAN MAKE HOT FLASHES AND NIGHT SWEATS WORSE. SPICY FOODS CAN MAKE SYMPTOMS OF GASTRIC REFLUX WORSE, A COMMON CONDITION IN AGING ADULTS.



### ALCOHOL

ALCOHOL CAN CAUSE MORE DIFFICULTY WITH SLEEP, HEALING, AND THE ABILITY FOR THE LIVER TO CLEAR OUT HARMFUL ESTROGENS. ALSO ALCOHOL CAN INTERFERE WITH NUTRIENT ABSORPTION AND HAS BEEN SHOWN TO HAVE A NEGATIVE IMPACT ON BONE DENSITY.



### ADDED SUGARS

SUGAR INTERFERES WITH OUR GUT HEALTH AND CAUSES IMBALANCES OF THE GUT MICROBIOME. IT CAN LEAD TO POOR NUTRIENT ADSORPTION, IMPAIR OUR IMMUNE HEALTH, AND CAUSE INCREASED INFLAMMATION. THIS CAN LEAD TO WORSE HOT FLASHES AND WEIGHT GAIN.



### PROCESSED CARBOHYDRATES

THESE FOODS INTERFERE WITH OUR HORMONE BALANCE AND CAN LEAD TO INSULIN RESISTANCE. THIS CAN FURTHER LEAD TO MANY ISSUES SUCH AS DIABETES, CHRONIC ILLNESS, FATIGUE, BRAIN FOG, LOW LIBIDO, HIGH CHOLESTEROL, AND MORE. EXAMPLES ARE: BREADS, PASTA, CHIPS, GRANOLA BARS, CRACKERS, PRETZELS, ETC.



### FRIED FOOD

FRIED FOODS CAN CAUSE GASTRIC UPSET AND POOR GUT HEALTH. THEY CAN INCREASE SYMPTOMS OF HOT FLASHES, NIGHT SWEATS, HIGH CHOLESTEROL LEVELS, BRAIN FOG, AND LOW LIBIDO.



### CAFFEINE

TOO MUCH CAFFEINE CAN INTERFERE WITH OUR HORMONAL BALANCE AND LEAD TO IMPAIRED SLEEP AND INCREASED HOT FLASHES. FOR MOST PEOPLE ONE CUP PER DAY DOES NOT INCREASE SYMPTOMS BUT AVOIDING MORE THAN THIS CAN BE HELPFUL. GREEN TEA IS BEST BECAUSE IT IS MORE ALKALINE / ANTI-INFLAMMATORY BUT OUR ISAGENIX COFFEE IS ALSO LOW ACID AND OK IN MODERATION. ALL ISAGENIX ENERGY SOLUTIONS ARE GOOD IN MODERATION.

# DAILY WELLNESS

## Tracker

TODAY IS

DAILY INTENTION

### MEALS

BREAKFAST  
SMOOTHIE

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LUNCH

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DINNER

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EVENING  
SMOOTHIE

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### TO DO'S

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### WORKOUT

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### STEPS

GOAL

ACTUAL

### SELF-CARE CHECKLIST

☐ MEDITATION

☐ MINDFULNESS

☐ BREATHWORK

☐

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### WATER



ONE DROP = 8 OZ

### SLEEP



ONE = ONE HOUR

SLEEP QUALITY:

### I'M GRATEFUL FOR

1.

2.

3.

### NOTES

### WEEKLY STATS

WEIGHT

WAIST:

HIPS:

THIGHS:

MEASUREMENTS



# SUGGESTED PACK OPTIONS

*Healthy Women*

## MENOPAUSE RESET PACK

**\$490**



- 5 TRI-RELEASE PROTEIN
- 1 IONIX SUPREME (STRESS MANAGEMENT)
- 2 CLEANSE FOR LIFE (4 DETOX DAYS)
- 1 PURAPLANT (ADVANCED MULTIVITAMIN)
- 1 NATURAL ACCELERATOR (METABOLISM SUPPORT)
- 1 ISAGENIX SNACKS (NATURAL BERRY - DETOX DAY SUPPORT)
- 1 HYDRATE
- 1 HARMONIA (WOMEN'S HORMONE SUPPLEMENT)

### SUGGESTED ADD-ONS:



JOINT SUPPORT	RECHARGE NAD	ORGANIC COFFEE	E+ SHOT	BEA	SUPERMIX (MORINGA)	XM+ (MORINGA)	COLLAGEN BONE BROTH
\$40	\$95	\$20	\$24	\$46	\$112	\$112	\$41

*Healthy Women*

## MENOPAUSE RESET PACK

**\$450**



- 4 TRI-RELEASE PROTEIN
- 1 IONIX SUPREME (STRESS MANAGEMENT)
- 2 CLEANSE FOR LIFE (4 DETOX DAYS)
- 1 PURAPLANT (ADVANCED MULTIVITAMIN)
- 1 NATURAL ACCELERATOR (METABOLISM SUPPORT)
- 1 ISAGENIX SNACKS (NATURAL BERRY - DETOX DAY SUPPORT)
- 1 HYDRATE
- 1 HARMONIA (WOMEN'S HORMONE SUPPLEMENT)

### SUGGESTED ADD-ONS:



JOINT SUPPORT	RECHARGE NAD	ORGANIC COFFEE	E+ SHOT	BEA	SUPERMIX (MORINGA)	XM+ (MORINGA)	COLLAGEN BONE BROTH
\$40	\$95	\$20	\$24	\$46	\$112	\$112	\$41