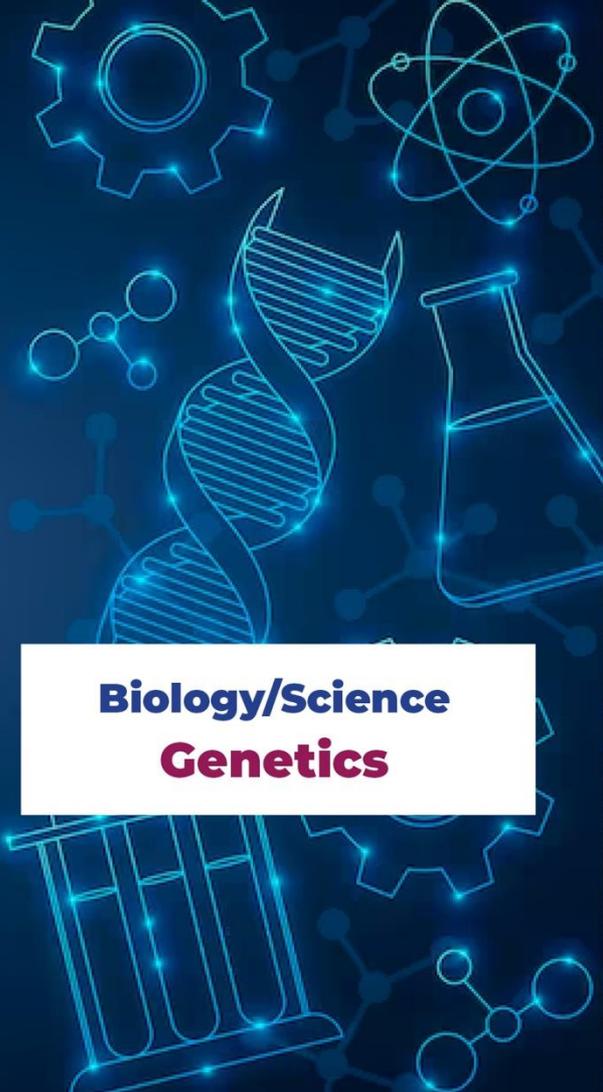


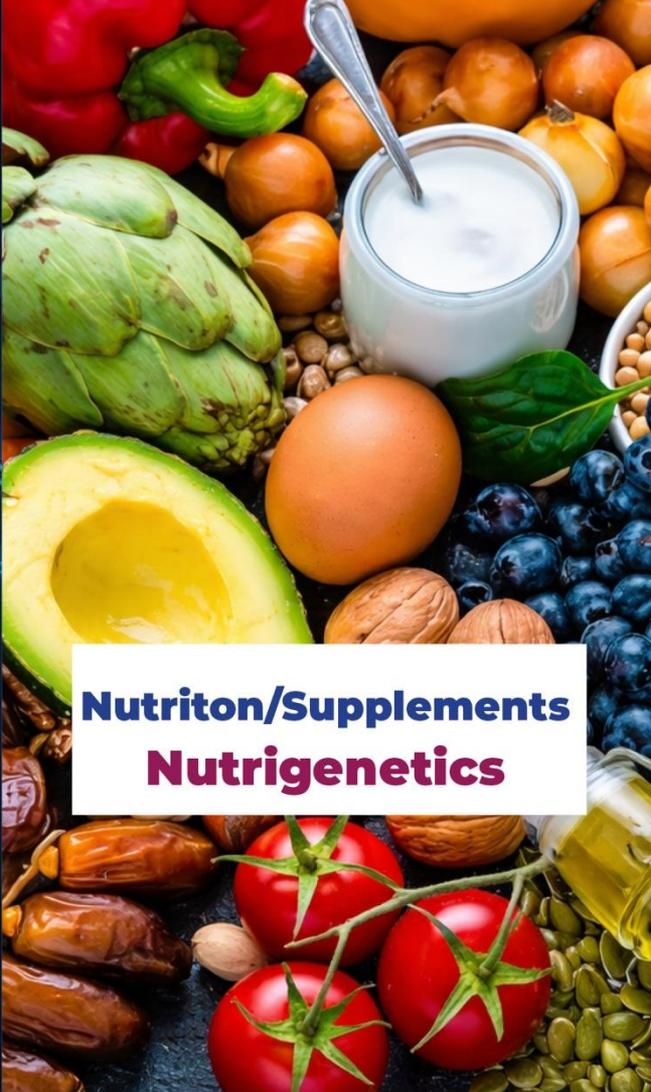


Menopause, Mind & Metabolism

How Genetics, Nutrition & Lifestyle Shape Brain Health, Energy, and Longevity



Biology/Science
Genetics



Nutrition/Supplements
Nutrigenetics



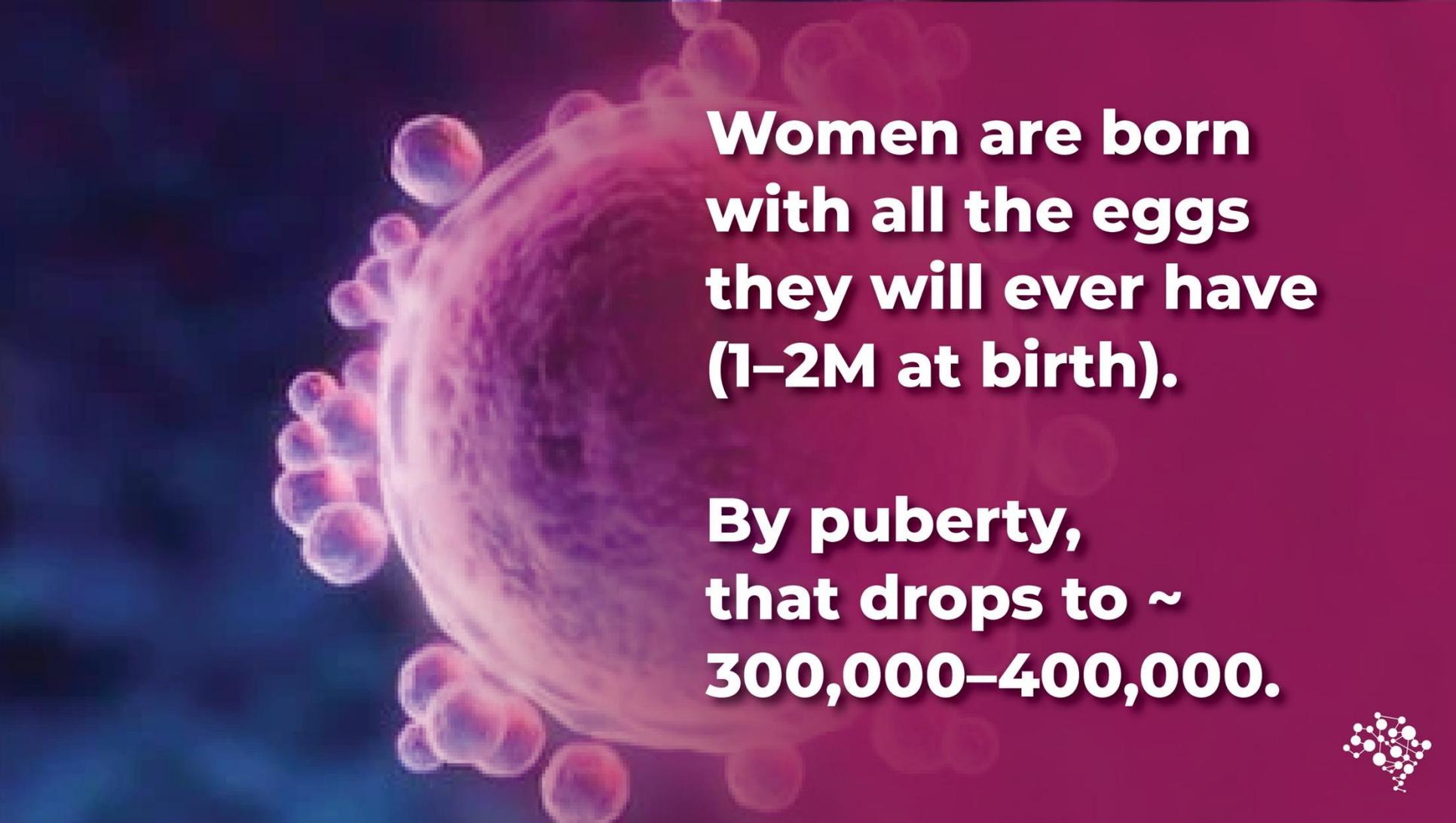
Lifestyle Choices
Epigenetics



Menopause. The Silent Transition...

that no one prepared us for!





**Women are born
with all the eggs
they will ever have
(1–2M at birth).**

**By puberty,
that drops to ~
300,000–400,000.**



Over time, the ovaries run out of viable follicles.

Those follicles are the main source of estrogen and progesterone. When they decline → hormones decline.

Estrogen's primary job is for reproduction:

- Mature eggs
- Prepare the uterus
- Support pregnancy
- Protect a developing fetus

EVOLUTION:

“From preserve pregnancy to **Preserve the Woman.**”



The Modern Problem

(why menopause feels worse now)

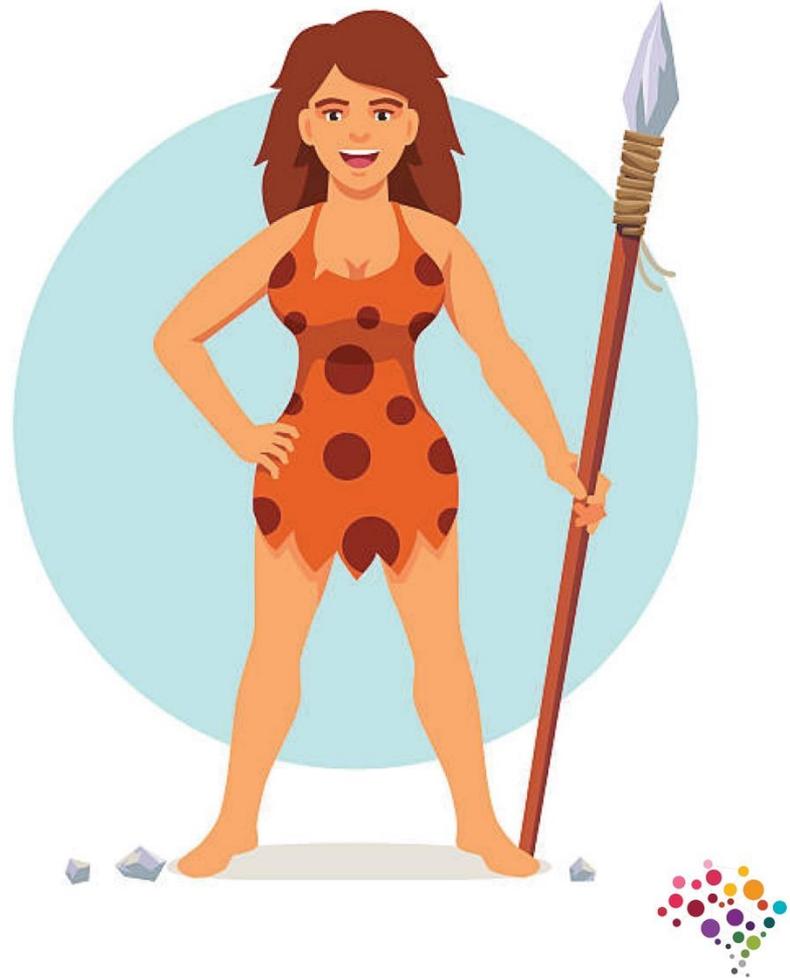
Evolution didn't plan for:

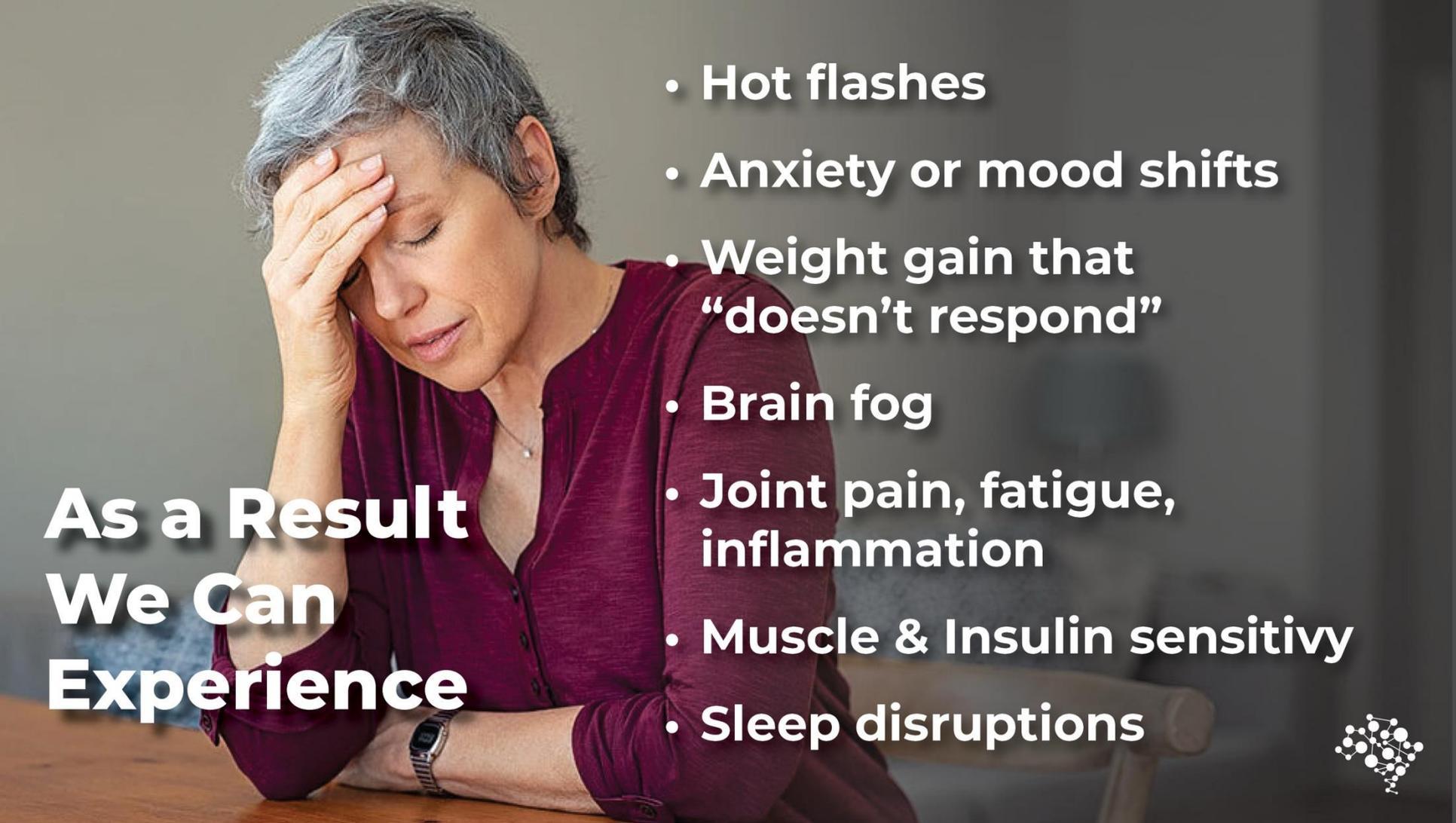
- Chronic stress
- Ultra-processed food
- Sedentary living
- Alcohol exposure
- Sleep deprivation
- Chemicals

So the transition that was once gradual becomes abrupt and symptomatic.

ROLL SHIFT! From:

- estrogen-dominant → cortisol-sensitive
- reproduction → preservation
- growth → regulation





**As a Result
We Can
Experience**

- Hot flashes
- Anxiety or mood shifts
- Weight gain that “doesn’t respond”
- Brain fog
- Joint pain, fatigue, inflammation
- Muscle & Insulin sensitivity
- Sleep disruptions

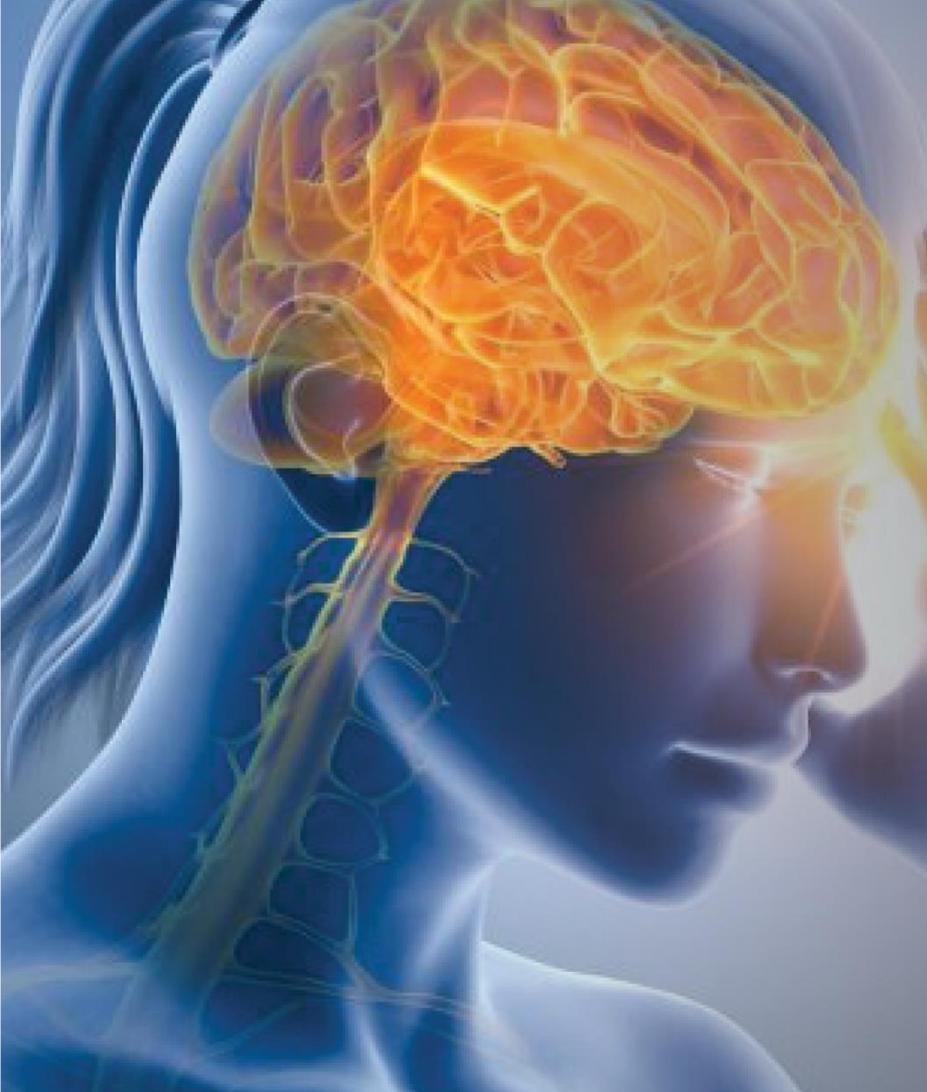


A woman with grey hair and glasses is sitting on a grey couch, looking out a window. She is wearing a blue button-down shirt. The background shows a blurred interior with a dining table and chairs.

The Good News!

**We are not broken...
Our brain is adapting!**





Menopause Is a Brain Event

**Estrogen receptors live
in the brain (not just
the ovaries) affecting:**

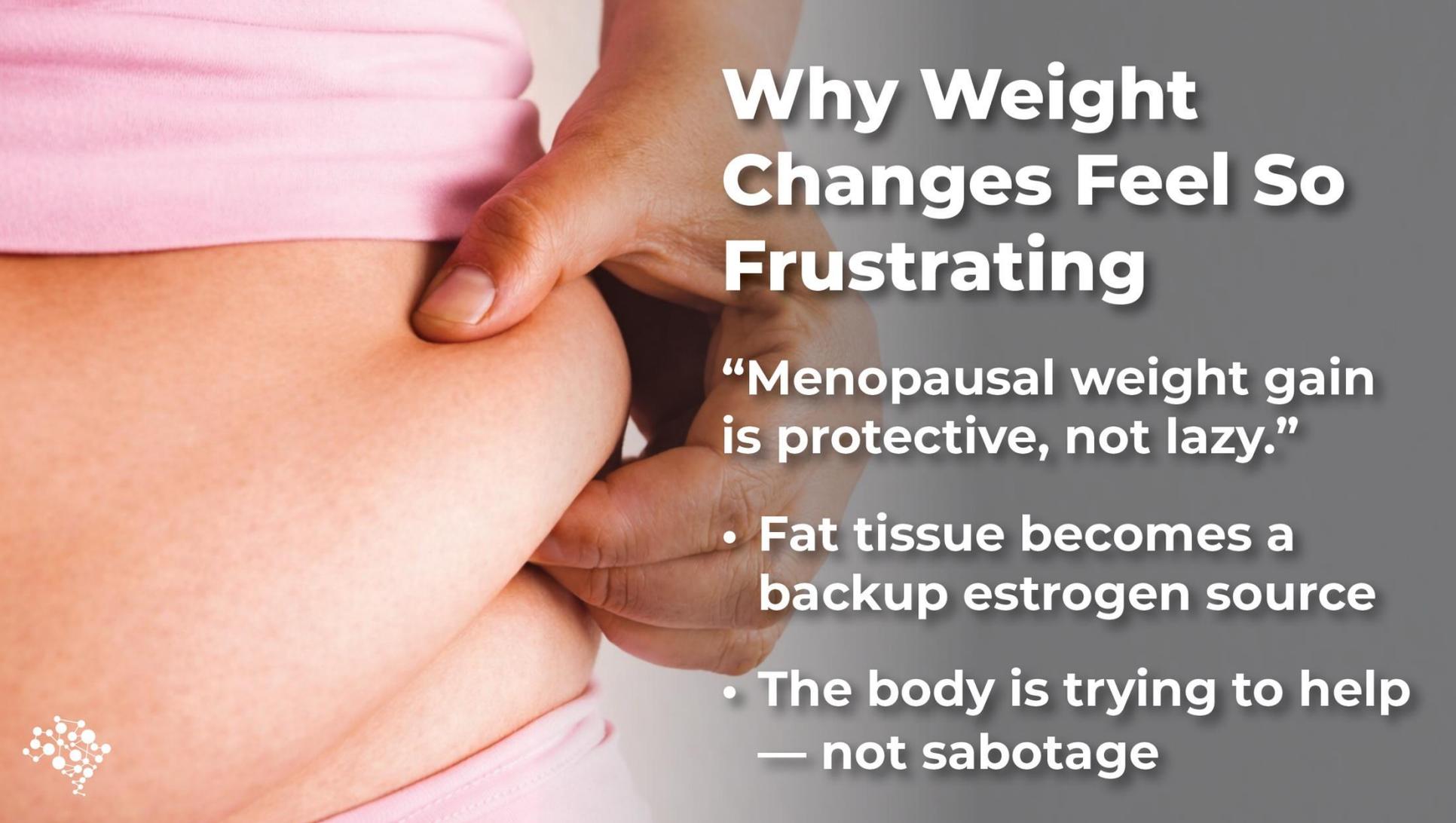
- Serotonin**
- Dopamine**
- Insulin sensitivity**
- Inflammation**



The Hormone Domino Effect

- Estrogen ↓
- Insulin sensitivity ↓
- Sleep Quality ↓
- Blood Sugar ↑
- Cortisol ↑
- Inflammation ↑
- Weight storage ↑





Why Weight Changes Feel So Frustrating

“Menopausal weight gain is protective, not lazy.”

- Fat tissue becomes a backup estrogen source**
- The body is trying to help — not sabotage**





As Estrogen Drops:

- Anxiety that can feel “out of nowhere”
- Shorter temper, and emotional reactivity
- Trouble Sleeping (waking at 2–4am)



Key insight:

These symptoms are brain-driven. Estrogen modulates serotonin, dopamine, GABA, and norepinephrine — so mood changes are not psychological weakness, they’re chemistry.

The Brain Becomes More Sensitive:

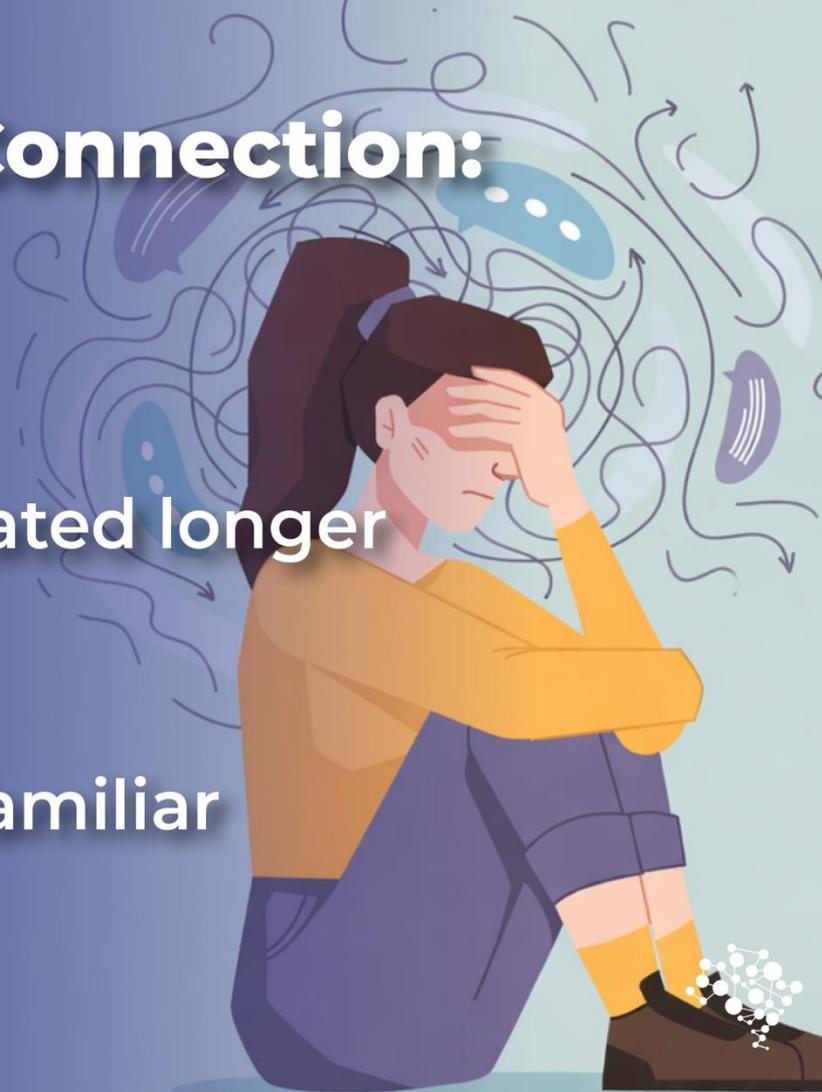
- **Hot Flashes:** (neurological signals from the hypothalamus (your thermostat + stress hub))
- **Stress responses amplify**
- **Cortisol becomes more dominant**
- **↑ Sensitivity to caffeine, alcohol, and sugar**
- **Heart palpitations**
- **Feeling “wired but tired”**



The Nervous System Connection:

Menopause + stress
= amplified symptoms

- Stress hormones stay elevated longer
- Sleep becomes fragile
- Anxiety feels “new” or unfamiliar
- Anxiety or depression



**Where
do we go
from here?**





Enter Deep Health

Daily Choices to Support

energy, mood, sleep,
weight management,
focus & stress resilience.

Nutrigenomics & Deep Health

Nutrigenetics is the science and study of how biologically active compounds from food positively or negatively influence our state of health.



A top-down view of a wooden surface covered with various fresh and healthy food items. In the top left, there's a head of broccoli. Next to it is a white bowl filled with black chia seeds. To the right, a white plate holds several walnuts. In the center, a brown wooden bowl is filled with white beans. To the right of the beans is a large piece of raw salmon. In the bottom left, there's a piece of raw chicken breast. In the bottom center, a wooden bowl contains fresh green spinach leaves. To the right of the spinach is a large slice of Swiss cheese with several holes. In the bottom right, there are more pieces of raw salmon. A small white plate with almonds is also visible. A whole brown egg is in the middle left, and another one is partially visible in the top center. A glass jar with a metal lid is filled with white and purple beans on the left side. An avocado is cut in half on the right side. A walnut is also visible near the bottom left.

The Power of Food

Nutrition
What Your Body Needs



Prioritize Protein at Every Meal

Target: 25–35g per meal
100 grams a day

Why it works:

Estrogen decline accelerates muscle loss (sarcopenia), slows metabolism, and worsens insulin resistance.

Best sources:

Eggs, Greek yogurt, wild fish, chicken, lentils, quinoa, collagen + protein blends.



Lift Weights (Yes, Really)

Why it works:

Resistance training increases insulin sensitivity, bone density, and metabolism. Things cardio alone cannot do.

Goal: 2 – 3x a week
compound movements
(squats, deadlifts, presses).

Bonus: Improves mood
and cognitive resilience.



East at Least 20 grams of Protein

30-60 minutes before Lifting Weights!

Protects muscle: Signals the body to burn fat, not muscle during workouts.

Boosts fat loss: Protein before lifting improves metabolic response and calorie burn after 40.

Controls cortisol: Stabilizes blood sugar so stress doesn't slow weight loss.



Creatine

Optional but Powerful

Why?

- Muscle strength
- Brain energy
- Bone density support

Daily Target: 3–5 g/day

Supplementation is far more effective than food sources.



Nutrient Power Shake

Protein • Fiber • Omega-3s • Magnesium • Creatine



Blend:

- Spinach (1–2 cups)
- Garden of Life Protein (2 scoops)
- Chia seeds (2 Tbsp)
- Almond butter (1 Tbsp)
- Blueberries (½ cup)
- Mango (½ cup)
- Beet powder (½–1 tsp)
- Creatine monohydrate (3–5 g)
- Blend with water

What this covers:



Protein: 35+ g

Fiber: 12–15 g

Chia Omega-3: 5,000 mg

Magnesium: 120–150 mg

Creatine: full daily dose

* Blood sugar stable

* Gut + brain supported

* Great pre-work or breakfast



Balance Blood Sugar Like It's Our Job

Why it works:

Estrogen normally buffers glucose spikes—without it, swings feel brutal
weight gain happens
“meno-naturally”.

Strategies:

- Eat protein + fiber first
- Walk 10–15 min after meals
- Avoid naked carbs
- Don't skip meals



During Menopause...

Carbs without Protein digest like dessert.

- Protein and fiber buffer glucose
- Blood sugar crashes drive belly fat
- If you are tired, anxious, or craving sugar, it's probably a **glucose crash** – not willpower!



Support the Nervous System Daily

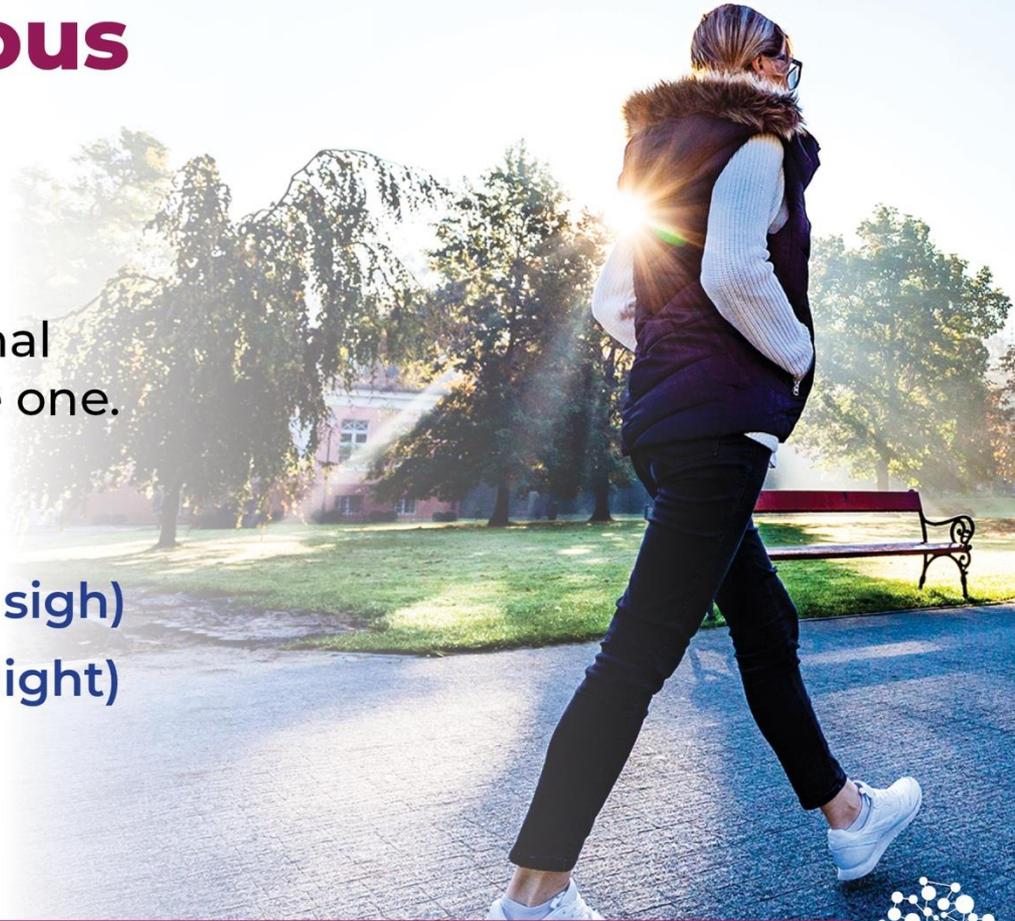
Why it works:

Menopause is a neuro-hormonal transition, not just a reproductive one.

Strategies:

- Breathwork (physiological sigh)
- Magnesium glycinate (at night)
- Morning light exposure
- Consistent sleep timing

Calm nervous system = fewer hot flashes, less anxiety, better sleep.



Eat for Your Brain (Not Just Your Waistline)

Why it works:

Estrogen is neuroprotective —
its loss raises cognitive risk.

Focus Nutrients:

- **Omega-3s** (DHA dominant): 1,000–2,000 mg
- **Choline:** 1,000–2,000 mg
- **Polyphenols:** (berries, olive oil, green tea)

**Critical for women with cognitive risk genes.*



*Choline

Why: Memory, brain fog, liver fat metabolism, hormone signaling.

Daily Target: 425–550 mg/day

- Chicken liver (3 oz = ~275 mg)
- Egg yolks (1 egg = ~145 mg)
- Salmon (4 oz = ~95 mg)

***Many women are deficient**



Optimize Sleep Before Everything Else

Why it works:

Poor sleep worsens hot flashes, fat gain, mood swings, and cravings.

Non-negotiables:

- Cool bedroom
- Magnesium + glycine
- No late alcohol
- Consistent bedtime

Sleep is hormone therapy without a prescription.



Don't Fear Fats

Choose the Right Ones

Why it works:

Cholesterol is the backbone of hormone production.

Good Fats:

- Olive oil
- Avocado
- Nuts & seeds
- Wild fish

Low-fat diets backfire in menopause.



Alcohol Reduction

This is a big one!

Why:

Alcohol worsens hot flashes, sleep, anxiety, belly fat, and estrogen metabolism.

Reality:

Even “moderate” intake hits harder after 45.

Less alcohol = better hormones, brain clarity, and body composition.



Support Detox & Estrogen Clearance

Why:

Estrogen dominance symptoms can worsen even as estrogen declines.

Best Support:

- Fiber (25–35 g/day)
- Cruciferous veggies
- Sulforaphane or broccoli sprouts
- Regular bowel movements



*Fiber

Why: Gut health, estrogen metabolism, blood sugar control, weight regulation.

Daily Target: 25–35 g/day

- **Psyllium husk:** (2 Tbsp = 10–12 g)
- **Chia seeds:** (2 Tbsp = 10 g)
- **Flaxseed:** (2 Tbsp = 6 g)
- **Berries:** (1 cup = 8 g)
- **Beans/lentils:** (1 cup = 12–15 g)

***Many women need more fiber!**

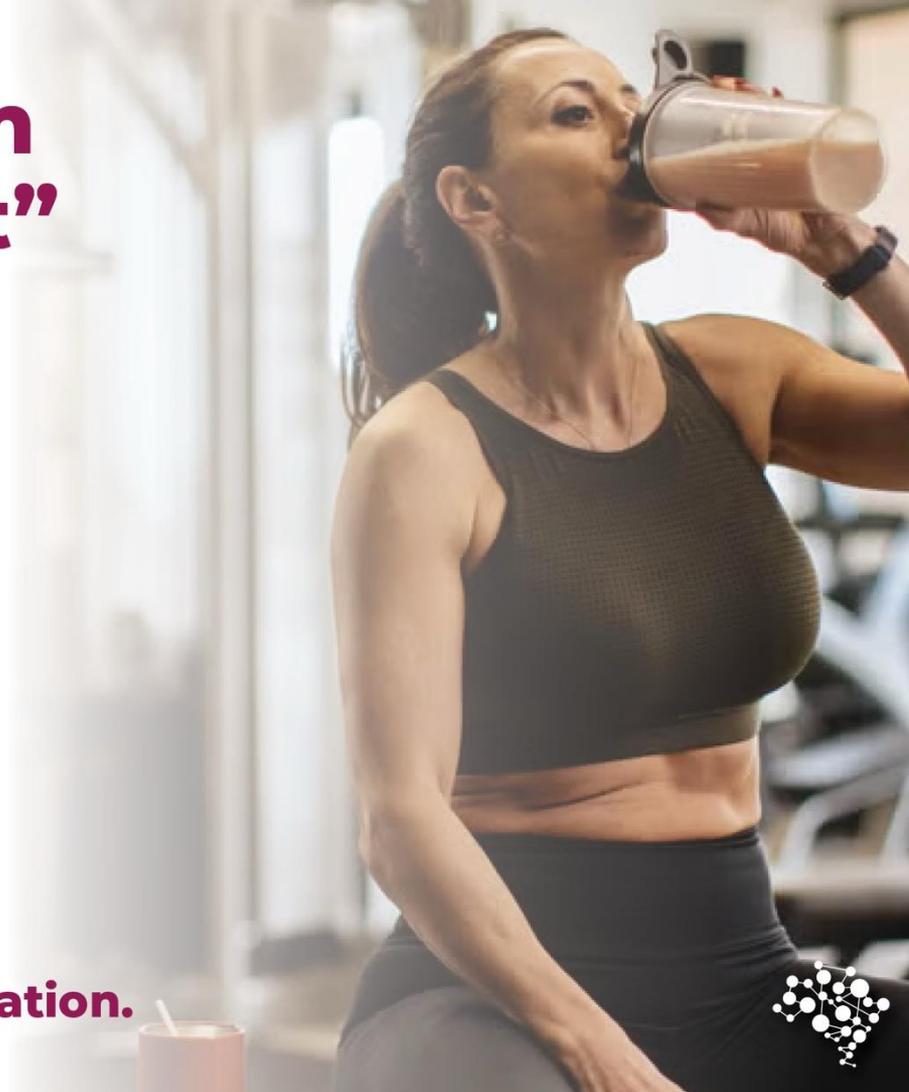


Shift the Goal From “Thin” to “Resilient”

Best Support:

- Strength
- Energy
- Sleep quality
- Mood stability
- Waist-to-hip ratio
- Cognitive Clarity

Menopause isn't a decline—it's a **recalibration.**



**We all go
through
menopause
differently.**



Because we are all unique!



Understanding Your Unique DNA Unlock the code

**Your Genes are the blueprint to
what your body needs to thrive!**

**And your needs
are unique!**



Nutrigenetics Fill in the Missing Pieces

Ever wonder why those one-size-fits-all protocols fail?

- Your Diet is just not working?
- Bloating, constipation, reflux?
- Exercise no longer working?
- Wired & tired, anxious?
- Supplement confusion?





Optimize your health based on your unique DNA

3x4 Genetic Blueprint Testing Reveals:
Nutrition, Lifestyle & Supplements
tailored for your DNA.



Weight Balance



Heart Health



Blood Sugar Regulation



Brain Health



Fitness & Tissue Health



Hormone Health



170 Genes • 36 Pathways • 6 Biological Health Areas



Cellular Health

(Inflammation, Methylation, Oxidative Stress, Detoxification)



Systems Health

(Mood + Behavior, Hormones, Memory, Collagen + Joints, Histamine + Glucose)



Cardiovascular Health

(Blood Pressure, Vascular Health, Cholesterol, Blood Clotting)



Energy

(Exercise Response, Appetite/Satiety/Intake; Energy Expenditure, Weight Gain and Weight Loss Resistance; Pro-inflammatory Fat)



Activity Response

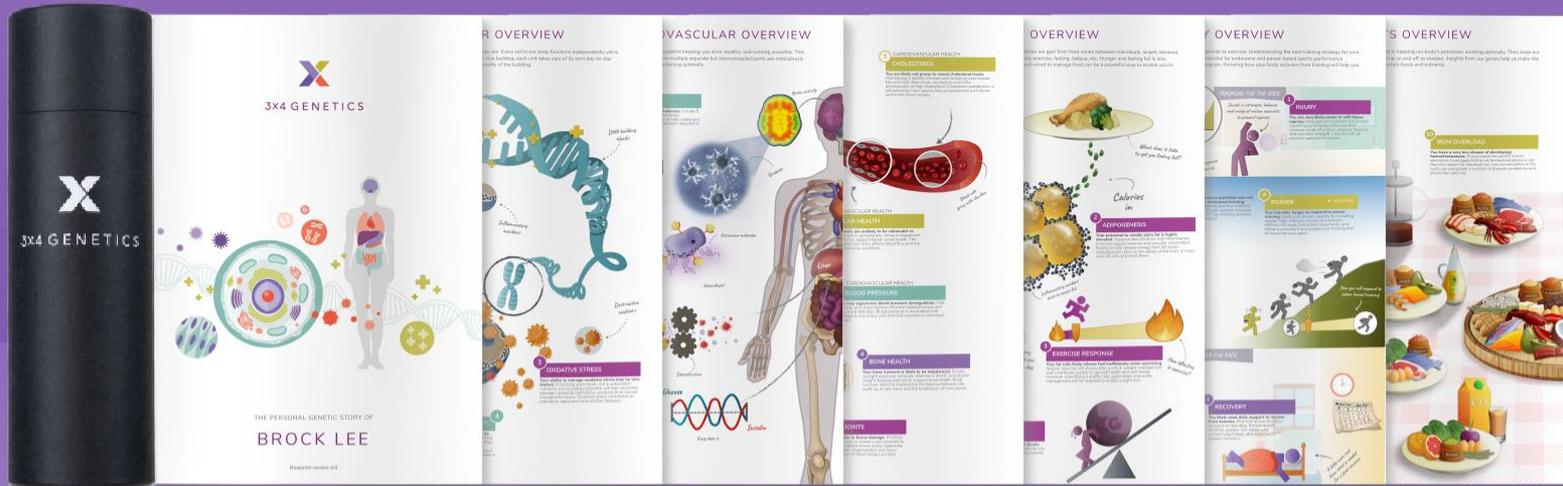
(Training Response, Injury, Power, Recovery, Endurance)



Nutrients

(Vitamin B12, Folate, Fatty Acids, Choline, Vitamin D, Gluten, Iron Overload, Vitamin C, Caffeine, Salt)

Let's build your DNA-based health plan using the power of genetic testing



Q&A

Welcomed!

Thank You!

Laurel Clayton-Seheult
East Cobb Counseling

