

The Midlife Metabolic Reset



The evidence-based path to defeating inflammation, balancing insulin, and restoring your metabolism.

PRISCILLA B

Introduction

You've been told your labs are "normal."

You've been told your symptoms are "just aging."

You've been told everything is fine — even while your body whispers that something is very, very wrong.

Fatigue. Weight changes. Brain fog. Mood shifts. Bloating. Cravings. Anxiety. Poor sleep.

They aren't random.

They aren't your fault.

They aren't imaginary.

They're signs.

Signals of inflammation, insulin resistance, metabolic dysfunction, and a healthcare system that was never designed to teach you how to fix any of it.

For decades, women have been treated as problems to medicate — not as whole human beings whose symptoms have root causes. You've been handed prescriptions instead of explanations. Labels instead of solutions. Quick fixes instead of healing.

This book changes that.

Here, you will learn what traditional medicine doesn't have time to explain:

how inflammation works, how insulin resistance develops, how your metabolism becomes dysregulated, how your nervous system affects your hormones, and how your daily habits determine the direction of your health.

*This **IS** the missing conversation — the one that connects all the dots.*

You'll discover the evidence-based lifestyle shifts that actually heal, not just manage:

✓ lowering inflammation

✓ balancing insulin

✓ healing the gut

✓ reducing cortisol

✓ improving sleep

✓ restoring metabolism

✓ rebuilding your energy

✓ reversing the patterns that kept you sick

You'll learn how to take your power back — with tools you can use today, tomorrow, and for the rest of your life.

This is not a quick fix.

This is not a diet.

This is not "try harder."

This is How to Heal Yourself in a System Built to Keep You Sick.

Welcome to the truth.

Welcome to your transformation.

Welcome to your metabolic reset.

About Me



My name is Priscilla, and I've spent more than 30 years in healthcare — first as an EMT, then a phlebotomist, a surgical tech, and finally an ICU and Level 1 Trauma nurse. I graduated nursing school in 2001 and spent many years on the front lines of adult and pediatric emergency medicine across the United States.

I thought I understood health.

I thought I understood the body.

But nothing in my medical training prepared me for what happened to my own.

In early 2024, my body started changing. I was gaining weight for no reason, feeling exhausted, sleeping poorly, developing skin tags, and struggling through my days even though I was exercising and eating well. I knew something was wrong — deeply wrong.

But when I went to my doctor, he told me my labs were normal.

He dismissed my symptoms.

And instead of looking for answers, he suggested a psychiatric evaluation.

That moment changed everything for me.

I realized how many women are suffering the same way — dismissed, misunderstood, told “everything looks fine” when their body is screaming for help.

*I refused to accept “everything is fine” as an answer — and eventually discovered what was really happening:
chronic inflammation + insulin resistance.*

I was headed straight toward metabolic disease, and no one caught it.

Once I understood the root cause, everything changed. I shifted my nutrition, began walking daily, incorporated intermittent fasting, lowered stress, and learned how to work with my metabolism instead of against it.

That experience opened my eyes to a painful truth:

Western medicine is excellent at treating emergencies — but not at treating the root causes of chronic disease. It manages symptoms instead of healing the source. It hands out medications instead of explanations.

So I made a decision:

From this day forward, I'm dedicating my life to educating, empowering, and advocating for women who feel unheard, unseen, or dismissed by a system that was never designed to help them truly heal.

My mission is simple:

- ✓ *Teach women the truth about inflammation and insulin resistance*
 - ✓ *Explain what the medical system doesn't*
 - ✓ *Give them tools they can use every day*
- ✓ *Help them reclaim their energy, metabolism, and health*
 - ✓ *Show them how to heal from within.*

I'm honored to walk this journey with you.

Healing is possible. You are not alone.

— Priscilla

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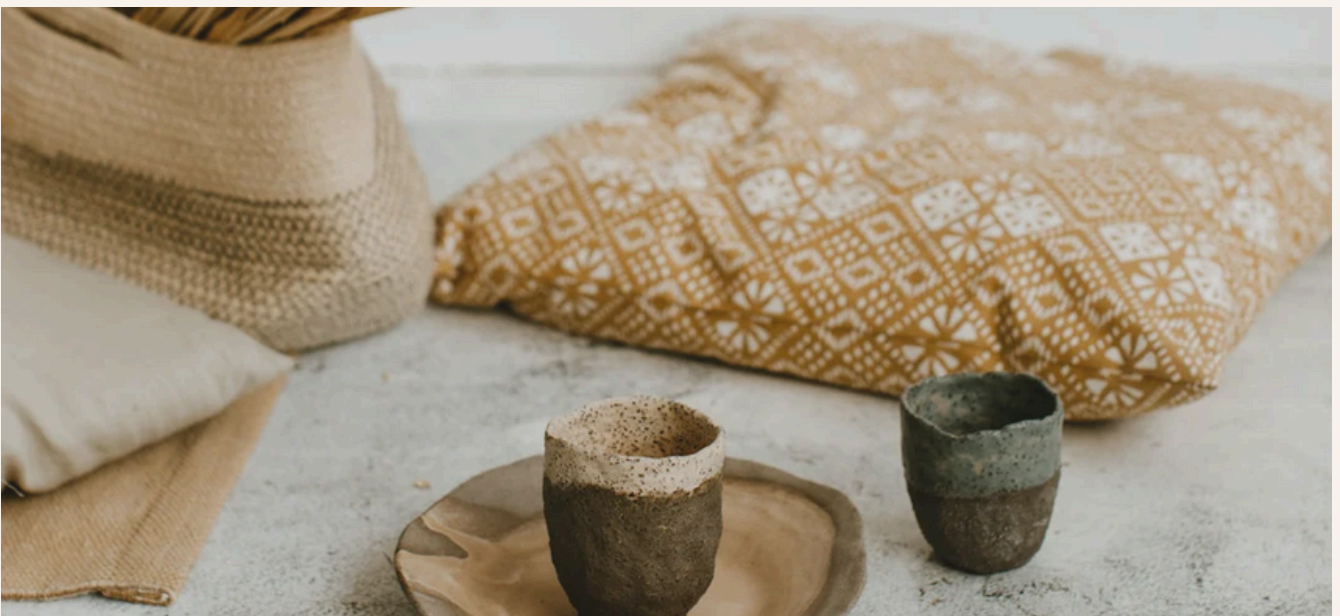
01

Understanding Inflammation

Inflammation is your body's built-in alarm system, designed to protect you. But after 40, that alarm can start ringing more often than it should. In this chapter, we explore why it happens — and what it means for your energy, weight, and long-term health.

This is what we call chronic inflammation, and it often shows up long before lab results do. Many patients feel the symptoms — fatigue, stubborn weight gain, swelling, brain fog — even while their medical charts say they're "normal."

Your body, however, always tells the truth.



SYMPTOMS OF CHRONIC INFLAMMATION INCLUDE:

- **CONSTANT FATIGUE**
- **BRAIN FOG OR FORGETFULNESS**
- **WEIGHT GAIN (ESPECIALLY AROUND THE MIDSECTION)**
 - **JOINT STIFFNESS**
 - **TROUBLE SLEEPING**
 - **INCREASED ANXIETY**
 - **DIGESTIVE ISSUES**
- **SKIN TAGS OR DARKENED PATCHES**
- **WATER RETENTION OR PUFFINESS**

Why Inflammation Increases After 40



- Hormone changes (especially estrogen, progesterone, testosterone, thyroid)
- Decreased muscle mass
- Slower metabolic rate
- Increased stress load
- Reduced sleep quality

Each of these makes the body more sensitive to inflammation triggers — especially if blood sugar is unstable.

What Chronic Inflammation ACTUALLY Does Inside YOUR Body

When your inflammation switch stays on, your body becomes less efficient at doing the things that used to happen naturally, without effort. Processes like digestion, energy regulation, hormone balance, and glucose control begin to feel “off.” You may notice that the same habits that once worked suddenly don’t — especially when it comes to energy, mood, and weight.

Chronic inflammation affects:

- Insulin sensitivity (making blood sugar harder to manage)
 - Cellular repair (you recover more slowly)
- Hormone messaging (the body becomes less responsive)
 - Metabolism (it slows down)
- Immune balance (you may get sick more often or take longer to heal)

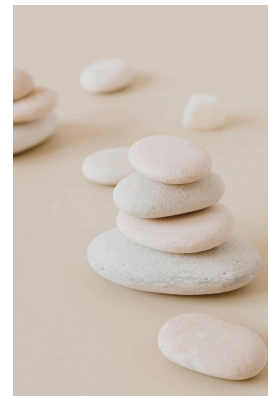
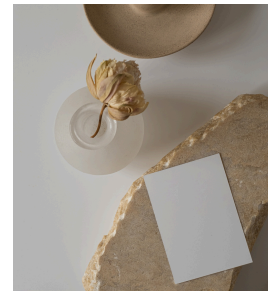
Over time, inflammation isn’t just something you feel — it becomes something that changes how your body functions on a daily basis.



Early Signs Most Women Over 40 Miss

Many early indicators of inflammation get dismissed as “just aging,” when in reality they’re early red flags:

- Feeling swollen when waking up
- Needing caffeine to feel normal
- Gaining weight despite eating well
- Increased anxiety or irritability
- Crashing mid-afternoon
- Not feeling rested after sleep
- Digestive changes
- Random aches or stiffness



These signals are your body whispering that something deeper is happening — and that functional changes are needed, not just medications.



Labs That Can Reveal Hidden Inflammation

Even when standard labs say “you’re fine,” deeper markers often tell a different story. Ask your provider for the following lab tests:

INFLAMMATORY MARKERS

- C-reactive protein (CRP)
- Erythrocyte sedimentation rate (ESR)

METABOLIC

- Hemoglobin A1C
- Fasting insulin
- Fasting glucose

THYROID

- TSH
- Free T3
- Free T4
- Reverse T3

HORMONES

- Estrogen
- Progesterone
- Testosterone

NUTRIENTS

- Vitamin D
- Magnesium
- Ferritin

These labs help uncover root causes that traditional screenings often miss.

PUTTING IT ALL TOGETHER

INFLAMMATION AFTER 40 IS NOT A PERSONAL FAILURE — IT'S A BIOLOGICAL SHIFT. THE GOAL IS NOT PERFECTION; IT'S AWARENESS.

ONCE YOU UNDERSTAND HOW INFLAMMATION BEHAVES, YOU CAN BEGIN REVERSING IT WITH FOOD, MOVEMENT, SLEEP, AND SIMPLE LIFESTYLE CHANGES THAT WORK WITH YOUR BODY, NOT AGAINST IT.

IN THE NEXT CHAPTER, WE'LL EXPLORE INSULIN RESISTANCE — ONE OF THE BIGGEST HIDDEN DRIVERS OF MIDLIFE INFLAMMATION.



02

Insulin Resistance Explained

Insulin plays a major role in how your body uses energy. When your cells stop responding to it—something that becomes more common after age 40—your blood sugar rises, your metabolism slows, and inflammation increases. In this chapter, we'll break down what insulin resistance really is, how to recognize it, and what you can do to reverse it.

What Is Insulin and Why Does It Matter?

Insulin is one of the most important hormones in your body.

It helps your cells absorb glucose (sugar) from the bloodstream so you can use it for energy. When insulin works well, your blood sugar stays balanced and your body feels stable, energized, and calm.

When insulin stops working well, everything feels harder.

This is why insulin resistance is a major root cause of:

- Weight gain
- Chronic inflammation
- Fatigue
- Hormone imbalance
- Cravings
- Brain fog

And why so many women over 40 suddenly feel like their metabolism “changed overnight”

What Is Insulin Resistance?

Insulin resistance happens when your cells stop responding to insulin effectively which leads to the following:

- ✓
 - Higher insulin levels
 - Higher blood sugar
- ✓
 - Increased fat storage
 - Increased inflammation
- ✓
 - Constant hunger
 - Afternoon crashes

Most people don't realize insulin resistance starts years before diabetes shows up on labs.

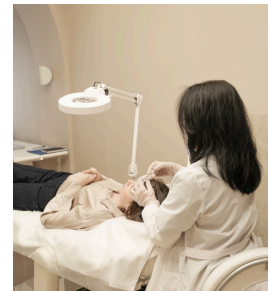
Common Symptoms of Insulin Resistance

You may be insulin resistant if you experience:

- Belly weight gain
- Skin tags
- Fatigue after meals
- Cravings (especially for carbs at night)
- Brain fog
- Bloating
- Trouble losing weight despite eating well
- Darkened skin patches (neck, armpits)
- PCOS-like symptoms

Many women say, “I’m doing everything right, but nothing works anymore.”

This is often why.



What Causes Insulin Resistance After 40

Insulin resistance becomes more common after age 40 because:

- *Estrogen, progesterone, and testosterone decline*

These hormones play a major role in blood sugar control.

- *Muscle mass decreases*

Muscle is the #1 place your body stores glucose.

- *Sleep quality drops*

Poor sleep increases cortisol, which increases insulin resistance.

- *Stress accumulates*

Chronic stress raises blood sugar and insulin.

- *Processed foods create inflammation*

And inflammation creates a cycle of insulin resistance.

This is why midlife is such a powerful time to reset your metabolism through food, movement, and stress reduction.

How Insulin Resistance and Inflammation Feed Each Other



Insulin resistance and inflammation form a closed loop.
When insulin stays high, inflammation increases.
When inflammation increases, insulin resistance worsens.

This cycle leads to:

- Difficulty losing weight
- Constant hunger
- Slowed metabolism
- Increased cortisol
- Higher blood sugar
- Hormone imbalance

Breaking this cycle is one of the fastest ways to feel better, lower inflammation, and restore metabolic balance.

How Blood Sugar Spikes Damage Your System

When you eat certain foods (especially carbs, sugary drinks, breads, pastas, pastries), your blood sugar rises. A small rise is normal. But spikes cause problems.

Large spikes lead to:

- Fatigue after meals
- Sugar cravings
- Irritability
- Midsection fat storage
- Increased inflammation
- More insulin released
- Higher risk of Type 2 diabetes



Lowering the spikes is one of the simplest ways to improve insulin sensitivity.

The Most Overlooked Signs of High Insulin

Many women don't realize they may have high insulin because these symptoms are often dismissed:

- Feeling hungry shortly after eating
- Needing snacks to get through the day
- Feeling shaky, anxious, or moody when not eating
 - Waking up between 2–4 AM
- Stubborn weight around the belly
 - “Wired but tired” energy
 - Strong evening cravings

These patterns point toward glucose instability — the root of insulin resistance.

How to Start Improving Insulin Sensitivity Today

You don't need perfection to reverse insulin resistance — only consistency. These steps work quickly:

1. Reduce sugar and refined carbs

Your body becomes calmer, less inflamed, and insulin levels start dropping.

2. Walk for 10–20 minutes after meals

This is one of the fastest ways to lower blood sugar naturally.

3. Increase protein (25–35g per meal)

Protein stabilizes blood sugar and reduces cravings.

4. Add more fiber (20-25g per day)

Veggies, chia seeds, berries, and legumes slow glucose spikes.

5. Prioritize sleep (7-9 hours per night)

Even one bad night can raise insulin by 20–30 percent.

6. Manage stress intentionally

Breathing exercises, walking, journaling — they matter more than ever.

7. Strength train 2–3 times per week

Lifting weights or using resistance bands

Muscle increases insulin sensitivity dramatically.
Small daily habits lead to **MAJOR** metabolic changes.



03

The Inflammation–Insulin Connection

Inflammation and insulin resistance work together in ways most people never see. Each one fuels the other, creating a cycle that affects energy, hormones, weight, and long-term health. In this chapter, we explore how these two systems interact — and how understanding this loop can help you regain control of your body.

Why These Two Conditions Are Connected

Inflammation and insulin resistance are not separate problems.

They are deeply intertwined, creating a cycle that affects your metabolism, hormones, mood, weight, and long-term health.

Inflammation makes it harder for insulin to do its job.

Insulin resistance increases inflammation.

This creates a loop that is easy to fall into and hard to escape without intentional lifestyle changes.

The good news:

Once you understand the cycle, you can break it.

How Inflammation Causes Insulin Resistance

When inflammation is present, your immune system releases chemicals that interfere with insulin signaling. Your cells stop “hearing” insulin correctly, which means:

- ✓ • Glucose stays in the bloodstream
 - More insulin is released
- ✓ • Fat storage increases
- ✓ • The pancreas works harder

This can lead to:

- Higher fasting glucose
- Higher fasting insulin
- Midsection weight gain
 - Blood sugar crashes
 - Energy swings

The longer inflammation stays active, the more resistant your cells become to insulin.

How Insulin Resistance Causes More Inflammation

When insulin levels stay high, it activates pro-inflammatory pathways. This means your immune system remains in a semi-alert state, even when nothing is wrong.

This leads to:

- Increased inflammatory markers
 - Higher cortisol levels
 - More oxidative stress
 - More fluid retention
 - More joint pain

This is why many women say things like:

“I feel puffy all the time.”

“My joints hurt more than they used to.”

“I feel inflamed even when I eat healthy.”

Insulin is a fat-storage hormone — but it’s also an inflammation amplifying hormone when chronically elevated.

The Cycle That Keeps You Stuck

The Inflammation–Insulin Loop

You eat food that causes inflammation

Inflammation rises

Insulin signaling decreases

Blood sugar rises

More insulin is released

High insulin creates more inflammation

The cycle repeats

This is why so many women feel like their health changes “overnight.”
But in reality, the loop has been building for years beneath the surface.

Signs You Are Stuck in This Loop

Symptoms include:

- Belly weight gain
 - Brain fog
 - Low energy
- Fluid retention
- Joint stiffness
- Waking up tired
 - Mood swings
 - Carb cravings
- Afternoon crashes

If multiple symptoms apply, the inflammation–insulin loop may be active.

How to Break the Cycle

Breaking the cycle is **possible** — and it happens faster than you think. You don't need extreme dieting or complicated protocols. Small, consistent habits work beautifully:



- Eat more whole, unprocessed foods
- Increase protein to stabilize blood sugar
- Add fiber-rich vegetables at each meal
 - Reduce sugar and refined carbs
- Move daily (even short walks help)
 - Prioritize sleep
- Manage stress intentionally
 - Strength train weekly

Once insulin lowers, inflammation lowers.

Once inflammation lowers, insulin sensitivity improves.

This is the turning point in your healing journey.



04

Anti-Inflammatory Nutrition Made Simple

Food is one of the most powerful tools you have to lower inflammation and improve insulin sensitivity. In this chapter, we'll break down what anti-inflammatory eating really looks like — without complicated rules or restrictive dieting. These are strategies you can use immediately to feel lighter, clearer, and more energized.

Why Food Matters More After 40

The foods you eat can either calm inflammation or spark it. After age 40, your body becomes more sensitive to food choices because of:

- Hormone changes
- Slower metabolism
- Increased stress load
- Changes in digestive efficiency
- Blood sugar instability

Your body simply doesn't "bounce back" from inflammatory foods the way it used to — but it does respond quickly to supportive nutrition.

Inflammation-Triggering Foods to Limit

THESE FOODS DON'T HAVE TO DISAPPEAR FOREVER, BUT REDUCING THEM LOWERS INFLAMMATION AND IMPROVES INSULIN SENSITIVITY.

FOODS THAT COMMONLY INCREASE INFLAMMATION:

- REFINED SUGAR
- SUGARY DRINKS
- WHITE FLOUR PRODUCTS (BREAD, PASTA, PASTRIES)
- HIGHLY PROCESSED SNACKS
- FAST FOOD
- VEGETABLE/SEED OILS (CANOLA, SOYBEAN, CORN)
- ALCOHOL (ESPECIALLY FREQUENT USE)
- PROCESSED MEATS

THESE FOODS SPIKE INSULIN, INCREASE OXIDATIVE STRESS, AND MAKE IT HARDER FOR YOUR CELLS TO RESPOND WELL TO INSULIN.

Healthy **FATs** That Help Balance Hormones

Healthy fats do not make you gain weight.

Inflammation does.
Insulin resistance does.

Healthy fats help fight both.

Great anti-inflammatory fats include:

- Olive oil
- Avocado/Oil
- Fatty fish
- Nuts & seeds
- Chia and flax
- Almond butter

These fats reduce inflammatory signaling and help stabilize blood sugar so you feel more level throughout the day.

Fiber: Your Metabolic Multitasker

Fiber slows the absorption of sugar, helps your gut, and reduces inflammation.

Great sources of fiber:

- Vegetables
 - Berries
- Chia seeds
- Ground flax
- Beans & lentils
 - Oats

Aim for 20-25 grams per day, but increase slowly to avoid bloating.

Meal Building Made Simple

Protein + Fiber + Color + Healthy Fat

Example:

- Chicken or tofu (protein)
- Broccoli or greens (fiber & nutrients)
 - Colorful veggies/berries (color)
 - Olive oil or avocado (healthy fat)

This combination lowers inflammation, reduces glucose spikes, and keeps you full.

Gentle, Sustainable Changes



- Add greens to one meal a day
- Swap soda for flavored mineral water
- Add berries to breakfast
- Use olive oil instead of seed oils
- Eat protein first at meals
- Add a veggie to every plate

These simple steps have powerful results.

05

Movement, Strength & Metabolic Health

Movement is one of the fastest ways to calm inflammation and improve insulin sensitivity — but it doesn't need to be extreme to work. Gentle, consistent movement helps regulate blood sugar, support hormones, improve sleep, and boost energy. In this chapter, we'll explore how to move in a way that supports healing instead of stressing your system.

Why Movement Lowers Inflammation

MOVEMENT IS ONE OF THE MOST POWERFUL ANTI-INFLAMMATORY TOOLS YOU HAVE — AND IT DOESN'T NEED TO BE EXTREME TO WORK. EVEN GENTLE, CONSISTENT MOVEMENT HELPS:

- LOWER BLOOD SUGAR
- REDUCE INFLAMMATORY MARKERS
 - IMPROVE INSULIN SENSITIVITY
 - BOOST METABOLISM
 - LIFT MOOD
- SUPPORT HORMONE BALANCE

YOUR BODY WAS DESIGNED TO MOVE. BUT AFTER AGE 40, MOVEMENT BECOMES NECESSARY FOR HEALING, **NOT OPTIONAL.**

Why You Don't Need Intense Exercise

High-intensity exercise is often praised as the most effective option, but for many women over 40:

- It spikes cortisol
- It increases cravings
- It raises inflammation
- It causes burnout
- It disrupts sleep

Your nervous system is more sensitive now.

Gentle, sustainable movement is often more effective than intense workouts.

Tailor your workout to your individual needs and how your body reacts to the exercise

The Best Types of Movement for Healing

Focus on exercises that support your joints, hormones, and metabolism:

✓ Walking 7000 STEPS/DAY

One of the most effective ways to reduce blood sugar after meals.

✓ Strength Training or resistance bands

Boosts metabolism, increases muscle mass, and improves insulin sensitivity.

✓ Pilates

Strengthens the core and stabilizes joints.

✓ Yoga

Reduces cortisol, improves flexibility, and supports the lymphatic system.

✓ Low-Impact Cardio

Great for heart health without overwhelming your system.

You don't need long workouts. You need consistent ones.

AIM FOR 30-45 MINS PER DAY AT LEAST EVERY OTHER DAY

Strength Training for Women Over 40

Strength training becomes essential as hormone levels shift.

It helps:

Rebuild muscle mass

- Increases metabolism
- Improves bone density
- Supports joint stability
- Regulates blood sugar

You don't need heavy weights.

Start with:

- Bodyweight exercises
- Resistance bands
- Light dumbbells (5–15 lbs)

Aim for 3-4 sessions per week.



Listen to Your Body's Signals

Healing movement should leave you feeling:

- Energized
- Stable
- Clear
- Strong

If a workout leaves you feeling depleted, shaky, exhausted, or ravenous — it's too intense for your current state.

Your body will always tell you what it needs.



06

Daily Habits That Lower Inflammation & Improve Insulin Sensitivity

Small daily habits have the power to lower inflammation, balance hormones, and improve insulin sensitivity more effectively than extreme diets or intense exercise routines. In this chapter, you'll learn simple, sustainable practices that help your body heal and keep inflammation low day after day.

Why Daily Habits Matter More Than Diets

Long-term healing doesn't come from temporary diets or strict plans. It comes from what you do consistently, even on your busiest days.

Daily habits help:

- Lower inflammation
- Improve insulin sensitivity
- Support hormone balance
- Reduce blood sugar spikes
 - Increase metabolism
- Boost energy and mood

Small shifts, done daily, create bigger results than perfect eating once in a while.

Morning Habits That Make a Difference

Your morning sets the tone for your metabolic day.

✓ 1. Hydrate Before Anything Else

A tall glass of water helps digestion, reduces cravings, and supports detox pathways.

✓ 2. Protein-Focused Breakfast

Eating protein first keeps blood sugar stable and prevents mid-morning crashes.
Aim for 25–35g protein per meal

✓ 3. Get Natural Light

Boosts cortisol in a healthy way, improves metabolism, and sets your circadian rhythm.

✓ 4. Gentle Movement

5–10 minutes of stretching or walking lowers morning inflammation.

Stress-Reducing Habits

Stress increases inflammation and insulin resistance, so managing stress daily is essential.

- ✓ 1. Deep Breathing
2–3 minutes lowers cortisol and inflammation.
- ✓ 2. Gentle Walking
Walking regulates your nervous system and reduces inflammation.
- ✓ 3. Boundaries for Mental Health
Limit overstimulation, multitasking, and emotional overload.



Sleep Habits That Support Healing

Sleep is when your body repairs inflammation and balances hormones

- ✓ 1. No Screens 1 Hour Before Bed
Light blocks melatonin.
- ✓ 2. Cool, Dark, Quiet Bedroom
Ideal for deep sleep.
- ✓ 3. Consistent Bedtime
Your circadian rhythm controls your inflammation levels.
- ✓ 4. Magnesium Glycinate at Night
Supports sleep, cortisol regulation, and insulin sensitivity.

Optimize Your Sleep to Regulate Hunger Hormones (Ghrelin & Leptin)

Sleep is one of the most underrated fat-loss tools, especially for women over 40.

Poor sleep raises ghrelin, the hormone that increases hunger.

It also lowers leptin, the hormone that signals fullness.

This combination leads to:



- ✗ cravings
- ✗ overeating
- ✗ slowed metabolism
- ✗ higher blood sugar
- ✗ increased inflammation

When you sleep well, your hormones rebalance and your metabolism improves automatically.

✓ *Sleep Habits That Boost Metabolic Health*

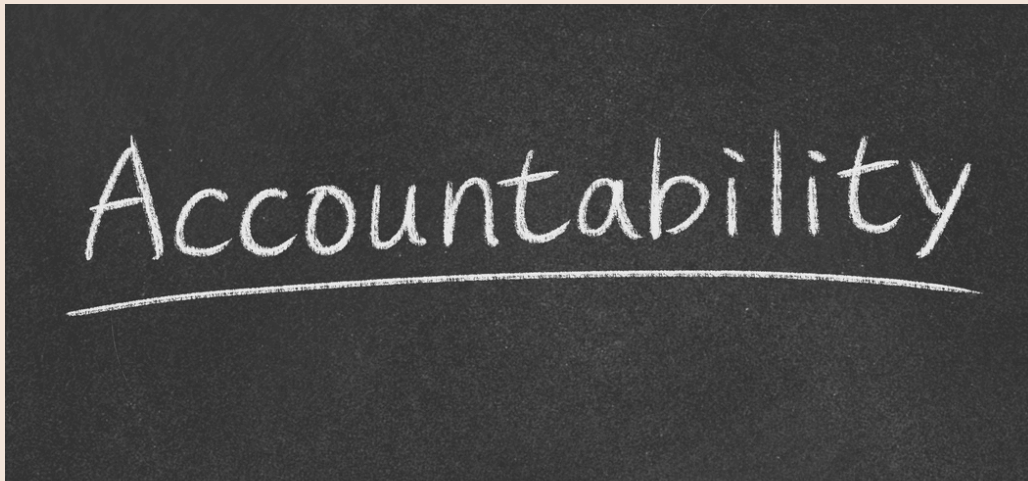
- *Consistent bedtime and wake-up schedule*
 - *No screens 1 hour before bed*
 - *Cool, dark sleep environment*
- *Magnesium glycinate (200–400 mg at bedtime if approved by your doctor)*
 - *No heavy meals 2–3 hours before sleep*
 - *Limit alcohol*
- *Keep a calming pre-bed routine (stretching, breathing, journaling)*

Good sleep isn't just "rest."

It is metabolic healing time.

*If you want to lose weight, you **MUST** sleep well — your hormones depend on it.*

Tracking Your Progress



Tracking helps you understand what's working so you can adjust without guessing. You can track:

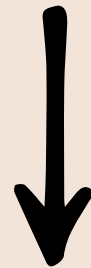
- Energy levels
- Hunger cues
- Mood
- Sleep quality
- Digestion
- Cravings
- Blood sugar stability

Consistency is more important than perfection.

Using Food Trackers

Tracking your meals temporarily helps identify:

- Hidden sugar
- Inflammatory foods
- Low protein intake
- Carb-heavy meals
- Low fiber days



IT MAKES YOU **ACCOUNTABLE** FOR WHAT YOU'VE EATEN & KEEPS YOU ON TRACK.

YOU CAN USE ANY FOOD LOGGING APP BUT I PREFER MY FITNESS PAL BECAUSE IT'S FREE & EASY TO USE

07

Mindset & Lifestyle Shifts for Long-Term Healing

True healing requires more than nutrition and movement. It also requires a shift in how you think about your body, your habits, and your long-term goals. This chapter explores the mindset and lifestyle changes that support consistency, reduce stress, and help you maintain low inflammation and stable blood sugar for life.

Why Mindset Matters for Metabolic Healing

Lasting change isn't just about what you eat or how much you move — it's about how you think about your body and your health.

Your mindset shapes your:

- Consistency
- Stress levels
- Daily choices
- Emotional eating patterns
 - Motivation
- Relationship with food

When you shift your mindset, your habits follow.

This is why mindset work is a major part of healing inflammation and improving insulin sensitivity.

Progress, Not Perfection



Perfectionism increases stress, and stress increases inflammation. Instead of focusing on “perfect eating” or “perfect days,” focus on:

- Better choices
- One step at a time
- Daily improvements
- Compassion for yourself
- Consistency over intensity

Your body responds to patterns — not perfection.

Listening to Your Body Instead of Fighting It

MANY WOMEN OVER 40 FEEL LIKE THEIR BODY IS WORKING AGAINST THEM.

BUT THE TRUTH IS:

YOUR BODY IS TRYING TO COMMUNICATE WITH YOU, NOT PUNISH YOU.

SIGNALS LIKE:

- **FATIGUE**
- **CRAVINGS**
- **BRAIN FOG**
- **BLOATING**
- **MOOD SWINGS**

...ARE NOT FAILURES — THEY'RE MESSAGES.

LEARNING TO LISTEN INSTEAD OF PUSH THROUGH IS ONE OF THE BIGGEST MINDSET SHIFTS YOU CAN MAKE.

Reducing All-Or-Nothing Thinking

All-or-nothing” thinking leads to burnout and self-sabotage.

Healing happens when you stop thinking:

- “I blew it — I’ll start over Monday.”
 - “If it’s not perfect, it doesn’t count.”
 - “If I can’t do a full workout, I won’t do any.”
- Instead, focus on:
- One good meal
 - One walk
 - One small win
 - One supportive choice
- Small choices stack up fast.

Letting Go of Old Stories

Many women are being convinced that:



- “My metabolism is ruined.”
 - “This is just aging.”
- “I’ll always struggle with my weight.”
 - “I’m too busy to change.”

None of these are true.

Your body is adaptable.

Your metabolism can heal.

Your inflammation can lower.

Your hormones can rebalance.

Your best years aren’t behind you — they’re ahead of you!

Building an Anti-Inflammatory Lifestyle

Lifestyle changes are just as important as nutrition.

Supportive lifestyle habits include:

- Sleep routines
- Stress management
- Daily movement
- Time outdoors
- Staying hydrated
- Tracking your symptoms
- Connecting with supportive people & gut health



Every habit you add is a vote for your healing.

How to Stay Consistent Long-Term

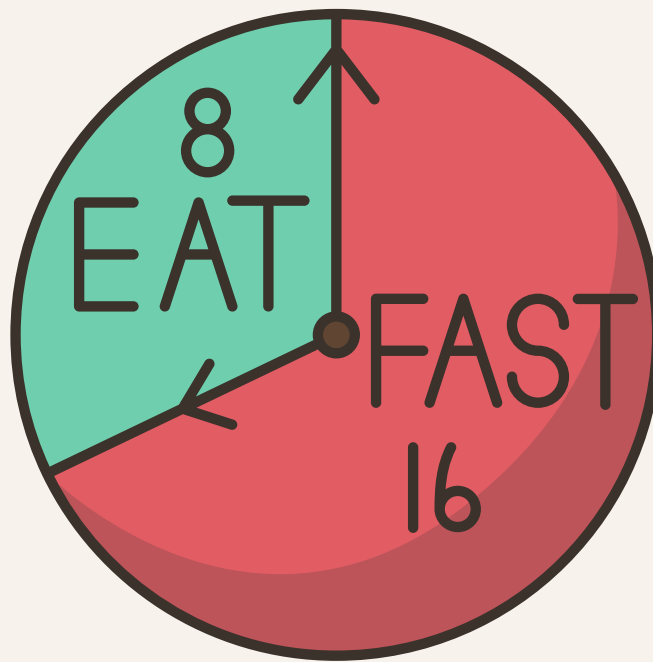
Consistency comes from structure, not willpower.

Try:

- Planning meals ahead
- Keeping healthy foods visible
- Prepping protein for the week
- Scheduling 30-minute walks
 - Setting reminders
 - Journaling progress
 - Celebrating wins

Your environment shapes your habits.

Set it up to support you.



08

Intermittent Fasting & Metabolic Flexibility

Intermittent fasting is one of the simplest and most effective tools for improving insulin sensitivity, lowering inflammation, and supporting metabolic flexibility. In this chapter, you'll learn what intermittent fasting really is, how it works, and how to approach it safely and sustainably — especially for women over 40.

What Is Intermittent Fasting?

Intermittent fasting (IF) is simply an eating pattern that cycles between periods of eating and not eating. It is not starvation, restriction, or skipping meals to lose weight.

Instead, it helps:

- lower insulin levels
- reduce inflammation
- improve cellular repair
- support metabolic flexibility
 - increase energy
 - reduce cravings

Your body already fasts every night — IF builds on a natural rhythm.

Why Intermittent Fasting Helps After 40

As we age, our bodies become more sensitive to:

- blood sugar swings
 - inflammation
 - stress
- irregular eating patterns

Intermittent fasting helps balance these by giving your digestive and hormonal systems predictable rest.

Benefits include:

- improved insulin sensitivity
 - reduced belly fat
- more stable energy
 - better sleep
- calmer digestion
 - fewer cravings

Fasting Windows (Choose What Works for You)

There is no “one perfect fasting window.”

The best one is the one you can do **consistently**.

Popular options:

✓ 12:12

Gentle and perfect for beginners.

12 hours fasting, 12 hours eating.

✓ 14:10

Great for lowering inflammation and improving insulin sensitivity.

✓ 16:8

Common for metabolic benefits, but not required — especially for women.

Start slow and increase only if your body feels supported & always consult with your healthcare provider

What Breaks a Fast?

These items **DO** break a fast:

- Calories of any kind
 - Sugar
 - Creamer
 - Snacks
- Breakfast foods

These **DO NOT** break a fast:

- Water
- Black coffee
- Plain tea
- Electrolytes (without sugar)

If you need a small amount of cream during hormone shifts, it's okay — healing still happens.



09

Breathing for Sustainable Fat Loss & Healing

Most people don't realize that fat is released from the body through the breath.

During fat metabolism, fat is broken down into carbon dioxide (CO₂) and water, and the CO₂ is literally exhaled out of your body.

Resetting the Nervous System: How Breathing Helps You Burn Fat

This is why breathing practices are so powerful — they:

- ✓ increase oxygen intake
- ✓ improve fat oxidation
- ✓ lower cortisol
- ✓ reduce inflammation
- ✓ pull you out of “fight or flight”
- ✓ stabilize blood sugar
- ✓ support digestion

When your nervous system is in a stressed state, your body holds onto fat and raises inflammation. When you shift into a regulated state, your body feels safe enough to release stored fat.



Your nervous system is the “master switch” for your metabolism.

When it’s stressed, cortisol rises — and high cortisol blocks fat loss.

✓ Simple Breathing Practice (2 Minutes)

1. Sit comfortably
2. Inhale through your nose for 4 seconds
3. Hold gently for 2 seconds
4. Exhale slowly through your mouth for 6–8 seconds
5. Repeat for 2 minutes

Long, slow exhalations **directly lower cortisol** and help your metabolism switch into fat-burning mode.

Even two minutes, twice per day, can make a significant difference.

Your nervous system is the “master switch” for your metabolism. When it’s stressed, cortisol rises — and high cortisol blocks fat loss. The fastest way to shift your body into fat-burning mode is through **breathing.**

✓ Why Breathwork Burns Fat

Most people don’t realize this:

When your body metabolizes fat, it’s released as carbon dioxide (CO₂) — and you breathe it out.

When your body metabolizes fat, it’s released as carbon dioxide (CO₂) — and you breathe it out.



Meaning:

- ✓ *Calm breathing increases oxygen*
- ✓ *Oxygen increases fat oxidation*
- ✓ *Fat exits through your exhale*
- ✓ *Longer exhalations lower cortisol*
- ✓ *Lower cortisol = better insulin sensitivity*

10



Conventional Medicine vs. Functional Medicine: Why Root-Cause Healing Matters

*Most people don't realize that conventional medicine and functional medicine operate from **two completely different** philosophies, especially when it comes to chronic inflammation, insulin resistance, and weight struggles.*

Understanding the difference helps you advocate for yourself, ask better questions, and get real answers about your health.

Conventional Medicine: Symptom Management

Conventional medicine is excellent for:

This approach focuses on:

- ✓ identifying the **symptom**
- ✓ prescribing a medication to reduce that **symptom**

For example:

- High blood pressure → **prescription**
- High blood sugar → **prescription**
- High cholesterol → **prescription**
- Anxiety → **prescription**
- Pain → **prescription**

This system saves lives — but it doesn't always ask why the symptom exists.

✗ The limitation:

It treats the smoke, not the fire.

You feel better temporarily, but the **ROOT CAUSE** stays alive underneath.

- 
- emergencies
 - surgery
 - infections
 - trauma
 - life-saving interventions

What Conventional Medicine Does Well

Its strength is immediate intervention.

But its framework is built on:

- ✓ Symptoms → Medication
- ✓ Problem → Quick Fix
- ✓ Pain → Suppress It

This model saves lives, but it was never designed for **chronic metabolic issues**.

The Limitations of Conventional Medicine

Conventional medicine often:

- ✗ waits until illness becomes diagnosable
- ✗ does not address lifestyle, hormones, gut health, or inflammation
- ✗ focuses on lab “normal ranges,” not optimal health
- ✗ prescribes medications to manage symptoms rather than investigate them,

Many symptoms are often early signs of metabolic dysfunction — long before labs change.

✓ Functional Medicine: Finding the Root Cause

Functional medicine works like a detective:

- ✓ **Why** is the blood sugar high?
- ✓ **Why** are hormones imbalanced?
- ✓ **Why** is inflammation elevated?
- ✓ **Why** is the gut unhappy?
- ✓ **Why** is the metabolism slowing down?

Instead of quieting symptoms, **functional medicine** asks:

What's driving the symptoms in the first place?

Common root causes:

- chronic inflammation
 - insulin resistance
 - cortisol imbalance
- nutrient deficiencies
 - gut dysfunction
 - poor sleep
- hormone imbalances
 - toxic overload
 - chronic stress

When you address these root imbalances, symptoms begin to fade naturally.

✓ Why This Matters for Women Over 40

When a woman begins to feel:

- heavier
- more inflamed
- foggy
- fatigued
- moody
- bloated
- unable to lose weight

She is often told:

“Your labs are normal.”

“It’s just aging.”

“It’s stress.”

“You need to eat less.”

“You should exercise

more.”

Or the worst: “It’s all in
your head.”

But here’s the **truth**:

- ✓ You can have normal labs
- ✓ You can have normal scans
- ✓ You can have normal vital signs

...and still be very unwell.

Without the right tests — fasting insulin, hormone panels, nutrient levels, inflammation markers — your doctor cannot see what’s actually happening.

Functional medicine doesn’t wait until you’re sick enough for medication.

It **looks** for patterns long **BEFORE** chronic disease develops.

Why Root-Cause Medicine Matters

As women enter their 40s and 50s, they often experience:

- weight gain around the midsection
- blood sugar swings
- sleep changes
- increased inflammation
- mood fluctuations
- digestive issues
- fatigue

These are not “just aging”

These are **biochemical signals** that something deeper needs attention.



When doctors only run basic labs, they often miss:

- ✓ fasting insulin
- ✓ CRP
- ✓ ferritin
- ✓ vitamin D
- ✓ sex hormones

*Your symptoms matter, even if your labs look “normal.”
Root-cause medicine validates women’s experiences and
uses them as clues.*

✔ Medications Have a Place — But They're Not the Whole Answer

Medications **can** be helpful.

Sometimes they are absolutely necessary.

But:

- ✗ Metformin does not cure insulin resistance
- ✗ Statins do not cure inflammation
- ✗ Thyroid meds do not fix adrenal burnout
- ✗ Antidepressants do not fix hormonal shifts
- ✗ Pain medication does not fix gut or immune dysfunction



They help manage symptoms while you work on the root causes — not instead of working on them.

✔ *When You Address the **Root Cause**, Everything Shifts*

When you fix what's driving the problem:

- ✔ *weight begins to drop*
- ✔ *inflammation decreases*
- ✔ *cravings calm down*
 - ✔ *sleep improves*
- ✔ *hormones balance*
- ✔ *mood stabilizes*
 - ✔ *energy rises*
 - ✔ *digestion heals*
- ✔ *metabolic flexibility returns*

*This is why so many women feel like they are “finally themselves again.”
Root-cause healing gives you your life back — not just symptom relief.*

11



Gut Health: The Foundation of Inflammation, Immunity & Weight Loss

Your gut is not just a digestive system — it is a central command center that affects your hormones, metabolism, immune response, cravings, mood, and inflammation levels. When the gut is imbalanced, everything else becomes harder:

- ✗ losing weight*
- ✗ balancing hormones*
- ✗ stabilizing blood sugar*
- ✗ reducing inflammation*
- ✗ absorbing nutrients*
- ✗ improving mood & energy*

A healthy gut makes healing faster, easier, and more predictable.

How Gut Health Impacts Fat Loss After 40

After age 40, gut changes can become more noticeable:

- slower digestion
- increased bloating
- more food sensitivities
- irregular hunger signals
- mood swings
- higher inflammation

These are all signs the gut microbiome needs support.

A balanced gut:

- ✓ reduces inflammation
- ✓ improves insulin sensitivity
- ✓ supports hormone balance
- ✓ reduces cravings
- ✓ boosts serotonin (your “feel-good” hormone)
- ✓ strengthens immunity
- ✓ supports fat metabolism

Think of your gut as the soil your health grows from.

✓ Why Probiotics Matter

Probiotics are beneficial bacteria that help create a balanced gut ecosystem. When your microbiome is diverse and healthy, your metabolism works better. Probiotics help:

- improve digestion
- reduce inflammation
- lower cortisol
- improve blood sugar control
- strengthen gut lining
- reduce cravings for sugar and carbs
- support serotonin production

✓ Good sources of probiotics:

- Greek yogurt (unsweetened)
 - Kefir
 - Kimchi
 - Sauerkraut
- Pickled veggies (non-vinegar)
 - Miso
 - Tempeh
- High-quality probiotic supplements

✓ Why Prebiotics Matter

Prebiotics are fuel for probiotics. They feed your healthy bacteria so they can grow and multiply.

✓ Good sources of prebiotics:

Prebiotics help:

- ✓ support digestion
- ✓ reduce inflammation
- ✓ keep your bowel movements regular
- ✓ support hunger/fullness hormones
- ✓ improve insulin sensitivity

- Garlic
- Onions
- Leeks
- Asparagus
- Bananas (slightly green)
- Jerusalem artichoke
 - Oats
 - Apples
- Beans & lentils
- Ground flaxseed

When you combine probiotics + prebiotics, your gut thrives.

✓ Gut Lining Support (Very Important Over 40)

The gut lining can become more permeable with age, stress, inflammation, and certain foods — a condition often called “leaky gut.”

This allows particles to pass into the bloodstream and trigger inflammation.

To support gut lining repair, focus on:

- ✓ Bone broth
- ✓ L-glutamine
- ✓ Collagen peptides
- ✓ Zinc
- ✓ Aloe vera juice
- ✓ Stress reduction
- ✓ Eliminating inflammatory trigger foods

Healing the gut lining lowers inflammation faster than almost anything else.

✓ A Healthy Gut Makes Fat Loss Possible

When your gut is balanced:

- ✓ your cravings decrease
- ✓ your metabolism improves
- ✓ your hunger hormones regulate
- ✓ your inflammation drops
- ✓ your energy increases
- ✓ your digestion becomes easier
- ✓ weight loss becomes natural, not forced

Gut health is truly one of the most powerful — and overlooked — pillars of healing after 40.

12



What the Healthcare System Isn't Telling You: The Profit Problem

*Chronic illness has become a multibillion-dollar industry. While patients are getting **sicker**, the healthcare system and pharmaceutical giants continue to grow **richer**. This isn't about blaming medications or doctors — it's about understanding the financial structure behind chronic disease and why preventive, root-cause medicine is rarely prioritized or offered. When you understand how the system works, you can finally take back your power and make choices that support your long-term health.*

The Truth: Your Illness Is Big Business

Here's the uncomfortable reality:

The U.S. healthcare system makes more money when you **STAY SICK**— not when you get well.



Chronic illnesses like:

- diabetes
- high cholesterol
- hypertension
- autoimmune conditions
- depression
- obesity

*...generate recurring revenue through office visits, procedures, labs,
and long-term medications.*

These aren't one-time events:

They create lifelong customers.

The Numbers Don't Lie: Pharmaceutical Revenue

Here are real, publicly reported numbers:



The U.S. healthcare system makes more money when you **STAY SICK**
— not when you get well.

- ✓ The pharmaceutical industry generates over **\$1.5 TRILLION** per year globally.
(Source: IQVIA, 2023 Global Use of Medicines Report)
- ✓ The U.S. alone accounts for **47%** of global pharma revenue.
- ✓ Chronic disease medications make up the **MAJORITY** of profits.

Top 10 Highest-Grossing Medications (U.S.)

These are the real **top-selling drugs** by revenue (sources: Drug Discovery Trends 2023, Fierce Pharma, Statista):

- ✓ 1. Humira — **autoimmune** diseases
Approx. \$21 billion/year
 - ✓ 2. Keytruda — cancer
Approx. \$20.9 billion/year
 - ✓ 3. Eliquis — blood thinner
Approx. \$18 billion/year
 - ✓ 4. Ozempic/Wegovy — **diabetes/weight**
Approx. \$12 billion/year (and growing fast)
 - ✓ 5. Revlimid — cancer
Approx. \$10.8 billion/year
 - ✓ 6. Opdivo — cancer
Approx. \$9 billion/year
 - ✓ 7. Enbrel — **autoimmune**
Approx. \$8 billion/year
 - ✓ 8. Trulicity — **diabetes**
Approx. \$7.4 billion/year
 - ✓ 9. Stelara — **autoimmune**
Approx. \$7.2 billion/year
 - ✓ 10. Jardiance — **diabetes/heart**
Approx. \$6 billion/year
- Notice something?

6 out of the top 10 medications are for **chronic, inflammation-driven illnesses** — not infections, injuries, or temporary conditions.

These are conditions you live with, not recover from, if root causes aren't addressed.

Why the System Doesn't Teach Prevention

Root-cause care (nutrition, sleep, stress, gut health, environment):

- ✓ requires time
- ✓ requires education
- ✓ requires personalized support
- ✓ reduces dependence on medications
- ✓ lowers healthcare spending
- ✓ empowers patients to heal themselves

The healthcare system isn't structured for that.

- ✗ *Doctors are not reimbursed for nutritional counseling*
- ✗ *Insurance does not pay for root-cause medicine*
- ✗ *Chronic illness generates predictable profit*
- ✗ *Prevention generates... nothing*

*This isn't the doctors' fault —
it's the system they work inside of.*

The system is not designed to save you — but you were never meant to stay sick.

Your body can heal when given the right tools.

Medications Have a Place — But They Are Not the Whole Answer

This chapter is **not** anti-medication.

Medications can:

- ✓ stabilize
- ✓ save lives
- ✓ reduce symptoms
- ✓ buy time

But here's the truth:

Medications manage disease.

Lifestyle **heals** disease.

If we only manage symptoms **without** addressing:

- insulin resistance
- inflammation
- gut dysfunction
- sleep issues
- stress overload
- nutrient deficiencies
- hormone imbalance

...then the illness continues — quietly, and often progressively.

You Deserve the Whole Truth

You deserve to know:

- ✓ Your body can heal
- ✓ Your symptoms have a root cause
- ✓ Your labs can look “normal” while your body is inflamed
- ✓ It's not in your head
- ✓ You are not meant to deteriorate as you age
- ✓ You can reverse metabolic dysfunction
- ✓ You can reduce medication dependence
- ✓ You can take back control of your health

Knowledge is power — and now you have it.

Conclusion

Your New Path Forward

You now hold the knowledge that most people never receive — not in a doctor’s office, not from the healthcare system, and not from the pharmaceutical-driven approach to disease.

You know what inflammation is.

You understand insulin resistance.

You’ve learned how your metabolism, hormones, gut, sleep, movement, and nervous system all connect.

And most importantly:

You now know how to heal.

Healing isn’t about perfection.

It isn’t about punishment, restriction, or chasing the next “quick fix.”

Healing is about understanding your body, supporting it, and giving it the conditions it needs to repair itself.

When you apply what you’ve learned in this book:

- ✦ Your inflammation lowers
- ✦ Your insulin becomes more efficient
- ✦ Your metabolism strengthens
- ✦ Your hormones rebalance
- ✦ Your sleep deepens
- ✦ Your cravings quiet down
- ✦ Your energy returns
- ✦ Your confidence grows
- ✦ And your entire life improves

This is what lifestyle medicine does.

This is what root-cause healing feels like.

You are not broken.

You are not behind.

You are not destined to stay stuck.

Your body is waiting to thrive — and now you know how to help it.

This is your turning point.

Your reset.

Your proof that real health is possible.

You’re ready.

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Addendum

Thank you for taking the time to read this book. My hope is that these pages have given you not only information, but clarity, direction, and confidence—the same clarity I had to fight to find for myself. This journey has been deeply personal for me, and it is now my purpose to help others who are walking through the same struggles of inflammation, insulin resistance, fatigue, confusion, and feeling dismissed or unheard.

I know what it's like to feel unwell and not get answers.

I know what it's like to sense that something is wrong, yet be handed a prescription instead of an explanation.

And I know what it's like to finally figure out the truth—and take your life back.

I wrote this book so you don't have to sift through endless research, conflicting information, or complicated medical language. Everything here is evidence-based, backed by scientific research, and rooted in real-world experience. Nothing in this book is a secret—yet most people are never told this information.

We must become advocates for our own health.

And that starts with asking better questions.

You have every right to request the labs you need.

You have every right to understand the root cause of your symptoms.

You have every right to expect more than symptom-management and prescriptions.

I believe wholeheartedly that, one day, healthcare will shift. Insurance will support functional medicine, prevention will matter more than profit, and root-cause healing will become the standard—not the exception.

Until then, I am here for you.

If you have questions, need guidance, or simply need support, I welcome you to reach out to me by email. I have been exactly where you are. I know the frustration, the fear, the confusion, and the exhaustion. And

I want you to know this one thing above all else:

You are not alone.

Not anymore.

Your healing is possible.

Your transformation is possible.

And your life can change—because you now have the knowledge, tools, and power to change it.

With care, compassion, and unwavering belief in you,

Priscilla

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