

MENO-HEALTH

DEFY THE CLOCK

THE REAL FOUNTAIN OF YOUTH



Unlock the Secrets to Overcoming Menopausal Weight Gain

Discover the Scientifically Proven Method to Slow Aging
and Activate Your Body's Natural Self-Healing Power

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Tanya xx

Hey there beautiful soul!

SO I'M NOT
READY SURE

Are you ready to finally take back your health for good and feel like yourself again—with boundless energy, strength, and vibrancy in a body you love?

Are you done with frustrating diets, restrictive meal plans, and complicated protocols that leave you feeling deprived—but never actually work?

Are you tired of counting calories, obsessing over macros, or cutting out carbs—only to see the scale barely budge?

Do you miss enjoying the foods you love without digestive discomfort, bloating, or pain?

Are you ready to finally restore balance in your body, regain your confidence, and feel radiant in your own skin again?

And most importantly... are you ready to take real, proven action to effortlessly melt away stubborn weight, ease your menopause symptoms, and thrive—through perimenopause, postmenopause, and beyond?



If you answered "YES" to any of the questions above, this guide will save you countless hours of trial and error, self-doubt, overwhelm, and precious energy.

With this guide, you can effectively free your body from the effects of aging and its symptoms, allowing you to finally reclaim your vitality and feel like your younger self again.

In the following pages, you'll discover the scientifically proven mechanism that helps you tap into your body's self-healing brilliance to finally turn back the clock and slow down aging.

Sister-friend, get ready to be amazed by the incredible natural process that resides within you, waiting to be accessed almost instantly.

New discoveries are unveiling extraordinary health benefits and empowering ways to harness its power. There is so much to be excited about! Moreover, there is already ample evidence to support the multitude of health treasures that tapping into your body's innate self-healing abilities can provide.

In this guide, I will provide a comprehensive understanding of this powerful process, explaining how it works and why it's the most effective method to "heal" your body and restore balance in every aspect of your body systems.

By tapping into this self-healing brilliance, you'll experience the rejuvenation of your younger, stronger, and more energized self.

You'll finally say goodbye to the extra weight that has stubbornly clung to your tummy, hips, and thighs like glue.

It's time to say hello to a new chapter where you can enjoy all the foods you love, including carbs! Yes, you read that right—carbs are back on the menu! 🍷

So get ready to soak up all this goodness and let's dive in together.

Ohh, before I forget...If you're eager to take your meno-health to new heights, a special treat awaits you at the end of the guide 📖

Forever in your corner!

Tanya xx

SCIENCE OF *AGING*

As we age, hormone decline is a natural process that we can't avoid. However, that doesn't mean we have to suffer through it.

There's a way to age healthily without experiencing unpleasant symptoms, and that's by harnessing the power of your body's self-healing brilliance.

This incredible ability to heal yourself is known as:

AUTOPHAGY

You may have heard about it before, but do you know just how important it is, especially when it comes to getting rid of your menopausal symptoms and feeling like your younger self again?

And more importantly how to take advantage of this natural and incredible process?

AUTOPHAGY HISTORY

First a bit of history. Autophagy was first observed in the 1960s by Belgian biochemist Christian de Duve, who won the Nobel Prize in Medicine for his discovery of lysosomes, which are the cellular organelles (cell components) responsible for autophagy.

Autophagy remained relatively unknown until the 1990s when more research began to uncover its importance in health and disease.

Then in the early 2000s, Japanese scientist Yoshinori Ohsumi conducted research on autophagy in yeast cells, leading to the identification of key genes and mechanisms involved in the process.

Ohsumi's discoveries related to autophagy and its potential application in treating diseases were recognized with the 2016 Nobel Prize in Physiology or Medicine.



Since then, numerous studies have explored the role of autophagy in various aspects of health, including aging, cancer, neurodegenerative diseases, and metabolic disorders.

Research has shown that autophagy not only helps to clear out damaged and unnecessary cellular components but also plays a crucial role in maintaining cellular balance (aka homeostasis) and promoting cellular regeneration.

Today, the science of autophagy is rapidly advancing, gaining recognition as a pivotal and promising process in preserving overall health and safeguarding against disease.

WHAT IS *AUTOPHAGY*?

Now let's define autophagy. The term "autophagy" comes from two Greek words: "auto," which means "self," and "phagy," which means "eating." So, put simply, autophagy means "self-eating."

While it may sound a bit strange at first, it's actually an important process that happens inside your cells. Autophagy is a natural process that helps your body clean up and recycle damaged or unneeded cellular components.



Think of it like a recycling system for your cells. When a cell goes through autophagy, it breaks down and recycles old or damaged parts, using the raw materials to create new components or produce energy. This process helps keep your cells healthy and functioning properly.

Another fun analogy to explain this process is for you to think of your body like a house that needs regular cleaning. Just like your home can accumulate dust, dirt, and clutter over time, your body can accumulate damaged cells and waste products.

Just as you clean your home regularly to keep it in good shape, your body needs regular cleaning to function at its best. Yes, that's right...Autophagy is like a deep spring cleaning 🧹 for your body, allowing it to get rid of the old and make room for the new. 😊

This powerful process has been gaining more attention in

recent years, as studies have shown it to have numerous potential health benefits, including the ability to slow down and reverse the signs of aging and prevent diseases like Alzheimer's, heart disease and cancer! 💪

AUTOPHAGY, HORMONES, AND MENOPAUSE

But what does autophagy have to do with hormonal imbalances OR pre/peri/post/menopause?

Well, I'm glad you asked! You see, as we journey through the stages of life, the fluctuations in our hormone levels can bring about a range of uncomfortable symptoms.

From weight gain, hot flashes and mood swings to excess fatigue, digestive issues, joint pain, and sleep disturbances, the effects of hormonal decline can be overwhelming.

If you've already begun experiencing these symptoms, you're likely aware that the list goes on and on. Trust me, as a 50-year-old woman myself, I can attest to winning the meno lottery when it comes to the myriad of symptoms that accompany this stage of life. Needless to say, it's a prize package I could have done without! 🤔

Autophagy is important for hormonal balance because it helps to clear out excess hormones from the body. For example, during the menopause transition, women may experience an excess of certain hormones such as estrogen due to a decrease in progesterone production.

Specifically, autophagy can target hormone receptors and degrade them, preventing the hormone from having an effect on the body.

By promoting and enhancing autophagy, we can potentially reduce and even eliminate these menopausal symptoms to finally reclaim our body and regain our sense of vitality.

But here's the catch, as we age, our bodies become less efficient at autophagy. That means we need to take steps to support our body's natural processes and optimize autophagy for better hormone balance and overall health.



So, sister-friend, let's keep going so you can ease your menopausal symptoms fast and feel like your younger self again no matter your age!

EMBRACING THE *AGING PROCESS*

Although I don't usually rely on car analogies to convey ideas, in this case, it fits perfectly with what I want to share with you. So, here it goes, hoping that it won't sound too cheesy. 🧀

We all know that aging is a natural process that we can't avoid, just like we can't avoid the fact that our car will eventually need maintenance and parts replaced.

No matter if you have a luxury car or a standard one, you'll still need to give it regular tune-ups and maintenance to keep it performing at its best. But just like our cars, our bodies also need regular maintenance and repairs as we age. Over time, our bodies will naturally start to slow down and wear out, from our minds to our metabolism, our joints, muscles, and every other body system.

This is because we put a lot of demands on our bodies every day, and it's normal for our body just like our car to show signs of wear and tear as time passes.

Although it's easy to upgrade to a newer and better-performing car when we're tired of dealing with repairs and maintenance, unfortunately, we can't just trade in our body for a newer model.

If we could, I'm pretty sure that we all would, especially when things begin to go sideways! Right?! 🤔

That being said, it's never too late to take steps to maintain our current (***and already amazing, incredible, and powerful model***), such as nourishing ourselves with quality foods, compassion, love, and care needed to keep our engine firing on all cylinders!

It's time to welcome and embrace the aging process and take care of your body like the precious and valuable vehicle it is!



AGING ACCELERATORS!!!

Now, if you're anything like me, I know you want to look and feel young forever, but unfortunately, there are certain things that can speed up the aging process.

Don't worry, though, while you can't always avoid these factors completely, it's important to try and minimize your exposure to them whenever possible.

HERE ARE SOME COMMON CULPRITS:

ADDED SUGARS

First up, let's talk about added sugars, which should not be confused with the naturally occurring sugars found in your favorite fruits and vegetables!

I know we all love sweets! 🍰 But consuming too much sugar can lead to a process called glycation, which damages the collagen in our skin, making it less elastic and more prone to wrinkles.

But that's not all. When we consume added sugars, our body demands more insulin to regulate our blood sugar levels. Over time, this excess insulin can accelerate the aging process by promoting inflammation, damaging cells, and causing oxidative stress.

Avoiding added sugars is a great step you can take to improve your health. Your body naturally contains enough sugars and certain fruits can help satisfy any sugar cravings you may have.

When my sweet tooth strikes, one of my go-to snacks is a delightful concoction of sliced pineapples and pears simmered in a small saucepan with my favorite spice mix, which happens to be pumpkin spice. The fragrant blend infuses the fruits with a naturally sweet syrup, and just the thought of it makes my mouth water! 😋

This has become a staple treat for me, especially in the evenings before bed. And yes, you read it right—I recommend enjoying this healthy snack about 1 to 2 hours before bedtime. Not only does it satisfy your cravings for something sweet, but it also offers some incredible benefits.



The spices in the mix, with their antioxidant superpowers, can help soothe your gut and contribute to a restful sleep. It's particularly meaningful to me because I used to struggle with intense bouts of IBS. This special nighttime recipe became my saving grace, calming everything down before bed.

Now, you might be wondering about pineapples. Don't they contain too much sugar and cause a spike in insulin?

Well, while it's true that your insulin levels will experience a slight increase as you digest this treat, it's certainly not the spike you might expect. That's because pineapples (*and all whole fruits, for that matter*) are packed with fiber. This fiber slows down the digestive process, giving your body ample time to regulate insulin and sugar levels effectively.

So go ahead and indulge in this deliciously healthy snack. Your taste buds will thank you, and your body will benefit from the natural goodness and soothing properties of this nighttime delight.

Additionally, it's important to understand that it's okay to indulge in added sugars in moderation, especially during special occasions. However, just be aware of the harmful effects that added sugars can have on your body when consumed without caution.

These effects include damaging your skin's collagen, accelerating the aging process, and increasing your risk of various diseases.

By making a conscious effort to limit your consumption of added sugars whenever possible, you'll be doing your skin and body a huge favor. Remember, you're sweet enough just as you are! 🍭😇

PROCESSED FOODS

Processed foods are another culprit in the aging game. These foods are often high in sodium, preservatives, and unhealthy fats, which can lead to inflammation in the body.

Chronic inflammation can cause damage to our cells and tissues, leading to premature aging. So, try to limit your intake of processed foods and opt for whole, natural foods instead.

TOXINS

Now let's talk about environmental toxins. We're exposed to toxins every day, from the air we breathe to the products we use on our skin and clean our homes with.

Exposure to these toxins can cause oxidative stress in our bodies, leading to damage to our cells and tissues.

So, it's important to be mindful of what we're putting in and on our bodies and to try to limit our exposure to toxins whenever possible.

Additionally, there are now numerous natural alternatives available for everyday products, making it simpler than ever to reduce our contact with hormone disruptors and substances that speed up the aging process.



LACK OF SLEEP

One other important factor that can't be ignored is lack of sleep! Quality sleep is a crucial factor in maintaining both your overall health and the youthfulness of your body.

As you may have heard, sleep is the time when your body undergoes most of its restorative processes, including hormone regulation. This is due to the activation of autophagy during quality sleep, a natural process that rejuvenates our cells and supports healthy skin, as well as numerous other health benefits.

So, make sure to prioritize getting enough quality sleep to support your body's natural anti-aging and restorative processes.

SEDENTARY LIFESTYLE

Lastly, but certainly not the least, is a factor that I'm sure you've heard before that can accelerate the aging process: *a sedentary lifestyle*. When we don't move our bodies enough, our muscles and bones start to weaken, and our metabolism slows down. But don't worry, exercise can help keep our bodies strong and healthy, and it's never too late to start!

So, get up and find an activity that makes you happy, whether it's walking, dancing, or lifting weights.

And guess what? You only need 30 minutes of physical activity per day to keep yourself in tip-top shape. That's it! It doesn't have to be complicated either. Like I mentioned, a 30-minute walk can do wonders.

Have you seen Dr. Mike Evans's "23 and 1/2 hours" video? It's a must watch! It's only 9 minutes long and even though it was created 11 years ago, it still holds up today.

I promise you'll be glad you watched it. And if that video doesn't make you want to dust off your walking shoes and go for a stroll, 🚶 I don't know what will!

Great news! It's not all bad news because while you may not have complete control over your body's natural aging process, you do have control over the factors that accelerate it.

More importantly, you have the power to tap into your body's self-healing, cellular rejuvenation, disease prevention, and age-defying mechanisms to keep your body functioning at its best until the very end! Let's now look at just a few of Autophagy's superpowers!



AUTOPHAGY *SUPERPOWERS*

REVERSE SIGNS OF AGING

(Yesss, let's turn back the clock please!)

Don't we all desire to maintain our youthful appearance and vitality without resorting to expensive "miracle" treatments or invasive procedures?

Well, that's where autophagy comes in to save the day! It possesses remarkable superpowers when it comes to slowing down the aging process by repairing and rejuvenating our cells.

And the best part? These superpowers translate into a wide range of health benefits, regardless of your stage of life.

Here are just a few of the incredible age-defying benefits you can expect to experience with autophagy:

✓ HEALTHY SKIN

Let's talk about our skin for a moment, who wouldn't want to keep wrinkles at bay and avoid other signs of aging like brown spots, dryness, and lack of lustre?

Autophagy comes to the rescue by repairing and rejuvenating our cells, keeping our skin healthy and youthful.

Take advanced glycation end products (AGEs) for example, they are one of the proteins that accumulate in our skin cells over time and contribute to skin aging.

When sugar molecules bind to proteins, they create a cross-linkage that forms AGEs. This buildup can lead to brown spots, wrinkles, and loss of elasticity in the skin.

But fear not! Autophagy removes these AGEs by breaking them down and recycling them into new cellular components.

This process is essential to keeping our skin cells healthy and functioning properly, thus slowing down the aging process and reducing the appearance of skin issues.

What's more, autophagy helps eliminate damaged cells that could eventually lead to skin cancer. As we age, our skin cells become more prone to DNA damage, increasing the risk of skin cancer. Autophagy helps remove these damaged cells, reducing the risk of cancer development.

✓ BOUNDLESS ENERGY

But wait, there's more! If you're feeling tired and sluggish all the time autophagy is here to save the day. Autophagy helps reduce fatigue by removing damaged and unnecessary cellular components and replacing them with fresh, new ones.

One example of this is the removal of damaged mitochondria, the energy-producing



powerhouses within cells. As we age, our mitochondria become less efficient at producing energy, leading to increased fatigue.

Autophagy also reduces inflammation and oxidative stress, which are known contributors to fatigue. By clearing out harmful proteins and other cellular components that cause inflammation and oxidative stress, autophagy helps create a more balanced and healthy cellular environment. This can lead to improved energy levels and reduced fatigue.

And that's not all! Autophagy also recycles cellular components to generate energy. For instance, autophagy can break down glycogen, a storage form of glucose, into glucose molecules that can be used as fuel for energy production. This helps maintain a steady supply of energy for the body, reducing feelings of fatigue.

Overall, autophagy is the superhero we need for improved mitochondrial function, reduced inflammation and oxidative stress, and recycling cellular components for energy production, leading to less fatigue and more energy.

✓ NO MORE HOT FLUSHES



Is it just me, or is it getting hot in here? 🥵 Ohhh no...dang it...it's a hot flash! (*aka hot flush*) Arrghh, those horrible hot flashes and night sweats, make them disappear PLEASE!

I remember thinking I had experienced them during the beginning of my perimenopause, but boy, did they hit me hard when I turned 46!

I was sweating so much at night that I had to sleep on a towel, and don't even get me started on the intensity of those daily hot flashes!

But with autophagy, I can finally say goodbye to the worst of it. Although I still get some occasionally their intensity and frequency have significantly decreased, making them much more manageable.

So, here's how it works: during the menopause transition, which, by the way, can begin as early as 35 (*I know because*

that was my case!), the levels of estrogen and progesterone decline, causing hormonal imbalances that can trigger those frustrating hot flashes and night sweats. These hormonal imbalances can be worsened by damaged hormone receptors on the surface of cells.

Autophagy comes to the rescue by removing these damaged hormone receptors, which prevents the cells from becoming oversensitive to hormonal fluctuations.

This is done by breaking down and recycling cellular components that are no longer needed or are damaged, including hormone receptors.

Autophagy also helps to maintain proper levels of estrogen and progesterone by breaking down and recycling any excess hormones.



✓ MENTALLY CLEAR AND FOCUS

Do you ever walk into a room and suddenly forget why you went in there? Or maybe you start misplacing your keys, your phone, your water bottle, or even your dinner plate! (*I know this one is crazy, but it happened to me.* 😂)

It's like our minds are playing hide-and-seek with us! I mean, it's enough to make you go crazy! Unfortunately, in my case, I was also misdiagnosed with anxiety and depression a few years ago. It wasn't until later that I realized these symptoms were just another side effect of my perimenopause.

The truth is, hormonal imbalances can negatively affect our cognitive function, especially during menopause. But here's where autophagy comes in to help. It removes damaged or unnecessary cellular components, including toxic proteins and cell components.

In the brain, this process helps maintain neuronal health and cognitive function. By removing harmful proteins and cell components, autophagy protects neurons from oxidative stress and other types of damage that can lead to mood disorders.

A study published in the Journal of Neurochemistry found that autophagy activation can help reduce depression-like behaviour in mice. In the study, the researchers induced

depression-like behaviour in the mice by exposing them to chronic stress, which caused a decrease in autophagy activity in the brain. However, when autophagy was pharmacologically stimulated in the brain, the depression-like behaviour was significantly reduced.

Another study published in the journal Nature Communications found that autophagy is critical for maintaining the function of the brain's hippocampus, a region that plays a key role in learning and memory. The researchers found that inhibiting autophagy in the hippocampus led to impaired learning and memory in mice.

Overall, these studies show that autophagy plays a crucial role in maintaining brain function and can help improve mood and cognitive function by removing harmful cellular components and promoting the growth of new neurons. So, autophagy may actually help us keep our minds sharp, clear and on track!

MORE KEY HEALTH BENEFITS

Now that we've talked about how autophagy can help us slow down and reverse signs of aging, I just wanted to take a moment to highlight some other amazing benefits of autophagy for our overall health and well-being.



✓ INFLAMMATION

Inflammation can be a helpful immune response to protect our bodies against infections and injuries, but too much of it can lead to diseases like cancer, heart disease, and autoimmune disorders.

Fortunately, autophagy can come to the rescue by reducing inflammation. Autophagy eliminates damaged components that may cause an inflammatory response, helping to keep inflammation under control and keep our bodies healthy.

✓ IMMUNITY

Autophagy doesn't require a vaccine, but it's still like an immunity boost! Autophagy plays a crucial role in enhancing our immune system by removing pathogens and damaged cellular components from infected cells.

When a virus or bacteria infect a cell, autophagy can help remove the damaged cellular components and pathogens to prevent the spread of infection to other cells.

This process can help boost our immune system by preventing the infection from spreading and giving our immune system more time to fight off the infection.

Moreover, autophagy helps to recycle cellular components, such as damaged mitochondria and proteins that can contribute to inflammation and weaken our immune system.

By removing these damaged components, autophagy helps to reduce inflammation and promote the growth of new and healthy cells, which can enhance our immune system.

In summary, autophagy is like an immunity boost without the needle! By removing pathogens and damaged cellular components from infected cells, as well as recycling cellular components, autophagy plays a crucial role in enhancing our immune system and preventing the spread of infections.



✓ CANCER AND HEART

The following two benefits of autophagy are particularly meaningful to me because my husband and mom have battled cancer, and my dad has survived a heart attack.

Heart:

Autophagy is like the heart's very own cleaning crew? It helps to maintain cardiovascular health by sweeping away damaged components in the cells of the heart and blood vessels.

This is especially important because if these damaged components accumulate over time, they can contribute to the development of cardiovascular diseases like atherosclerosis (*which is when fatty deposits build up in the arteries*) and even heart failure.

By removing these damaged components, autophagy helps to keep our cardiovascular system in tip-top shape and reduces the risk of these diseases.

Cancer:

Autophagy can be a superhero in preventing cancer! It does this by removing damaged cells that have the potential to become cancerous. When cells accumulate damage, they can go rogue and become cancerous if their DNA is not repaired or they are not eliminated by the immune system. Autophagy helps by removing these damaged cells before they can multiply and cause harm. So, autophagy helps to keep us healthy and cancer-free!

It's important to note, that autophagy plays a complex role in cancer and has been extensively researched in recent years, so it's important to approach it with caution and consult with your healthcare provider.

On one hand, as mentioned earlier, autophagy can help suppress cancer development by removing damaged proteins and organelles that can cause genetic instability and accumulate DNA damage. Autophagy can also prevent the formation of tumours by eliminating damaged cells that are at risk of becoming cancerous.

However, autophagy can also promote cancer growth by providing nutrients and energy to cancer cells, allowing them to survive and multiply in harsh conditions such as nutrient deprivation and hypoxia. Autophagy can also help cancer cells resist the effects of chemotherapy and radiation therapy by removing damaged proteins and organelles that these treatments target.

The relationship between autophagy and cancer is likely dependent on various factors, such as the stage of cancer development, the specific type of cancer, and the microenvironment of the tumour.

While autophagy may have a dual role in cancer, recent research has focused on developing autophagy-targeted therapies for cancer treatment. These therapies aim to selectively inhibit autophagy in cancer cells to promote their death and prevent cancer growth.

Therefore, it's important to continue exploring the complex relationship between autophagy and cancer to develop effective and safe cancer treatments.



✓ LASTING WEIGHT LOSS (WHOOTWHOOT!)

Autophagy is like the little engine that could when it comes to lasting weight loss and a healthy metabolism!

It's all about recycling cellular components for energy and ensuring that your body has the energy it needs to function, especially during times of fasting.

When autophagy kicks into gear, it breaks down damaged or unnecessary cellular components, which makes more energy available to the body and helps to maintain energy balance.

This process also leads to the release of adiponectin, a hormone that plays a key role in regulating metabolism and improving insulin sensitivity, which helps your body use stored fat more efficiently for energy.

Autophagy also helps to reduce inflammation, which is a key player in obesity and other chronic diseases. When inflammation disrupts the normal functioning of hormones involved in metabolism, like insulin, it can lead to weight gain and insulin resistance.

And if that's not enough, autophagy has also been found to be important in regulating appetite and food intake. When activated in the hypothalamus, the part of the brain that controls hunger and satiety, it can lead to a decrease in appetite and food intake, which can help prevent overeating and promote healthy weight loss.

So, whether you're looking to lose weight, maintain a healthy weight, or just boost your metabolism, autophagy is a key player in achieving those goals.

These are just a few examples of the many health benefits of autophagy and how they are achieved through the process.

Keep in mind that before you start incorporating autophagy-boosting techniques into your routine, it's essential to speak with your healthcare provider who knows your individual health history and concerns. No matter what health changes you want to make, it's always wise to consult with a trusted healthcare professional first.



REAL FOUNTAIN OF YOUTH

As you've seen so far, autophagy is quite AMAZING, but it's also highly regulated and quite complex. There are lots of different biochemical processes involved in activating it, and unfortunately, as we get older, our body's ability to do this efficiently starts to decline. More reason to learn how to enhance and harness the power of autophagy.

Without delving too deep into the scientific details, let me do my best to simplify this process in a clear and accessible manner.

First of all, it's important to note that autophagy is a natural process that occurs in all of your cells.

It's kind of like a recycling program for your cells, where damaged or unwanted components are broken down and recycled for energy or building new molecules.

To activate autophagy, certain steps must occur. One of the main components of this process is a hormone called glucagon, which is produced by the pancreas when your blood sugar levels are low.



As you know, sugar is the primary source of fuel for your body, so when glucagon is released, it signals the liver to break down stored glycogen into glucose. This glucose can then be released into the bloodstream to provide energy to your cells.

Furthermore, when glucagon is present, it can signal to your cells to initiate the autophagy process.

Conversely, the hormone insulin has the opposite effect on autophagy. When your blood sugar levels are high, insulin is released and activates a protein complex called mTORC1. This complex is a key regulator of autophagy and as such, inhibits autophagy.

This is one of the reasons why diets high in sugar and processed foods can be harmful to our health and can accelerate the aging process.

To activate autophagy and enjoy its incredible health benefits, it's crucial to maintain stable blood sugar levels and steer clear of excess sugar and processed foods that can trigger insulin release and inhibit glucagon release.

By doing so, we can support our body's natural self-healing and rejuvenation mechanisms, which include the vital process of autophagy. Understanding how autophagy works and what factors can affect it can help us take steps towards a healthier and happier life.

FLIPPING THE AUTOPHAGY *SWITCH ON*



Let's talk about how to flip the autophagy switch on-demand - it's easier than you think! There are a few ways you can activate autophagy, such as intense exercising and following a ketogenic diet.

But, let's be real, sticking to those can be tough and they may not be the simplest options for some of us.

- Exercise takes discipline and consistency, which can be a challenge, especially when you're just starting your health journey. That's why I always recommend starting with your current diet, making small but important tweaks to what and how you eat. You already eat every day, so it's an easy place to start.
- When it comes to the keto diet, it can be pretty tough and strict. It may not be something you can stick with long-term, and let's be honest, who wants to feel deprived all the time? Life's too short to be a diet martyr, am I right?

My motto has always been to keep it simple, easy, and efficient! PLUS, it needs to be something that works for you, your body and unique situation!

As such intermittent fasting is definitely an option to consider. It's an effortless and straightforward approach to activate autophagy that can fit into any lifestyle. Also, you can easily tailor it to suit your needs and preferences.

The best part? It won't break the bank, in fact, it can save you some cash on your grocery bill, making it a practical and sustainable choice.

And let's not forget, according to research it's the most effective way to turn on autophagy! Here are a few reasons why intermittent fasting has been shown to be particularly effective:

- ✓ Firstly, intermittent fasting directly affects the levels of glucagon and insulin hormones in the body, which as we discussed earlier, are key players in activating or inhibiting autophagy. By limiting your eating window and fasting for extended periods, you can lower insulin levels and increase glucagon levels, promoting autophagy.
- ✓ Secondly, intermittent fasting induces a mild state of cellular stress, which can stimulate autophagy. When you fast, your cells have to rely on internal sources of energy, which can create a mild stress response that triggers autophagy.
- ✓ Thirdly, intermittent fasting has been shown to promote mitochondrial biogenesis, the process by which new mitochondria are formed in cells. Mitochondria are the powerhouses of cells, responsible for producing energy, and are also a key target of autophagy. By promoting the formation of new mitochondria, intermittent fasting can help support healthy cellular function and enhance the benefits of autophagy.



Intermittent fasting can be done in many different ways. Popular methods include the 16/8 method, where you fast for 16 hours and eat during an 8-hour window, eat-stop-eat, which involves a 24-hour fast once or twice a week, and alternate day fasting, where you alternate between 24-hour fasts and normal eating days.

It's important to note that the most effective intermittent fasting method is the one that works best for you and fits into your lifestyle.

As an added bonus intermittent fasting offers more than just autophagy activation - it can also bring many other health benefits! Studies have shown that intermittent fasting can improve insulin sensitivity, reduce inflammation, and promote healthy weight loss. That's definitely something to celebrate!

Plus, as already mentioned, intermittent fasting is a flexible and sustainable approach to eating that can be tailored to fit your lifestyle and preferences.

So, if you're looking for an easy, simple and effective way to activate autophagy and support your overall health, intermittent fasting might be worth giving a try!

IN CONCLUSION

We delve into the fascinating world of autophagy and how it can unlock the hidden powers within our bodies for optimal health and vitality.

We explore the natural process of autophagy, which acts as a self-healing mechanism, allowing our cells to recycle and rejuvenate.

By understanding the factors that activate autophagy, such as stable blood sugar levels and avoiding excess sugar and processed foods, we can harness its incredible benefits.

We discuss the power of intermittent fasting as an effective way to activate autophagy and promote lasting weight loss, boundless energy, mental clarity, hormonal harmony, and radiant skin.

We also emphasized the importance of maintaining overall health, preventing disease, and supporting healthy aging through the activation of autophagy.

Sister-friend it's time to tap into this remarkable process and experience the transformative benefits it offers for getting rid of your symptoms and feeling like your younger self again.

Now it's your turn to reflect on what you've discovered. Set aside a moment to jot down the aspects that resonated with you the most or offered valuable insights from this guide.

Additionally, identify a single, straightforward action step you're prepared to take in order to start harnessing the incredible self-healing power of autophagy within yourself. By committing to this action step, you'll be embarking on a journey towards optimal health and unlocking the potential of autophagy. You got this!! 🙌



IT'S NOW TIME FOR YOUR MENOPAUSAL HEALTH BREAKTHROUGH!

Thanks for grabbing your free guide! It's a powerful first step—but if you're ready to finally stop second-guessing your body and start seeing real, lasting results then...**Let's talk**

- ✓ If you're tired of one-size-fits-all diets that ignore your changing hormones...
- ✓ If you've tried everything but nothing seems to stick anymore...
- ✓ If you're ready for a personalized solution that's designed to work with your menopausal body—not against it...

THEN THIS IS YOUR **INVITATION**

Book your free **MENO-HEALTH ACCELERATOR™** call and discover how my proven, tailored approach—built around your unique biochemistry, lifestyle, and goals—can help you melt away menopausal weight, regain energy, and finally feel like you again...**but better!**

This isn't just another chat...It's a powerful, insight-filled conversation that could change everything. Together, we'll uncover what's been holding you back—and what your body truly needs to thrive

PLUS! When you book your call, you'll receive 2 exclusive gifts to jumpstart your journey:

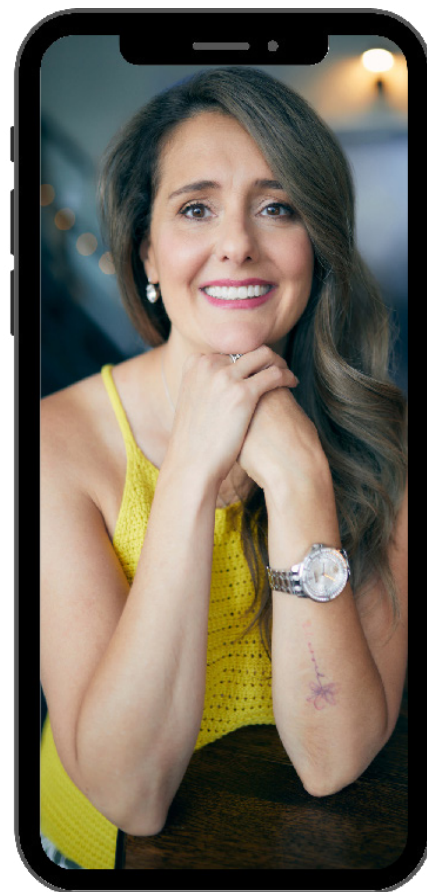
📖 **Everything You Need to Know About Metabolic Balance®** by Dr. Cherry Wills, PhD — A guide to the approach that's helped hundred of thousands of women rebalance their bodies and reclaim their lives

📖 **My Proven 5-Step Meno-Meltdown™ Method** — A personalized roadmap to help you melt menopausal weight for good, rebalance your body, and reclaim your confidence—fast!

Spots are limited and these calls fill up fast, so don't wait...

YOUR HEALTHIEST, MOST CONFIDENT SELF IS CLOSER THAN YOU THINK!

**BOOK YOUR FREE
MENO-HEALTH ACCELERATOR™
CALL NOW!**



BOOKING THIS CALL COULD BE THE *BEST DECISION* *YOU MAKE!*

YOUR *NEXT STEP* TOWARD A *HEALTHIER*, HAPPIER *YOU*
STARTS *HERE!*

Tired of guessing what your body needs—and feeling like nothing's working anymore, no matter how hard you try?

It's time to reclaim your health, confidence, and vitality—and finally feel like you again...**but soooo much better!**

Let's chat...I've got you 🧡

BOOK YOUR FREE MENO-HEALTH ACCELERATOR™ CALL NOW

Spots are limited and these calls fill up fast, so don't wait!

Please Note: To make the most of our time together, you'll be asked to complete a brief pre-call form before booking. Calls without completed forms will be canceled.

YOUR HEALTHIEST, MOST CONFIDENT SELF IS CLOSER THAN YOU THINK!

LET'S TALK...I'VE GOT YOU!

CLICK THE IMAGE BELOW AND LET'S GET STARTED!



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