



NATURAL GUIDE Women's Health

to

Supplements,
recipes and
everyday lifestyle
advice for every
woman



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About WomenSense:

Women's bodies are unique at each stage of life, from puberty to post-menopause and everything in between. Each transitional stage requires a delicate balance of nutrients and lifestyle to ensure the best outcomes.

WomenSense supplements were created for the unique needs of women, regardless of age and where they are on their transitional timelines. Their products are designed to provide a sense of relief and comfort, helping women reach their full health potential at all stages of their lives. WomenSense® women's products offer safe, multi-symptom relief of hormone imbalances resulting from stress, estrogen dominance, low thyroid, perimenopause, and menopause.



Getting Started

Women are truly unique, and the journey of a woman's life is a fascinating process. The various stages that women go through are like a metamorphosis, a distinct transition from childhood to adulthood, showcasing a remarkable resilience often overlooked by societal norms.

A woman's life stages represent her budding growth through childhood to reproductive years, a time of maturation, and a natural winding down. Each stage includes not only a set of challenges but also a beautiful story of womanhood.

Looking at a woman's transformation through life may help us appreciate the strengths and vulnerabilities that occur during the gradual and natural shifts.

The following guide identifies the four main stages of a woman's life—adolescence, adulthood and childbearing, Perimenopause and Menopause, and elder (winding down)—and recommends how best to navigate each stage. By being aware of these shifts and the inherent needs of each phase, women can fuel themselves with the most supportive nutrients, lifestyle management skills, and empowerment that can help them thrive at every stage of life.



How can we find the best path to feeling fabulous in our unique bodies and minds?

It begins with understanding how our bodies function at different stages of life. We should view our health as a complex yet vibrant ecosystem. Good health requires a combination of factors that work together to help both the body and mind thrive.

Women have intricate reproductive systems, fluctuating hormones, and minds that thrive on a diet rich in diverse nutrients. As we move through life, our needs change, which requires us to be attentive and make adjustments over time

“When you support WomenSense® supplements, you are supporting empowerment and acceptance!”

By gaining a better understanding of how our bodies function, we can take charge of our health.

We are becoming increasingly health-conscious and recognizing that various factors contribute to our overall well-being. While diet and exercise play critical roles, other elements—such as sleep, rest, recreation, relaxation, and enjoyment—are equally important.

By learning about these factors and experimenting with how each one affects you, you can create a personalized health plan that perfectly fits your needs.



Empowering Women at every stage of life The *WomenSense*® Way

When it comes to supplements, being selective and informed is key. For women, it's essential to customize supplement choices based on the current stage of life. Knowing why you're taking a specific supplement and seeking expert advice can greatly enhance your health journey.

One size does not fit all, yet many women of all ages continue to try to fit themselves into generic plans for feeling good. Each stage of a woman's life is unique, and the nutritional requirements for that stage are equally specific. So how can we find the best path to feeling fabulous for our unique bodies and minds? Understand the basics of how our body functions at the different stages of our lives and think of our health like a complex but incredibly vibrant ecosystem.

All women should also consider:

- **Omega-3s.** For cardio and mood health and to help support a healthy and balanced immune response.
- **Vitamin D.** To support bone health, as well as maintain overall health and wellness for the long haul.
- **Protein.** Critical for maintaining muscle tissue and a youthful metabolic rate as women age.

Good health requires a combination of factors working together to help body and mind flourish. Women have intricate reproductive systems, constantly fluctuating hormones and minds that require a diet filled with diverse nutrients. On top of all that, as we go through life, our needs change, requiring us to listen and make adjustments as time goes on.



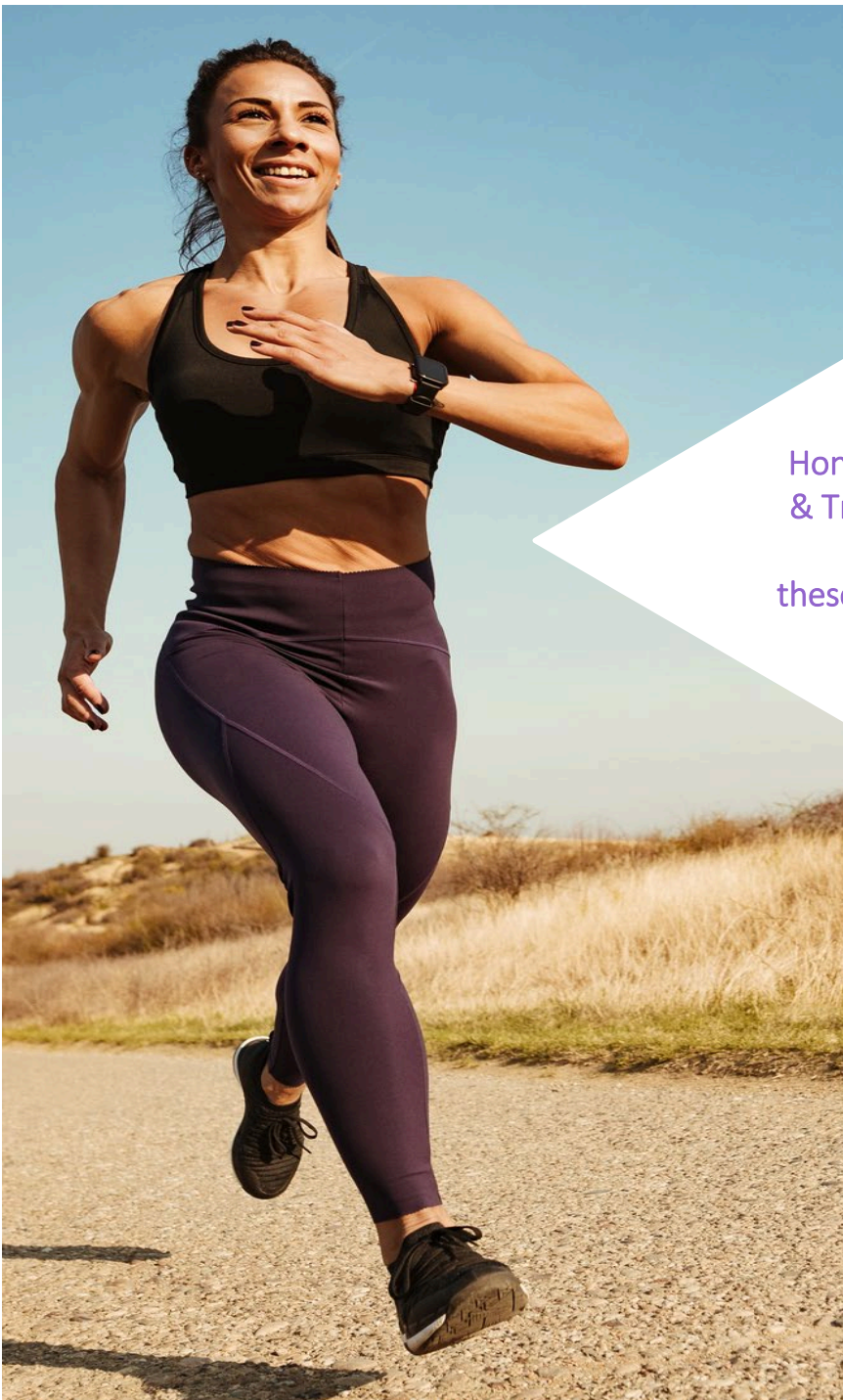
Empowering *Women* at every stage of life

WOMENSENSE®



Empowering Women !





The WomenSense® Supplement Lines understands the paradigms associated with the stages of a woman's life and creates unique supplements to address the distinctive needs of a woman throughout all her life stages.

WomenSense supplements provide a natural approach to hormone balance.

Honour and empower the life stages of womanhood
& Treat yourselves with self-love & self-compassion.
Find the strength to transition through
these phases gracefully & truly enjoy and embrace all
that life has to offer at every stage.

By restoring balance, WomenSense formulas can help you feel like yourself again by providing better sleep, less stress, more energy, improved moods, easier periods, hormonal acne relief, fewer hot flashes and reduced night sweats.

WomenSense® supplements focus on balancing sex hormones (estrogen, progesterone, testosterone) and stress hormones (cortisol, thyroid) to address the root causes of symptoms. Their holistic approach demonstrates a commitment to understanding and meeting women's unique health needs

The WomenSense® line of dietary supplement products has been developed with a multitude of ingredients that either reside in nature or are naturally sourced.

These safe and naturally sourced ingredients, many of which have been around for centuries, have a long safety profile history and have demonstrated efficacy, supporting their use to relieve symptoms of hormonal imbalance. This commitment to safety and naturalness is our way of reassuring you that your health is in good hands.



Empowering *Women* at every stage of life



Adolescence (Teen Years)

Adolescence marks a pivotal stage in a woman's health journey that includes both physical and emotional development. This era is primarily defined by menstruation and puberty, both of which are profound and vary from person to person. But beyond physical changes, this stage invites the most significant adjustments, self-perception, body image, and a gamut of mental health considerations. Emotions, fears and confusion often accompany the onset of menarche. Puberty invites breast development, changes in body composition and perhaps the most pressure from peers and social norms on expected behaviours.

Celebrate this stage and provide structure to help them navigate the changes. The menarche stage is considered the central event of a female's life and signals so many possibilities. Share in the celebration of this stage and help your daughters to feel special with honoured traditions and stories and a safe place to communicate their thoughts.

Let your daughters know that while dealing with menstrual cramps and flow has its drawbacks, think of it as a special time in her life that can give her confidence in her body and its capabilities and uniqueness.

Not everyone breezes through this stage; in fact, more adolescents suffer from PMS than we may realize. Hereditary factors and imbalanced nutrients most often signal the likelihood of a difficult menarche stage. Still, unpleasant menarche is not limiting and does not have a one-size-fits-all checklist. If your daughter is suffering from PMS symptoms, consider added support with supplementation from WomenSense®, such as WomenSense EstroSense® and WomenSense AdrenaSense®. Added nutrients obtained from food can also ensure that nutritional needs are met.

Adulthood & Childbearing Years



This stage of a woman's life can be characterized by increased ambition in life, career, love and motherhood. There is greater attention to career, monetary gain, and family life. If she chooses, at this stage, a woman's body can explore the unique and magical part of herself that brings new life into this world.

Although this stage may prove immensely joyous and fulfilling, it can also be rather taxing and put a strain on a woman's physical and mental well-being

Women in this stage are naturally more prone to imbalance, irritability, and problematic menstruation, which is often followed by hormonal imbalance. The fiery nature of this stage requires the most balance, both mentally and physically.

The habits developed during this time are often carried throughout our lifetime. Make this an essential time of self-care and self-love. The nurturing patterns created will serve as a preventative measure to your hormonal health, fertility, well-being, and long-term vitality.

Balancing our eating habits with nourishing foods and good multivitamins, at the very basic level, can help to meet energy demands. Develop daily self-care practices such as deep breathing, meditation, and massage.

Most importantly, we can balance the hormones through supplementation with supplements such as WomenSense ThyroSense®, WomenSense EstroSense®, and WomenSense AdrenaSense® to calm the nervous system. Pregnant women should follow the same protocol for supplementation and should work with their healthcare provider to ensure their unique needs are being met

“The world needs strong women. Women who will lift and build others, who will love and be loved. Women who live bravely, both tender and fierce. Women of indomitable will.” —Amy Tenney



Empowering *Women* at every stage of life

Perimenopause and Menopause

Perimenopause, followed by Menopause, is a significant transition in a woman's life and ushers in unique considerations for health and wellness.



Menopause is a stage in a woman's life that is profoundly useful in transitioning from one's old self into the new, more powerful version of yourself!

During these phases, the body needs to navigate hormonal shifts and profound changes in bone, heart, and mental health. Great attentiveness is required for self-care and informed management of the hormonal shifts to help you embrace the new version of yourself!

While powerful, this stage of a woman's life can be challenging to maneuver through the symptoms of Menopause, the physical change in body fat ratio and the mental weariness of sorting through the old you into the new you.

The best way to manage this stage is not a replacement but balance and supplement support with WomenSense®, which is our favourite go-to supplement brand for just that. WomenSense ThyroSense® (Thyroid), WomenSense AdrenaSense® (adrenal, stress), WomenSense MenoSense® (Hormonal balance)

Beyond Menopause & Maturity (winding down)

At this stage of a woman's life, you have crossed the threshold into "wise womanhood." The wise woman is uninhibited and prudent.

She has journeyed through all the stages of her life. She has come into her own, knows who she is, and imparts her knowledge and wisdom to her younger generations.

The "winding down" stage of a woman's life is delicate, with some of the body's processes slowing down and buffering against illnesses becoming more challenging.

Your need for hormonal supportive supplements, with the exception of adrenal and thyroid support, will start to diminish and be replaced by supplements that are more geared toward repair, replenishment, and support.



Empowering *Women* at every stage of life



WomenSense AdrenalSense® Improves Stress Symptoms

Early signs of adrenal stress include tiredness, depression, cold hands or feet, dizziness, low back pain, asthma, allergies, sugar cravings, hormonal issues, irritability, headaches, stomach problems, skin issues, arthritis, and other inflammatory problems.

WomenSense AdrenaSense® provides natural support for the adrenal glands. It helps reduce fatigue and boosts mental and physical performance. It aids recovery after stress and exertion and helps maintain healthy cortisol levels and adrenal function.

WomenSense EstroSense® - Hormone Balancing Therapy

Hormonal imbalance can cause heavy or painful periods, hormonal acne, PMS, ovarian cysts, fibrocystic breasts, and endometriosis, among other issues. EstroSense is a great partner for women on birth control or those with hormonal imbalances. It contains natural ingredients that help keep hormones balanced by supporting liver detoxification and proper estrogen metabolism. EstroSense® also helps with hormonal acne and PMS and eases symptoms of too much estrogen (estrogen dominance).

WomenSense MenoSense® Menopause Formula

For the reduction of hot flashes, night sweats, and other symptoms of Menopause, Menopause is one year without a menstrual cycle, while perimenopause is the 10–15 years leading up to Menopause. Both times in a woman's life can bring unwelcome symptoms. MenoSense® includes natural ingredients to help relieve these symptoms. Ingredients like black cohosh, chaste berry, gamma-oryzanol, hesperidin, and dong quai work to balance hormone levels and ease the transition through menopause. Healthcare practitioners recommend MenoSense® for treating menopause symptoms, including hot flashes and night sweats..

WomenSense ThyroSense® Supports thyroid health.

If you have symptoms like weight gain, tiredness, mood swings, trouble concentrating, anxiety, low sex drive, feeling cold, dry hair, brittle nails, hair loss, night sweats, insomnia, or constipation, a low thyroid may be the issue. If you think you have low thyroid (hypothyroidism), see your healthcare provider for testing. Hypothyroidism is common in North America, affecting 20 to 25 percent of women and about 10 percent of men. Also, around 30 percent of people over 35 might have mild or sub-clinical hypothyroidism.

WomenSense ThyroSense® supports thyroid health and helps convert T4 to the more active T3. This product contains nutrients and herbs for a healthy thyroid. It helps your body use carbohydrates, proteins, and fats, and can support weight loss.





Nutrients to Help You Thrive in Every Stage of Life

Women in today's fast-paced world often struggle to find the time to prepare the foods necessary to nourish both their bodies and minds. Even when following a balanced diet, it can be challenging to obtain all the essential nutrients needed.

Fortunately, supplements can help fill these nutritional gaps.

Young Adult Years:

- Zinc: This essential mineral promotes healthy endocrine function and supports the development of a strong immune system.
- Calcium, Vitamin D, Vitamin A: These nutrients are crucial for helping young women build the bone mass needed for a long and healthy life.
- Iron: As girls begin menstruation and lose blood, it becomes increasingly important to maintain steady iron levels.

Childbearing Years

- Omega-3: Supports a healthy immune system and helps manage typical daily mental and physical stress.
- Folate: This B vitamin is essential for the development of a baby's brain and spine.
- DHA: Important for cognitive development in infants. Iodine: Supports normal thyroid function.
- Collagen: It's worth noting that collagen production begins to slow down in your mid-20s.





Perimenopause

- The 10 years leading up to menopause
- Melatonin: This nutrient helps women fall asleep and stay asleep during the years when many often have trouble sleeping.
- Chasteberry: May help alleviate symptoms of PMS.



Menopause

- Keratin and Biotin: These nutrients promote healthy hair, which may naturally thin as we age.
- Black Cohosh: This herb may help alleviate common menopause symptoms, such as hot flashes.
- Magnesium: This mineral aids in relaxing the nervous system and supports better sleep.



Beyond Menopause

- DHA: This nutrient can help maintain normal, healthy cognitive function. Curcumin: It may support a healthy immune response, helping to address aches and pains associated with overexertion, and may also benefit brain and heart health.
- Vitamin D, Calcium, and Magnesium These nutrients work together to help support healthy bones.
- Vitamin K-2 (MK-7): This vitamin assists bones in retaining calcium and helps keep blood vessels flexible.



Supplements for Everyday Energy!

Certain lifestyle and dietary choices are essential for maintaining a fast pace, but supplements can also support long-lasting, steady energy production. Consider incorporating these supplements into your daily routine for enhanced energy levels! Here are some research-backed favorites:

B-complex vitamins: Mitochondria, the energy powerhouses in our cells, convert protein, glucose, and fat into energy. B-complex vitamins are necessary for this process.

Coenzyme Q10 (CoQ10): Studies show that CoQ10 supports mitochondrial function and energy production.

L-Carnitine: This nutrient helps transport fats deep into cells so they can be burned for energy. Research indicates that it can enhance energy production.

Vitamin C: Vitamin C supports the adrenal glands and assists the body in producing L-carnitine. However, many people do not get enough of it—only 56 percent of Americans meet the recommended intake, even in citrus-rich Florida.

Magnesium: It's important to power down your brain just as much as you energize it. Magnesium promotes a normal stress response and helps your muscles relax, leading to better sleep—and ultimately more energy. Many women taking calcium supplements may not be getting enough magnesium to balance its effects.

Alpha-lipoic acid: This antioxidant plays a key role in maintaining mitochondrial health.



Add Adaptogens to Your Routine

Adaptogens are a class of supplements that help the body cope with everyday stress by supporting healthy adrenal function. As the name suggests, they assist you in adapting to a fast-paced lifestyle.

Rhodiola: Studies found that rhodiola supplements helped improve energy levels and overall mental performance, particularly concentration. This herb also has mood-boosting effects.

Recommended Dose: 500–1,000 mg daily.*

Eleuthero: Also known as Siberian ginseng, eleuthero supports a healthy immune & stress response.

Recommended Dose: 200 mg daily.

Ashwagandha: A key component of traditional Ayurvedic medicine, ashwagandha can help maintain energy levels and promote a calm, relaxed mood. Recommended Dose: 500 mg daily.

Mushrooms: The three most popular adaptogenic mushrooms—maitake, shiitake, and reishi—are nutritionally rich and have a long-standing reputation in Traditional Chinese Medicine as energy enhancers. Recommended Dose: Follow label directions.



Prevent HORMONES from Sabotaging WEIGHT LOSS!

Achieving weight loss can be challenging due to various physiological and psychological factors. While diet and exercise are often emphasized, the brain also plays a crucial role in body composition and weight management.

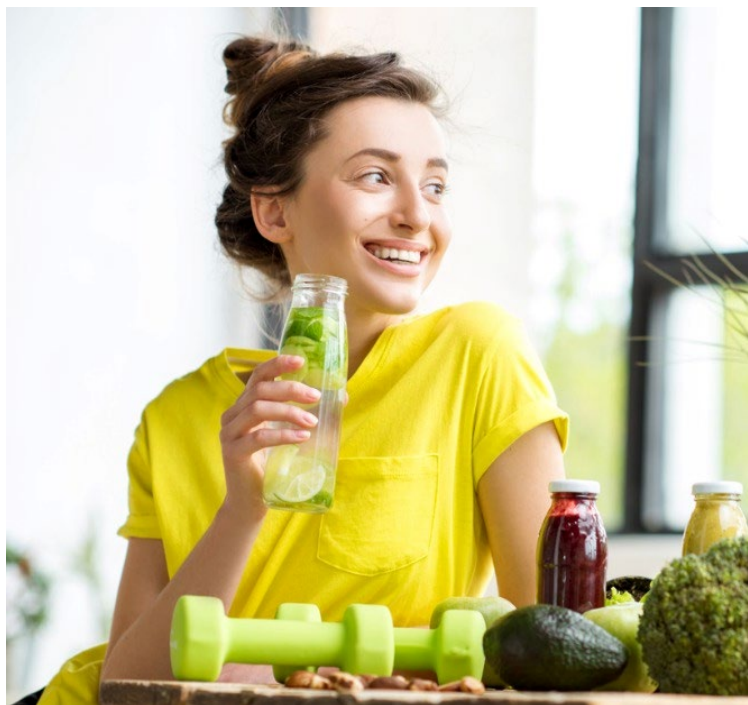
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Dopamine is an essential chemical for weight loss. It is released in high amounts when we engage in activities that make us feel good, such as completing tasks, exercising, eating, or even using addictive substances like sugar or drugs. Dopamine has the ability to both excite and calm our brains. However, when we experience stress, lack of sleep, or poor eating habits, our dopamine levels can decrease, which may result in weight gain.

Studies have shown that losing as little as 5% of body weight can lead to significant metabolic health improvements, such as insulin sensitivity and blood lipids (e.g., cholesterol).

Hormones are essential for body weight control as they impact metabolism, hunger, and fullness. An unhealthy lifestyle with excessive ultra-processed foods can disrupt hormonal balance, causing issues like insulin resistance and elevated leptin levels, which may lead to weight gain. Key hormones such as insulin, leptin, and ghrelin regulate appetite and energy use, influencing body fat and weight management.

Effective long-term weight loss requires balancing hormones and managing emotions. Emotional eating, often tied to hormonal imbalances like high cortisol or low GABA, can impede weight loss. During stress or anxiety, people may turn to comfort foods—usually high-calorie, sweet, or fatty—leading to overeating.



Balance Weight

To regain control of emotional eating, track your food to see mood connections. Manage stress through yoga or deep breathing. Stay hydrated and get electrolytes to curb cravings. Seek support from family, friends, or online weight loss groups for motivation. Find distractions like walking, music, reading, or calling a friend to combat boredom and avoid snacking.

Practice positive self-talk by acknowledging your efforts in changing eating habits and celebrating progress. Recognize improvements in energy, mobility, and health, even when weight loss is slow. Set realistic goals—losing just 5% of your body weight can lead to significant health benefits like better insulin sensitivity and improved blood lipids.

A high-protein breakfast can aid weight loss by decreasing cravings, appetite, and the hunger hormone ghrelin. Ghrelin, produced in the stomach when it's empty, signals the brain to feel hungry. Reducing its levels can make weight management easier.

RealEasy™ Meal Replacement with PGX® is a healthy alternative filled with essential macro- and micronutrients and high in protein. PGX, a patented super fiber found in health stores, slows digestion, promotes healthy blood sugar levels, and curbs cravings when taken with meals. Users have reported successful weight loss and improved health with PGX.

EstroSense® is a complete, natural formula that can help promote healthy estrogen metabolism. Both high and low levels of the sex hormone estrogen can affect weight.

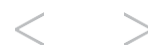
HappySense® with 5-HTP naturally enhances serotonin (the happiness and peace hormone), which improves mood, reduces cravings, and increases energy. Healthy levels of serotonin help us deal with stressors, leaving a feeling of relaxation and calm. It may therefore prevent episodes of emotional or stress eating.

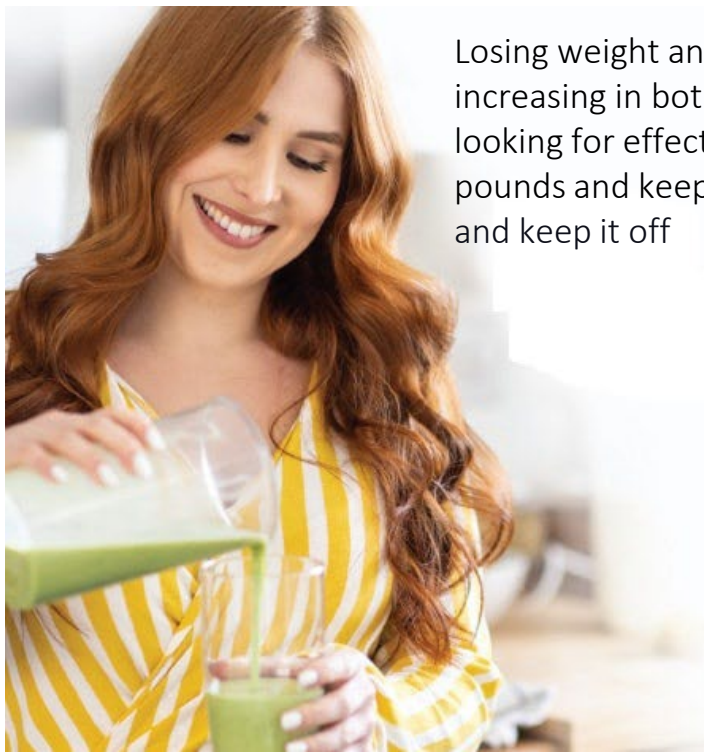
AdrenaSense® is a natural formula containing rhodiola, suma, Siberian ginseng, schisandra, and ashwagandha. Ashwagandha regulates the adrenal glands and cortisol levels, leading to stress relief, and may thus help regulate weight loss.

ThyroSense® combines key nutrients like L-tyrosine, ashwagandha, guggul, and iodine to enhance thyroid function, which is crucial for weight loss. Studies indicate that thyroid hormone treatment may lead to greater weight loss compared to dieting alone. L-tyrosine, an amino acid essential for neurotransmitter production, can also boost metabolism and support weight loss.



WOMEN'S VOICE®





Losing weight and maintaining it is challenging. Obesity rates are increasing in both children and adults, and many people are looking for effective plans to help them lose those unwanted pounds and keep them off. Let's look at strategies to lose weight and keep it off

Meal Replacement Shakes

I have seen how meal replacement shakes can help with weight loss, and research supports this. Studies show that people who replace one or two meals a day with a healthy shake can lose weight and improve their health. In one study lasting eight weeks, 50 obese men and women replaced two meals daily with a meal replacement shake that had about 240 calories and ate one regular meal. Researchers found that participants lost weight, reduced waist size, and reported feeling healthier, less hungry, and better mentally. There is also proof that those who used meal replacement shakes kept off the weight they lost.

Protein Power- Protein is an essential nutrient for weight loss. It helps build muscle, reduces appetite, keeps you feeling full, and repairs tissues. Eating protein in the morning can boost your metabolism. I recommend having 20 grams of protein at breakfast to kickstart your body's energy conversion and get your metabolism going. The suggested daily protein intake is 0.8 grams for each kilogram of body weight, so check your minimum needs. Eggs and other animal-based foods provide complete proteins. However, eating too much animal food may not be healthy. Adding more plant-based foods to your diet offers great benefits for both your health and the environment.

Fibre helps the body absorb nutrients and is important for managing weight. Here are some of its benefits :It reduces appetite and helps you feel full .It decreases cravings between meals. It supports healthy blood sugar levels that are already normal. It lowers the glycemic index of foods. It helps maintain healthy cholesterol levels that are already normal.

Shakes are easy and convenient

Drinking a shake is an easy and tasty way to get the protein, fiber, and nutrients your body needs. For weight loss, I suggest having one to two meal replacement shakes each day. It's important to choose shakes with the right balance of nutrients to stay healthy. Weight loss isn't the only goal; it's also important to have good energy and support your immune and digestive health. Complete meal replacement shakes with a good mix of protein and complex carbohydrates (fiber) can help you lose weight and maintain it.

The ideal meal replacement shake should have:

- 20 grams of protein (preferably from plants, but feel free to mix it up)
- Less than 10 grams of sugar
- No artificial colors
- No artificial flavors
- A proper mix of vitamins and nutrients

Healthy Weekday Meals



Let's get started

Setting yourself up for success is essential when starting a program with meal replacement shakes. I would start with the schedule outlined below as a typical day. (Please note that drinking plenty of fresh, purified water throughout the day will keep you hydrated, energized, and clear-headed, and will help control cravings. Thirst can be mistaken for hunger.)

Upon rising

4–8 oz of water, preferably with lemon

Mid-morning snack

Choose one of these low-calorie protein- or fibre-rich snacks:

- 1 apple with nut butter
- ¼ cup blueberries, 100-calorie serving of yogurt, and 2 tsp sliced almonds or pumpkin seeds
- ¼ cup hummus and 2 cups vegetables (carrots, broccoli, celery, cauliflower, or peppers)
- ½ whole wheat pita with 3 tbsp hummus and sliced cucumbers
- ¾ cup non-GMO edamame
- 1 small fruit with 1 boiled egg
- 4 cashews or almonds, or 14 walnut halves

Lunch

Pack leftovers from one of the options below

Afternoon snack

If you get hungry in the afternoon, refer to the mid-morning snack options and choose one.

Breakfast

RealEasy™ shake (within one hour of rising)
RealEasy shakes give you the ideal ratio of macronutrients to keep you feeling healthy, full, and satisfied. Mix with water or plant milk for a complete meal. Optional: you can mix up the flavour profile by adding an additional ingredient, but keep in mind that the ratio of RealEasy is complete, so nothing else is needed

INGREDIENTS

1 cup water or unsweetened plant milk
1 scoop RealEasy Meal Replacement shake
Ice cubes

OPTIONAL

½ small banana, ½ avocado, 1 tsp nut butter, or ½ cup fresh berries 1 tsp hemp or chia seeds

DIRECTIONS

Mix all ingredients in a blender until smooth. Enjoy!



WOMEN'S VOICE®

Easy Weekday Meals



Spaghetti Squash Primavera

Ingredients

3 whole spaghetti squashes (about 1 pound each)
2 tablespoons Ellyndale Organics® Olive Oil (divided)
1 yellow onion (diced)
2 zucchini (diced)
1 cup diced bell pepper (red, yellow, orange or a combination) 1 cup broccoli florets
3 large cloves garlic (pressed or minced)
1 (28-ounce) can whole tomatoes (in juice) Grilled chicken
1 tablespoon crushed red pepper flakes (or to taste) 1 teaspoon dried oregano
1 tablespoon fresh thyme, or 1/2 teaspoon dried Asiago cheese (for garnish)

Directions

Preheat oven to 425°. Cut spaghetti squash in half lengthwise and remove seeds with a spoon. Place squash, cut side up, on a baking sheet. Drizzle with 1 tablespoon olive oil and season with salt and pepper. Turn cut side down and roast for 25 minutes.

Meanwhile, heat remaining olive oil in a large saucepan over medium heat. Add onion, zucchini, squash, bell pepper, and broccoli; sauté until vegetables begin to soften, about 5 minutes, stirring frequently. Add garlic and toss to combine. Add tomatoes, crushing with a spoon. Season with red pepper flakes, oregano, thyme and salt and pepper. Sauté for another 5 minutes or so. When squash is tender, use a fork to scrape into spaghetti-like strings. Divide among shallow bowls. Spoon primavera sauce and slices of grilled chicken over “noodles” and garnish with cheese. Serve immediately



One-Two Punch For Weight Management

Fish Oil

Studies show that fatty fish and fish oil may help manage weight in overweight individuals, especially when combined with exercise. The omega-3 fatty acids in fish maintain normal insulin, which helps to prevent the loss of muscle mass. “Fish oil has the opposite effect of trans-fats, It turns on metabolism and supports a balanced immune response.” Try taking 1 to 2 grams of fish oil a day

Go Green ... Tea

While it may pack less of a caffeine punch than coffee, green tea may contain more metabolism-boosting nutrients. Research shows that green tea’s catechin-polyphenol called epigallocatechin gallate (EGCG) works with caffeine to optimize your metabolism—a magical effect that lasts longer than if you have caffeine alone.



Quinoa, Cannellini Bean And Spinach Salad

Ingredients

3/4 cup Living Now® Organic Quinoa (well washed) 1/4 teaspoon salt
 1 1/2 cups water
 1 tablespoon Olive Oil
 1/2 large sweet onion (diced)
 1 1/2 cups diced bell pepper (red, yellow, or orange)
 1 pound fresh spinach leaves
 1 (14-ounce) can cannellini beans (rinsed and drained)
 2 large cloves garlic (pressed or minced) 1 teaspoon crushed red pepper flakes

Directions

1. In a small saucepan, combine quinoa, salt and water. Bring to a full boil. Cover and reheat to low; cook for 10 minutes. Remove from heat. Let sit for 5 minutes; then fluff with a fork.
2. Meanwhile, heat olive oil over medium-high heat in a large skillet. Add onions and peppers and sauté until soft, about 5 minutes. Add spinach and beans and continue cooking until spinach is wilted, about 5 minutes. Add garlic, red pepper flakes and salt and pepper to taste. Stir to combine.
3. In a large bowl, combine cooked quinoa with spinach mixture. Serve immediately.

Baked Spinach & Lemon Risotto

Ingredients

1 Tbsp avocado oil
 1 cup yellow onions, diced
 5 garlic cloves, minced
 1 tsp sea salt
 1/2 tsp ground black pepper

2 cups Arborio rice
 2 Tbsp lemon zest, finely grated
 1 Tbsp thyme leaves, freshly chopped or 1 tsp dried thyme
 1 tsp red pepper flakes (optional)
 10 oz chopped frozen spinach, thawed and excess water squeezed out
 4 Cups chicken broth
 1 1/4 cups hot water
 1 cup finely grated Parmesan cheese, plus extra for serving

Directions

1. Preheat oven to 375 °F (190 °C).
2. Heat oil in a 5.5 L or 6 L Dutch oven over medium heat. Add onions and cook, stirring frequently, until translucent and starting to brown, about 4 minutes.
3. Stir in garlic, salt, and pepper, and continue to cook another 2 minutes. Stir in rice and cook until toasted and just beginning to brown, about 3 minutes.
4. Add lemon zest, thyme leaves, red pepper flakes (if using), and spinach to the mixture. Stir until spinach has warmed through, about 2 minutes.
5. Pour chicken broth and water over rice mixture and bring liquid to a simmer. Stir in cheese before placing Dutch oven in preheated oven and cook uncovered for 20 minutes.
6. Stir rice mixture and continue to bake until liquid is absorbed and mixture is creamy, another 20–25 minutes. If rice mixture is still slightly crunchy, add more hot water or chicken broth about 1/2 cup at a time and bake another 10–15 minutes.
7. Once baked, allow risotto to cool for 10–15 minutes. Serve with an additional sprinkling of parmesan cheese if desired.



Tuna Salad Wrap

Ingredients

1 cup canned cannellini beans,
rinsed and drained

1 garlic clove, minced
2 tsp lemon zest
1 tsp Dijon mustard
2 Tbsp extra virgin olive oil, divided
1 Tbsp fresh parsley, chopped



½ tomato, diced
1 Tbsp red onion, finely chopped
2 Tbsp red pepper, finely diced
1 tsp lemon juice
2 sprouted whole grain tortilla wraps
½ cup baby arugula leaves, washed and dried
Salt and freshly ground black pepper to taste

Directions

1. In a bowl, coarsely mash beans with a fork. Stir in garlic, lemon zest, mustard, 1 tablespoon olive oil and parsley. Season with a pinch of salt and pepper to taste.

2. In another bowl, break up tuna with a fork or potato masher. Stir in basil, olives, celery, tomato, onion, red pepper, lemon juice, and remaining 1 tablespoon olive oil until well combined. Season to taste with salt and pepper.

3. To assemble wrap, spread bean mixture over tortilla wraps almost to the edge. Evenly divide arugula and tuna mixture down center of wraps. Roll tortilla around filling, cut in half and serve alongside soup or a salad for a filling lunch or dinner.

Greek Turkey Mini-Meatloaves

Ingredients

1/2 large onion
3 large cloves garlic
1/2 cup pitted Greek olives
1/2 cup Greek-style feta cheese
1 1/4 pounds lean ground turkey breast 1 tablespoon
dried oregano
1 tablespoon Worcestershire sauce 1 tablespoon red
wine vinegar
1/2 cup bread crumbs (fresh or dried) 1 egg
1 tablespoon Olive Oil

Directions

1. Preheat oven to 425°. In a food processor, combine onion, garlic, olives and feta; pulse until roughly chopped (not puréed). In a large mixing bowl, combine onion mixture with turkey, oregano, Worcestershire, vinegar, bread crumbs and egg. Use hands to mix well but do not compact tightly.
2. Divide meat into four equal portions. Mold each into a mini-meat- loaf and set on a baking sheet. Drizzle with olive oil and season with salt and pepper to taste. Bake for 20–25 minutes, until a meat thermometer reads 165° .



Work in walnuts.

Walnuts contain healthy omega-3s, as well as antioxidants and phytosterols

(another type of plant fat—all of which have been shown to support breast health. Since walnuts pack a wallop of fat (even though it's the healthy kind, it's still fat) and concentrated calories, make sure you're substituting walnuts for other snacks and not just eating them in addition to your normal intake, as weight gain raises the risk of breast cancer.

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