



NO SWEAT!
IT'S JUST MIDLIFE
LEADER
WORKBOOK



NO SWEAT! IT'S JUST MIDLIFE WORKBOOK LEADER EDITION

Fill in the blanks and then keep as a reference for the future.

(LEADERS: INSTRUCT THE AUDIENCE TO FILL IN THE BLANKS AS YOU GO ALONG WITH THE POWERPOINT & SCRIPT. THIS REINFORCES WHAT YOU ARE SAYING AND SERVES AS A GUIDE FOR THEM TO REFER BACK TO IN THE FUTURE. ENCOURAGE USAGE OF THIS WORKBOOK DOING A RAFFLE FOR THOSE WHO COMPLETE THE WHOLE THING DURING THE CLASS.)

- 1) In menopause woman's ovaries start to decrease in estrogen and progesterone production.
- 2) The average age for entering the postmenopausal years is 51.
- 3) Estrogen is produced mainly in the ovaries, but also in the adrenal glands, the liver, in fat tissue, and in the tissues of the breast.
- 4) During menopause, one's natural estrogen production decreases and leads to unwelcome outcomes including weight gain, lack of sex drive, vaginal dryness, and night sweats.
- 5) When progesterone levels are low, a woman's desire for sexual intimacy may diminish, hot flashes may occur, and she may experience "fuzzy" or confused thinking, mood swings, and trouble sleeping.



- 6) Testosterone levels contribute to libido and may help maintain one's bone and muscle mass, both of which decrease with age.
- 7) Although dropping testosterone levels are due to aging – not specifically menopause – by the time menopause has begun, testosterone levels may have decreased 50%.
- 8) The adrenal glands contribute nearly 50% of post-menopausal hormones, picking up the slack as the ovaries slow their contribution to hormone production.
- 9) Stress increases cortisol levels, causing the adrenal glands to get overworked and exhausted.
- 10) Increased cortisol levels also increase insulin levels, which can lead to junk food cravings and stubborn belly fat. Also known as the dreaded midlife middle.
- 11) Another major factor that causes imbalance of hormones is toxins.
- 12) Young Living Essential Oils are the purest, highest quality of oils with no chemicals and pesticides.
- 13) Inhalation of oils can be done with a diffuser, by sniffing right from the bottle, using diffuser jewelry, or pillow or room sprays.
- 14) To apply oils topically essential oils can be added to carrier oils and be applied to the neck, forearms, ankles or feet.



15) The inner thigh, the inner thigh crease, and right below the navel are excellent spots for oils to support the romantic part of your life.

16) You can ingest Young Living Vitality oils. Use in recipes, put in your water, or add to vegetable capsules.

NOTES:



WHO TURNED THE HEAT ON?

PROGESSENCE PLUS

A combination of wild yam, Vitamin E, frankincense, peppermint, copaiba, sandalwood and bergamot essential oils. Wild yam is a natural source of progesterone.

Start with one drop a day. Pay attention to your body and increase amount of drops and frequency as needed.

CLARY SAGE

The clary sage plant is considered a plant-based estrogen.

Use clary sage essential oil, rubbed on the forearms and lower abdomen, 2-3x's/day.

ENDOFLEX

Endoflex is a Young Living oils blend of spearmint, sage, geranium, myrtle, german chamomile, and nutmeg.

It was specifically formulated to support the endocrine system, including your adrenal glands.

You can inhale it or use it topically, massaged over the front of the neck or the belly. Or, use the Endoflex vitality oil by adding it directly in your water or in vegetable capsules topped off with a carrier oil.

PEPPERMINT

Peppermint oil is naturally cooling to the skin as well as energizing to the body.



MIDLIFE MOJO BETWEEN THE SHEETS

YLANG YLANG

Promotes sexual energy and eroticism.

Place a few drops in the diffuser, your neck or breasts.

SENSATION MASSAGE OIL

Infused with Ylang Ylang, Bergamot, Jasmine, & Coriander and a blend of carrier oils.

Great for a sensual foot or back massage.

Can be used as a natural lubricant for the private parts for easy, comfortable gliding.

NEROLI OIL

Inhaling Neroli oil helps unlock your passion & increase sensitivity to your partner's touch.

Put a couple drops in the diffuser. It has a calming, aphrodisiac effect.

SHUTRAN OIL

Shutran helps release inhibitions and supports partner's performance and endurance.

Many women like to put a drop on their inner thighs for a VA-VA-VOOM evening.



EAT WELL

CLEANSING TRIO

Cleansing Trio uses 3 supplements containing herbs that support a gentle cleanse for your body for overall good health.

It is a good starting point for creating balance in the body.

SLIQUE ESSENCE & VITALITY PEPPERMINT OILS

Add Slique Essence oil, an exclusive Young Living blend of lemon, tangerine, grapefruit, spearmint, and ocotea essential oils with stevia extract OR Vitality Peppermint to your water or tea. Both might just help keep your hand out of the cookie jar.

CITRUS FRESH OIL

Oils like lemon or Young Living's Citrus Fresh blend can be used daily in water. Start with one drop and add more as needed.

These oils contain d-limonene, which is a natural body cleanser.

VITALITY DIGIZE

35-45 grams of fiber is recommended daily for women over 50 for easier and faster digestion & elimination. Drinking half your weight in ounces in water is suggested.

Add Vitality Digize to your water or rub on stomach or feet to support the digestive system.



TIME TO GET MOVING

BREATHE AGAIN

Young Living's Breathe Again roll-on blend contains many great oils for supporting the respiratory system. Roll it on your chest before your high-intensity workout and get moving!

DEEP RELIEF ROLLON, PANAWAY, ORTHOEASE MASSAGE OIL

Use Deep Relief, Panaway, or Orthoease massage oil after you exercise. These blends contain oils to support your muscles and joints after a tough workout.

CORTISTOP

Young Living's Cortistop supplement can energize you, may support a healthy cardiovascular system and healthy weight, and is a good complement to your exercise routine.



WHO IS THAT IN THE MIRROR?

Collagen and elastin are 2 components that keep our skin youthful and smooth. Collagen production decreases by 30% within 5 years of menopause onset. Decreased estrogen levels accelerate collagen decline, causing fine lines, wrinkles, and sagging.

LAVENDER AND FRANKINCENSE OILS MOISTURIZER

Lavender and Frankincense can both help maintain a perky appearance.

These oils can be combined with carrier oils to make your own face and body beauty products.

YOUNG LIVING SKIN CARE PRODUCTS

Wolfberry Eye cream, Sandalwood moisturizer, and Bosweillia Wrinkle Cream feel luxurious on the face and support a youthful appearance.

HEALTHY HAIR ESSENTIAL OILS

As we age our hair also isn't what it used to be. Proper nutrition can help keep your hair looking great. Rosemary and Cedarwood essential oils can be worked into the hair daily or dropped in your shampoo for healthy, full, strong hair. Young Living offers different shampoos and conditioners, such as Copaiba-Vanilla & Lavender Mint. You can feel good about using them daily, knowing they are free of all toxins.



THE MANY MOODS OF MENOPAUSE

Using essential oils to uplift and support a happy mood is so easy. Just open up a bottle, take a whiff, or put a few drops in the diffuser, and in less than 30 seconds the molecules have travelled to the emotional center of the brain and you notice a shift in how you feel.

ENHANCE MOOD

Purchase diffuser jewelry and adding a drop of an uplifting oil to help support your moods during these transition years.

Turn on your diffuser using oils like Peace & Calming to create a serene and uplifted mood.

Perhaps seek out a Certified Aroma Freedom Technique practitioner who can provide another way to use essential oils to achieve emotional balance.

FALL & STAY ASLEEP

A few ideas to help fall and stay asleep are to make a pillow spray using Lavender and Cedarwood oils and spray it on your pillow a few minutes before bed. You can also add the same oils to the diffuser, or massage them into your feet with a carrier oil.



YOUNG LIVING OILS & PRODUCTS TO SUPPORT THE MIDLIFE YEARS

HOT FLASH/NIGHT SWEAT/GENERAL HORMONAL SUPPORT

Progressence Plus

Clary Sage

Endoflex

Peppermint

HEALTHY LIBIDO SUPPORT

Progressence Plus

Clary Sage

Ylang Ylang

Sensation Massage Oil

Neroli

Shutran



EATING WELL

Cleansing Trio

Slique Essence

Vitality Peppermint

Lemon

Citrus Fresh

Digize

MOVE YOUR BODY

Breathe Again Roll-on

Orthoease

Deep Relief

Panaway

Cortistop

LOOKING YOUNG

Lavender

Frankincense

Wolfberry Eye Cream

Sandalwood Moisturizer

Bosweillia Wrinkle Cream

Rosemary

Cedarwood

Copaiba-Vanilla Shampoo
& Conditioner

Lavender-Mint Shampoo &
Conditioner

EMOTIONAL SUPPORT & SLEEP

Peace & Calming

Lavender

Cedarwood



To get started with Young Living for a smooth transition through midlife connect with me here:

(leaders enter your info here)

If you would like to purchase the book No Sweat, It's Just Menopause go to bit.ly/naturalmenopausebook

