



NO SWEAT!
IT'S JUST MIDLIFE
WORKBOOK



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

- 1) In menopause woman's ovaries start to decrease in _____ and _____ production.
- 2) The average age for entering the postmenopausal years is _____.
- 3) Estrogen is produced mainly in the _____, 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 _____, _____, _____, and _____.
- 5) When _____ 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 _____ and may help maintain one's _____ and _____, 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 _____.
- 8) The adrenal glands contribute nearly _____, picking up the slack as the ovaries slow their contribution to hormone production.
- 9) _____ increases cortisol levels, causing the adrenal glands to get overworked and exhausted.
- 10) Increased cortisol levels also increase _____, 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 _____.
- 12) _____ are the purest, highest quality of oils with no chemicals and pesticides.
- 13) _____ 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 _____ essential oils can be added to carrier oils and be applied to the neck, forearms, ankles or feet.



15) The _____, the _____, and _____ are excellent spots for oils to support the romantic part of your life.

16) You can _____ 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 _____.

Start with one drop a day. _____ and increase amount of drops and frequency as needed.

CLARY SAGE

The clary sage plant is considered a _____ estrogen.

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

ENDOFLEX

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

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

You can _____ it or use it _____, 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 _____ to the skin as well as _____ to the body.



MIDLIFE MOJO BETWEEN THE SHEETS

YLANG YLANG

Promotes _____ and _____.

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

SENSATION MASSAGE OIL

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

Great for a sensual foot or back _____.

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

NEROLI OIL

Inhaling Neroli oil helps _____ & _____ to your partner's touch.

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

SHUTRAN OIL

Shutran helps _____ and supports partner's _____ and _____.

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



EAT WELL

CLEANSING TRIO

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

It is a good starting point for creating _____ 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 _____ or _____. 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 _____ and add more as needed.

These oils contain _____, which is a natural body cleanser.

VITALITY DIGIZE

_____ 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 _____ system.



TIME TO GET MOVING

BREATHE AGAIN

Young Living's Breathe Again roll-on blend contains many great oils for supporting the _____ 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 _____ and _____ after a tough workout.

CORTISTOP

Young Living's Cortistop supplement can _____ you, may support a _____ and _____, and is a good complement to your exercise routine.



WHO IS THAT IN THE MIRROR?

_____ and _____ are 2 components that keep our skin youthful and smooth. Collagen production _____ within 5 years of menopause onset. Decreased estrogen levels accelerate collagen decline, causing _____, _____ and _____.

LAVENDER AND FRANKINCENSE OILS MOISTURIZER

Lavender and Frankincense can both help maintain a _____ appearance.

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

YOUNG LIVING SKIN CARE PRODUCTS

_____, _____, and _____ 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. _____ can help keep your hair looking great. _____ and _____ essential oils can be worked into the hair daily or dropped in your shampoo for healthy, full, strong hair. Young Living offers different _____ and _____, such as Copaiba-Vanilla & Lavender Mint. You can feel good about using them daily, knowing they are _____.



THE MANY MOODS OF MENOPAUSE

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

ENHANCE MOOD

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

Turn on your diffuser using oils like _____ to create a serene and uplifted mood.

Perhaps seek out a Certified _____ 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 _____ and _____ 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



NOTES



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

If you would like to purchase the book *No Sweat, It's Just Menopause: Eating, Exercise & Essential Oils For A Healthy Change* go to bit.ly/naturalmenopausebook

