

# Womens Health better with age!

WATCH THIS VIDEO OR GET THE SUMMARY  
BELOW

 Introduction & Guest Background

**Guest:** Dr. Stacy Sims – Exercise physiologist  
and researcher focused on women's health.

- **Key Motto:** *"Women are not small men."*
- **Background:**
  - PhD focused on sex differences in heat acclimatization.
  - Postdoc at Stanford, worked on the Women's Health Initiative.
  - Combined high-performance athletic experience with research.



Video Here





# Why Female-Specific Research Matters

- Historically, exercise and medical research has focused on male physiology.
- Women's hormonal cycles (e.g. menstruation, menopause) significantly affect metabolism, recovery, and performance.
- Dr. Sims' career centered around filling these data gaps for women.





# Training Through Menopause

- **Problem:** Guidelines like 150 min/week of moderate activity aren't ideal for perimenopausal women.
- **Solution:** Introduce stressors the body *must* adapt to, compensating for the loss of estrogen.





# Key Interventions:

1. **Heavy Lifting**
  1. Triggers **central nervous system** adaptations.
  2. Builds strength and lean mass despite hormonal shifts.
2. **Sprint Interval Training (SIT)**
  1. Short ( $\leq 30$  seconds), all-out efforts with long rest.
  2. Outperforms hormone therapy in improving:
    1. Metabolism
    2. Cardiovascular health
    3. Bone density
    4. Muscle composition



# Nutrition Essentials for Aging Women

## Biggest Mistake Women Make:

Eating *less* and training *more* → leads to:

Muscle and bone breakdown

Increased body fat

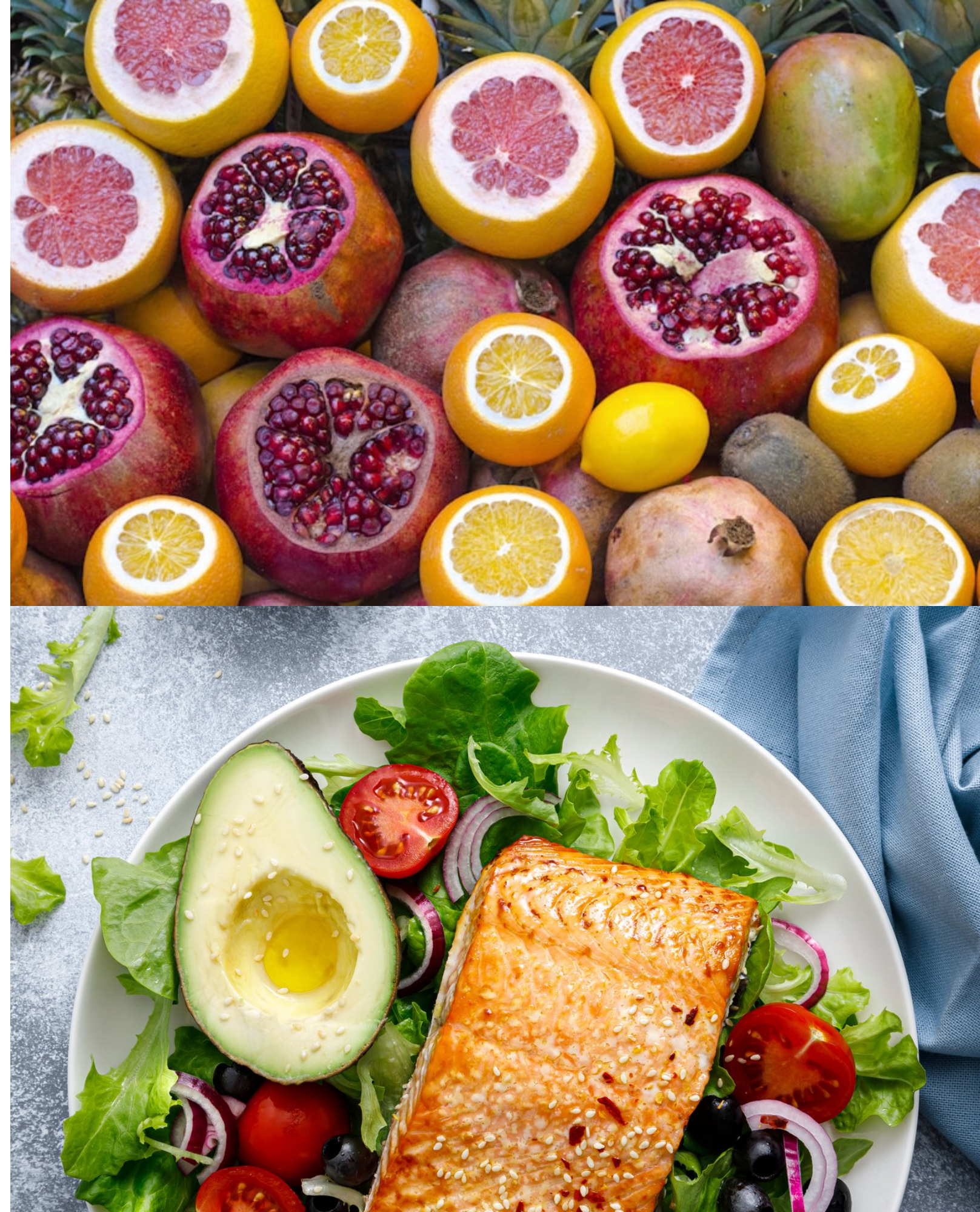
HORMONAL DYSFUNCTION



# SAMPLE MACRO - BREAKDOWN

PROTEIN 30% OF TOTAL CALS, OR 1 GRAM  
PER POUND OF BODYWEIGHT

- **40g of protein post-exercise.**
- Eat protein every 3–4 hours to stimulate protein synthesis.
- Prevents anabolic resistance (where the body doesn't respond to protein like it used to).
- Carbs 20 % of Cals
- Important and not to be feared.
- Prioritize whole foods, fruits, vegetables, sourdough, whole grains.
- Time intake around training.
- **Fats:50%**





# Calorie equation for losing weight

Ideal body weight x 13 Conservative= Total daily Caloric intake

More aggressive example  $140 \times 12 = 1,680$

example -You want to weigh 140 lbs ... $140 \times 13 = 1,820$

PRO-TIP WEIGHT TRAIN concurrently while losing weight so you don't lose muscle, but gain it, and end up with a higher metabolic rate.





# Misconceptions About Fasted Training

- **Fasted workouts = Not ideal** for women.
- Fasted training raises **cortisol**, leading to:
  - Fat retention
  - Hormonal disruption (kisspeptin signaling)
  - Reduced performance
- **Women already oxidize more fat naturally** due to hormonal biology.







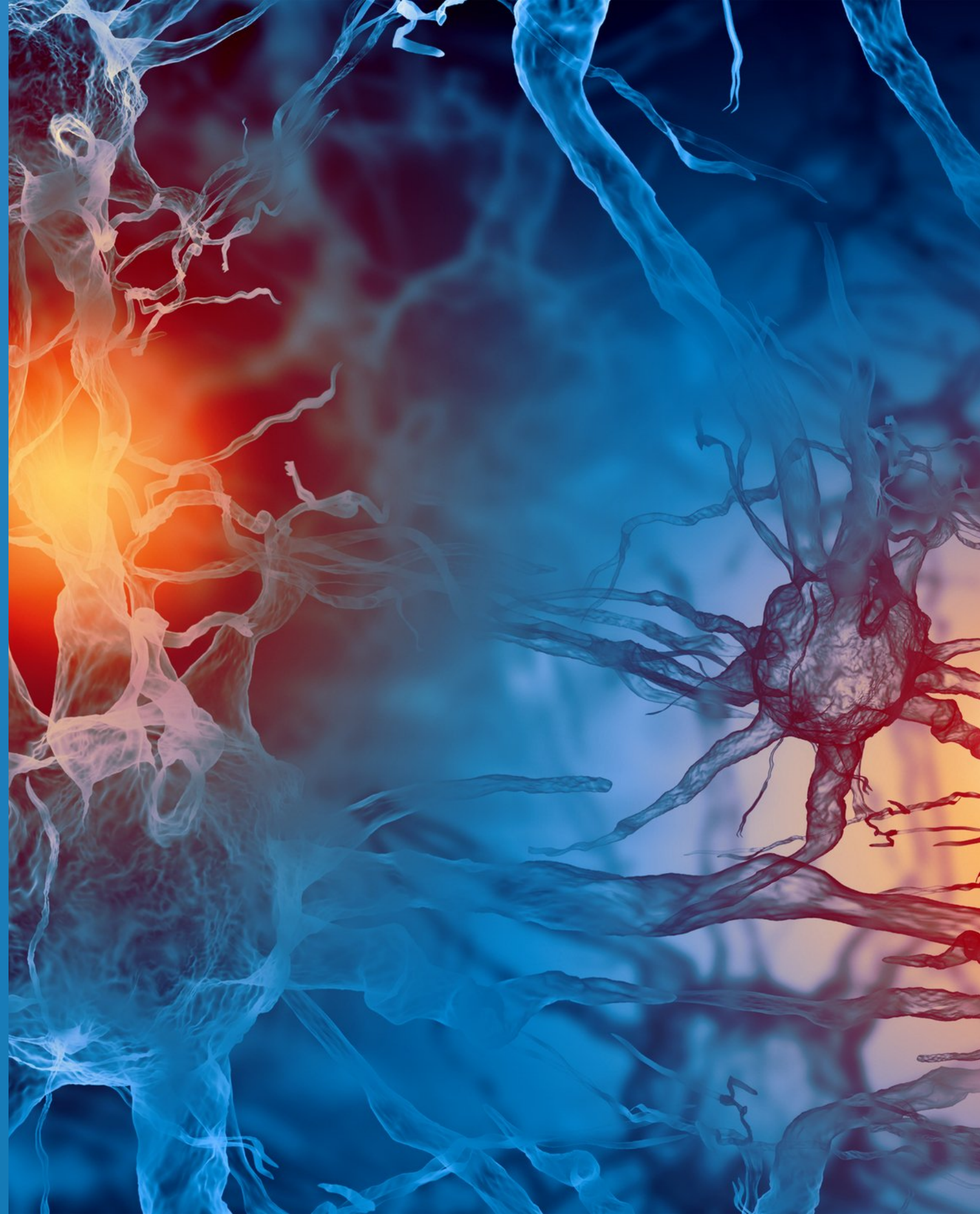
# Empowering a Better Menopause Experience

- Menopause isn't a health cliff—it can be managed and even optimized.
- Through:
  - Sprint interval training
  - Resistance training
  - High-protein diets
  - Educated, non-fasted exercise
- **Cultural shift needed:** From fear of menopause → *ownership and optimization*.



# Hormonal Fluctuations & Exercise Adaptation

- **Cycle-Based Training:**
  - Low hormone phase (pre-ovulation): High stress resilience, ideal for intense workouts.
  - Post-ovulation: Body enters pro-inflammatory state; intensity should decrease.
  - Pre-menstruation: Focus on deloading, technique, and cognitive work.
- **Tracking Recommendations:**
  - Monitor heart rate variability and cycle patterns.
  - Recognize signs of perimenopause: changing cycle length, heavier/lighter bleeding, fatigue, brain fog.







# Gut Health, Hormones & Performance

- **Hormone Metabolism:**
  - Natural vs. synthetic hormones metabolized differently in the gut.
  - Impacts body comp, inflammation, and oxidation.
- **Microbiome Focus:** How gut health shifts through menopause and affects performance.
  - Get complete nutritional guidelines and shopping lists on the next Opt in for nutrition.







# Sprint Interval Training (SIT) – Deep Dive

- **Clarification:**
  - Different from general HIIT; SIT =  $\leq 30$  seconds all-out efforts with full rest.
- **Benefits of SIT:**
  - Enhances insulin sensitivity, bone health, metabolic control, cardiovascular fitness.
  - Outperforms steady-state cardio for menopausal women.
- **Mental Barrier:**
  - SIT is mentally tough; best done in a supportive or group setting.
  - Even 1x per week is impactful.





# Personalized Workout Plans

- **General Guidelines:**
  - Train 3x/week? Try: 2x SIT + 3x heavy lifting (some combined).
  - Endurance athletes: lower volume, higher intensity.
  - Strength athletes: vary sets/reps + add SIT for metabolic support.
- **Periodization Model:**
  - 2 weeks intense → 1 week recovery.
  - Rotate focus: hypertrophy, strength, sprinting, etc.







# Estrogen, Progesterone & Muscle Gains

- **Estrogen is Anabolic** (when not countered by progesterone):
  - Promotes stronger muscle contractions.
  - Boosts muscle protein synthesis.
  - Enhances acetylcholine production → better neuromuscular signaling.
- **Progesterone's Role:**
  - Catabolic.
  - Interferes with estrogen's muscle-building signals.







# Hormone Therapy & Risks

- **Nuanced View of Menopause Hormone Therapy (MHT):**
  - Best results when started **early post-menopause**.
  - Benefits: bone density, vasomotor symptoms, cardiovascular health.
  - Not a shortcut for fat loss or body composition changes.
- **Concerns:**
  - Over-prescription of exogenous hormones.
  - Many women spend nearly their whole lives hormonally regulated externally.





# Alternatives to Hormones



- **Adaptogens:**
  - *Ashwagandha, Rhodiola, Maca, Holy Basil, Shashandra.*
  - Address stress, sleep, libido, focus, mood.
  - Used depending on life stage (reproductive years vs. perimenopause vs. post).
- **Key Supplements:**
  - **Creatine Monohydrate (3–5g/day):**
    - Benefits: brain, gut, muscle function, mood, stress resilience.
    - Women have lower stores than men — supplementation essential.
    - Used to enhance focus, cognition, energy, and physical performance without overstimulation.
    - Break





# Schisandra chinensis

- **Form:** Powder, capsule, or liquid extract (tastes similar to coffee).
- **Primary Actions:**
  - Acts as a **weak phytoestrogen**: supports **vasodilation**, regulates **blood pressure**, and **modulates estrogen flux**.
  - Enhances **aerobic capacity** by increasing **fatty acid metabolism** in mitochondria.
  - Improves **cognition** and **focus** by stimulating the **central nervous system**.
  - Helps manage **vasomotor symptoms** (e.g., hot flashes, shivering).
  - Lowers **estrogen dominance** by promoting estrogen breakdown and reducing E2 receptor sensitivity.
- **Dosing:**
  - For **vasomotor symptoms**: ~13.5 mg/kg/day.
  - For **mental/physical performance**: 500 mg – 2 g per day.
  - **Best taken in the morning**; takes 2–3 weeks for full effects.



# Rhodiola

- Enter inserts new line below
- Primary Actions:
- Improves cognition, energy, and focus by preserving serotonin, dopamine, and norepinephrine.
- Supports sleep and reduces anxiety/depression by lowering serotonin sensitivity.
- Provides anti-inflammatory and neuroprotective effects (protects brain tissue, supports long-term brain health).
- Normalizes cortisol release and boosts ATP production in mitochondria.
- Acts as a Selective Estrogen Receptor Modulator (SERM): balances estrogen activity, beneficial for perimenopause symptoms





- Benefits: cont:
- Reduces mood swings, inflammation, and menopausal cognitive decline.
- Helps reduce bone resorption via anti-inflammatory pathways.
- Dosing:
- Standardized extract (salidroside + rosin).
- 150 mg twice daily, morning and early afternoon only.
- Noticeable results in 3 days, significant within 1 week; study showed major improvement by 1 month.





# Red Peruvian Maca Root

- Primary Actions:
- High in glucosinolates: balances estrogen metabolism.
- Useful for estrogen dominance, heavy bleeding, endometriosis.
- Supports adrenal and thyroid function (contraindicated with thyroid meds).
- Clinical Benefits:
- Improves mood, reduces anxiety, boosts cognition.
- In early perimenopause, shown to be as effective as hormone therapy for vasomotor symptom relief.
- Helps reduce fat gain and muscle loss via hormone balance.
- Dosing:
- For vasomotor/hormone support: 2 g/day.
- For mood/cognition: 3.5 g/day.
- Best taken earlier in the day due to stimulatory nature.





A close-up photograph of several dried, light-brown roots of Siberian Ginseng (Eleutherococcus senticosus) resting on a wooden cutting board. The roots are thick and gnarled, with some smaller, thinner roots branching off. The background is a dark, textured surface.

# Siberian Ginseng

- Different from Panax ginseng; contains eleutherosides (E and B).
- Primary Actions:
- Stimulates the neuroendocrine-immune complex.
- Reduces cortisol impact and promotes cognitive clarity.
- Strengthens immune system: increases T-helper cells and natural killer cells.
- Helps with chronic fatigue, stress resilience, and anxiety.
- Enter inserts new line below
- Enhances both physical and cognitive performance.
- Binds to estrogen receptors to enhance natural estrogen effects.
- Modulates awakening cortisol, reducing that wired and tired feeling.
- Dosing:
- Standardized extract: 0.5% eleutheroside E, 3% eleutheroside B.
- General use: 300 mg/day for 8 weeks, then 2–3 week break.
- For fatigue: 500 mg twice daily for 8 weeks, then cycle off.



# Ashwaganda

- Gateway adaptogen; effective and widely tolerated
- Main compound: Withanolides
- Benefits:
- Reduces cortisol, anxiety, and brain fog
- Decreases inflammation (COX-2 inhibitor)
- Improves vasomotor and perimenopausal symptoms
- Increases DHEA, testosterone, T3/T4, and LH
- Enhances mood, glucose regulation, and body composition
- Contraindications:
- Do not use with thyroid meds or blood thinners





- Dosage:
- 250 mg/day (stress/inflammation)
- 300 mg twice daily (perimenopause support)
- Note: May reduce delayed onset muscle soreness (DOMS), but caution around training adaptation
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# **Holy Basil (Ocimum sanctum)**

- Ancient Indian herb for **calm, clarity, and immune strength**
- **Benefits:**
  - Reduces **cortisol** and **fatigue**
  - Improves **immunity, respiratory issues, and GI health**
  - Anti-inflammatory, antioxidant, antifungal, and pain-relieving
  - Supports **sleep, mood, memory, and energy**
- **Active compounds:**
  - **Eugenol** (GI/respiratory support)
  - **Ursolic acid** (anti-inflammatory/antioxidant)
  - **Beta-caryophyllene** (painkiller)
  - **Eucalyptol** (respiratory/allergy relief)

Caution: May act as anti-fertility due to





# **Reishi (Gateway Mushroom)**

- Immune support & anti-fatigue
- Enhances **estrogen receptor sensitivity** via HPA axis
- Improves **focus, mood**, and reduces **anxiety**
- Contains **beta-glucans** and **triterpenes**
- Boosts **natural killer cells, antioxidant activity**, and protects cells
- **Benefits:** perimenopausal symptoms, CNS fatigue
- **Contraindications:**
  - Risk of **bleeding** (COX-2 inhibition)
  - **Lowers blood pressure**
  - Side effects: insomnia, nausea, allergic reactions, rare liver risk
- **Dosage:**  
20% beta-glucan powder, up to 12





# **Cordyceps** **(Endurance & Hormone Support)**

- Fungus traditionally grown on caterpillars
- Contains **adenosine** and **cordycepin**
- Enhances **ATP**, boosts **testosterone**, **estrogen**, and **progesterone**
- Supports **mood**, **focus**, **anti-anxiety**, and **immune system**
- Increases **T-helper** and **NK cell** activity
- Improves **blood flow** and **aerobic performance**
- **No major side effects known**
- **Dosage:**
  - **1,000–3,000 mg/day**
  - Look for **C. sinensis**, yeast-free version
  - Start with lowest dose for 3 weeks





# Lion's Mane (Brain Health Mushroom)

- Promotes **nerve growth factor (NGF)**
- Active compounds: **hericenones** and **erinacines**
- Improves **focus, memory, and mood**
- Delays progression of **Alzheimer's, Parkinson's**, and supports **nerve injuries**
- Powerful **antioxidant** and **anti-inflammatory** for brain tissue
- **No major side effects reported**
- **Dosage:**
  - **10:1 extract** with **30% beta-glucans**
  - **500–1,000 mg**, 1–3x/day
  - Look for **H. erinaceus** (Lion's Mane)





# **Chaga (Anti-Inflammatory Powerhouse)**

- Grows on birch trees in cold climates
- Contains compounds similar to **salicylic acid** (like aspirin)
- **Reduces cytokine activity**, inflammation, and boosts **WBCs**
- High in **antioxidants** (beta-glucans)
- **Contraindications:**
  - Avoid with **autoimmune diseases**
  - Avoid if on **blood thinners** or allergic to aspirin
- **Dosage:**
  - **250–500 mg**, 2–3x/day
  - Use for **1 to 8 weeks** max
  - Look for **wild-harvested, organic**





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Go shopping for that new summer wardrobe and jewelry that highlight your newly sculpted toned physique.

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Rekindle attraction—whether it's from your husband, your boyfriend, or someone exciting and new

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Watch as friends and peers start to notice—and quietly wonder how you did it (and wish they had, too)





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This is the season to stop shrinking yourself—and step fully into your social life, style, and vacation photos.





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# Mindy Seeno 5★ ★ ★ ★ ★

7/10/2024

*"I've had the pleasure of working with Dan for over" **ten years,**" and I cannot recommend him highly enough. Throughout this time, he has consistently demonstrated a level of professionalism and knowledge that is truly exceptional. What sets Dan apart is his unwavering commitment to his clients. He is always up-to-date with the latest fitness and rehabilitation techniques, and his passion for helping others achieve their goals is evident in every session. Whether you're looking to recover from an injury, get back in shape after a major life event, or simply maintain a healthy lifestyle, Dan is the person to help you succeed. Thank you, Dan, for your dedication, support, and incredible knowledge over the years. You've made a significant difference in my life, and I am truly grateful."*





# Leslie Berry 5



- "I had Dan of Thrive Fitness as my personal trainer for""over 10 years""." He does a wonderful job combining the workout with balance, nutrition and alternative therapies, such as shearing or trigger point release. He quickly adjusted my workout when I suffered a nerve disorder that required months of different approaches to get back the mobility. He encourages and makes the workout fun. Group sessions were a blast and what a workout there too. I recommend Dan on many levels. He listens and you get results. He recently moved to Reno and if it wasn't for the 4-hour commute ,I would still be going. Thanks Dan!"





# Olga Chotinun 5



Reno, Nv

2-22-2025

I would like to recommend my personal trainer, Daniel who has been helping me over the last few months to improve my body composition. I feel much stronger and fit now thanks to Dan! And it's really great to work out in private studio, Dan has set up in part of his house in N.W Reno!





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