

**SAVE YOUR HAIR, YOUR
FIGURE, YOUR MIND**
During Meno(pause)



**From your REDHot Sexy
Meno(pause) Expert,
DR. SHARON STILLS**

SAVE YOUR HAIR, YOUR FIGURE, YOUR MIND *During Meno(pause)*

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Intro

Hey there beautiful, I'm Dr. Sharon Stills. I'm so happy to see you here because it means you're ready to write your own Meno(pause) story. What's with the (pause) you ask? I want to emphasize that this is a great time in your life to reflect on making this moment the sexiest, hottest, most beautiful sacRED second act in your life.

The word "Meno(pause)" evokes a lot of different emotions in women. We have been taught that this period in our life means we are old, with our "better days" behind us.

Are you ready to throw that mentality out of the window?

Around here, we don't just accept what we're told. We ask questions and challenge the status quo. I'm here to tell you that your BEST days are in front of you. Sure, this moment in your life may come with particular challenges, but we can not only learn to "tolerate" or "endure" Meno(pause), but also to embrace it and make it something spectacular.

I'm going to teach you how to save your HAIR, your FIGURE, and most importantly your MIND so that you can enter your sacRED second act feeling RED hot, ready to take on the world and put yourself, your dreams, your passions and your sexiest self forward.

My approach to Meno(pause) means taking a holistic view of both your physical self (hormones, diet, etc) and the mental and spiritual aspects of your life. We need to be healthy in both areas. What you'll find is that one plays off the positive momentum of the other.

When I went through my Meno(pause) journey I had already been working in this field for a while, and I approached it with enthusiasm. I decided it was time for bold action, so I climbed to the top of Kilimanjaro. I don't say that because I want you to become a mountain climber, I'm saying that because I want you to know that you are capable of SO MUCH. You have years of passion, excitement, drive, sex, adventure, learning, exploring, and creating in front of you.

Sounds good!/? **Great! Let's jump into your red hot, sexy, sacRED second act!**

Part 1: Save Your Hair

Hair and hair loss is an important topic. This is coming from someone particularly attached to her red hair, which has recently started to turn blonde as I've aged! Anyone that has experienced hair loss will tell you how difficult it can be. As a physician in clinical practice, I have helped women dealing with hair loss for over two decades. If you haven't experienced hair loss yet, this section is still for you, as prevention is the best method.

The important thing to realize about hair loss is that there is HOPE! Yes, where there is hair loss, there is hope! If you are visiting a physician that doesn't give you hope and is only offering medication as a remedy, I would recommend running out of that physician's office.

There are many, many reasons that we may lose our hair, so if we are only looking at one level of hair loss, we are not getting the complete picture.

REMEMBER: we lose up to 100 strands of hair daily, that is considered normal hair loss. So, understanding if your hair loss is normal, or in excess is really important.

Spirituality and the Hair

People have strong feelings about hair (myself included). That is partially because there are a lot of things in society, and in the zeitgeist regarding hair.

I spent a month in a Buddhist monastery. It's a common practice for monks to shave their hair. I went back and forth whether I wanted to shave my head or not. It took me a long time to make a decision and I went back and forth. In the end, I did a symbolic gesture of cutting a lock of hair because that's all I could part with.



In some Native American traditions, strong long hair is a symbol of strength. In some yoga communities, hair is protected because it's believed that it connects us to higher beliefs.

The point is, all around the world, in all cultures, and many philosophies, there are strongly held beliefs about hair.

Women definitely equate hair with feelings of femininity and beauty. During the process of hair loss, there can be a lot of shame, feelings of powerlessness and aging. My work is to help you to embrace the aging process. I do not believe in anti-aging, there is no such thing as stopping age, you can, however, embrace it. I want you to not only have a great quantity of years, but also quality years. The quality and the quantity of your years are equally important!

If you are struggling with your aging process, you may need to seek professional help to deal with it and there is absolutely nothing wrong with that. If you are just slightly annoyed, try sitting with your emotions and embracing them. It's not about eliminating negative emotions, it's about learning to dance with them.



The Emotional Impact of Hair Loss Often Includes:

- ☹️ **Shame**
- ☹️ **Anger**
- ☹️ **Sadness**
- ☹️ **Depression**
- ☹️ **Worrying**
- ☹️ **Hate**
- ☹️ **Dissatisfied with Body Image**
- ☹️ **Fear of Aging**
- ☹️ **Self-Conscious**
- ☹️ **Social Stress**
- ☹️ **Powerlessness**
- ☹️ **Feelings of inadequacy**



Common Causes of Hair Loss:

Stress

Hypo/ Hyperthyroidism

Anemia

Protein Deficiency

Sex Hormone Imbalances

Medication Side Effects

Mold toxicity

Vitamin Deficiencies/Excess

Toxic Hair Products

Lymphatic Congestion



Stress and Hair Loss

Let me tell you, stress sucks. Extended stress leads to high levels of cortisol, which comes from the adrenal glands. If the adrenal glands are busy, they don't have time to make the hormones that are necessary for hair reproduction.

Stress can also provoke cytokines that disrupt the growth of new hair growth. It's more than just the fact that stress is challenging, it's the reality that stress is 99.999% the root cause of all health problems. It always goes back to stress.

There are different kinds of stress. There is emotional or physical stress, biochemical stress, energetic stress. There is no way to avoid stress completely, but how you respond to stress is going to make a huge difference. Identifying your biggest causes of stress is best done with a healthcare professional if you're already experiencing hair loss.

Something that I have seen work over and over again to manage stress is building a meditation routine and learning about mindfulness. Both meditation and mindfulness are things you can get started on today on your own!

And no, meditation and mindfulness are not just about sitting and breathing. What we do off the cushion is equally, if not more important, than what we do on the cushion. We really need to learn how to manage stress in our daily lives.

We need to learn how to say "no" to things that don't serve us mentally and emotionally.



The Thyroid Gland

Having your thyroid properly managed is a huge one when it comes to hair loss. This is one of the biggest areas that women are gaslit about by medical professionals. Typically, we see an underactive thyroid when hair loss occurs. However, it isn't just enough to look at one or two thyroid levels. You have to look at the full picture and what you're experiencing in your body before ruling out thyroid issues.

For instance, you can see signs of an underfunctioning thyroid in your eyebrows. If you are losing the outer third of your eyebrows or losing excess eyelashes, that is a sign you likely have a thyroid gland issue.

I can't tell you how many people that come into my practice who have all the telltale signs of hypothyroidism have been told their thyroid levels are normal. Whether it's hair falling out, brain fog, can't lose weight, always abnormally feeling cold, muscle aches, and fatigue, these classic symptoms indicate that what they have been told is normal may not be normal for them.

If you suspect thyroid issues, these are the tests you should ask for:

- ✓ **TSH**
- ✓ **Free T3**
- ✓ **Free T4**
- ✓ **Anti-TPO**
- ✓ **Reverse T3**
- ✓ **Thyroglobulin Antibodies**

Anemia

Anemia is a condition in which there is a decrease in red blood cells or hemoglobin, which may lead to fatigue, dizziness, and other symptoms. Anemia can be caused by a number of conditions, including vitamin deficiencies, chronic illnesses such as kidney disease and cancer, and an inability of the body to produce enough red blood cells.

There are many variations of anemia. It can be iron anemia, B12 anemia, or B6 anemia. Some signs of anemia are air hunger, meaning struggling to get a good breath in. You may be cold and have blue hands or feet. Anemia can cause you to lose your hair as well and it's important to get a full range of tests to find out if you suspect you are anemic.

Starting tests would include CBC with Differential, Iron and TIBC, Transferrin Saturation, and Ferritin.

Protein Deficiency

A lot of women that come into my practice are protein deficient. The main two things we need to look at when there is a protein deficiency are: are you eating enough protein? and are you absorbing enough protein?

The classic recommendation for protein intake is 0.5-1g of protein per pound of body weight per day. So your average woman needs to eat between 70-120g per day, but if you're unsure how much you should be eating, be sure to check with your doctor!

Bonus tip: consider what sources of protein you are eating. A hamburger from McDonald's is not the same as grass fed beef and free range eggs.

Beyond how much protein you are eating, we also need to consider if you are actually absorbing it. Often with diet journaling, I see women eating a lot of protein; however, they come back looking protein deficient on their test results.

How can that be? Hydrochloric Acid (HCL) is crucial for digesting and absorbing your protein. A big misconception is that people have too much acid and are given antacids. That is very often wrong. In my over two decades of experience I see time and time (and time) again that we are in need of more stomach acid NOT less.

Life is a balance, a lot of emphasis is put on being alkaline. However, we need to be acidic in certain areas which include the stomach. It is actually this acidity in the stomach that allows for the alkaline release of other enzymes.

I want you to talk to your natural-minded doctor about your HCL levels. Please note: I don't want you messing with your HCL levels without supervision.

Bioidentical Hormones

I can't even count how many women I know that have found relief from hair loss with bioidentical hormones. They have also experienced hair regrowth, or their hair has become shinier and fuller. It's important if you're on bioidentical hormones that your practitioner is monitoring your levels appropriately. Hormonal balance is like a symphony and needs to be tuned appropriately to your own individual needs. For instance low levels of Estrogen, Progesterone and, as we discussed above, Thyroid can contribute to hair loss. On the flip side high levels of Cortisol and Testosterone can also be a contributing factor. Typically you will have elevated testosterone if you are being supplemented. It is vitally important to monitor a DHT level in your blood if you are taking testosterone - even the safe bioidentical kind. DHT is a metabolite of testosterone and if you are converting your testosterone to it then it can be a cause of your hair loss.

In my practice, bioidentical hormone replacement is typically a must for any hair issues because the results are so outstanding. Just be sure your hormones are being dosed, administered and monitored properly.

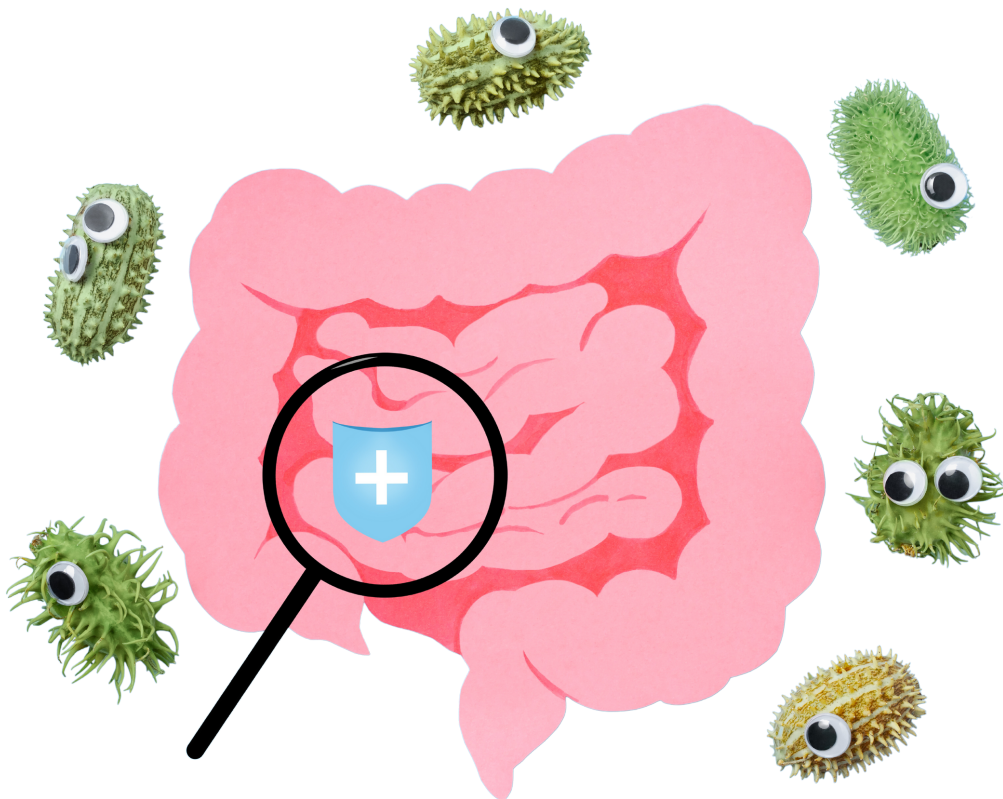
Gut

Our hair, our skin, and all of the external parts of our bodies are a reflection of what is going on in our gut. Yes, what's going on in your gut can be reflected by what's on (or not on!) your head.

There is a lot that can be going on in the gut that can lead to hair loss:

- Inflammation
- Overgrowth of Bacteria
- Excess Permeability
- Poor absorption of nutrients
- Decreased levels of lactobacillus

In-depth stool testing can give us a good idea of what is happening in the gut so we can address any hair loss related issues.



Heavy Metals

No, I'm not talking to Metallica, Kiss, or Black Sabbath. Though it may be fun to mention they all had/have great heads of hair. The heavy metals I'm talking about are huge contributors to hair loss (not the music industry).

Some heavy metals you want to watch out for.

- Arsenic
- Thallium
- Lithium
- Mercury
- Cadmium
- Lead

Again, my motto is "Test Don't Guess" testing and extensive testing is important! Some of the most neurotoxic particles leave the blood within 24 hours and are stored in your fat cells so traditional blood work may not show the whole picture. In my office we do pre and post provoked urine testing to see what your actual body burden is.



TEST DON'T GUESS

Mineral/Vitamin Deficiencies

You can be tested or profiled for mineral deficiencies such as:

- Iron
- Zinc
- Omega 3 Fatty Acids
- B Vitamins - Biotin
- Vitamin D
- Selenium
- Vitamin E
- Vitamin A
- Folic Acid - the right kind

You want to make sure you are taking quality vitamins. I see often clients are taking the right vitamins, but the wrong brand. If the quality is not there, they can become toxic.

[TIP: I have amazing, high-quality vitamins available on my website!](#)

To determine if mineral deficiencies are at play, you need to make sure you're being tested the right way. For instance, to determine if you're deficient in Zinc, having a plain zinc level run in your serum would be misleading; it must be tested in your red blood cells. For the best data on what's truly going on, you need to work with someone who is experienced in using micronutrient testing.



Hydration

Hair follicles require water to grow. I know sometimes we want the big fancy solution, but honestly, hydrating can go a long way to resolving so many issues.

If the only action you take after reading this is to drink more water, I will be extremely happy!

Tip!

**YOU SHOULD BE DRINKING AT LEAST HALF
YOUR BODY WEIGHT IN FLUID OUNCES OF
WATER PER DAY!**

Toxic Hair Products

Although I've mostly been talking about the inside, we need to look outside as well. It's scary how many toxic ingredients creep into our products. We think a lot about what we put into our mouths, but a lot of time we don't give enough attention to what we are absorbing.

Here are some of the things you need to look out for in your hair products.

- Sulfates: extremely drying - strip away all-natural oils from hair and scalp
- Mineral Oil: can't penetrate the hair fiber, so ineffective at treating existing damage
- Parabens: are potentially carcinogenic
- Fragrances are 95% derived from petrochemicals
- Phthalates are banned in Canada but sneak into US products under "fragrance" create lung, liver, kidney, and reproductive system damage.

The Bottom Line

As you can see, there are a LOT of causes for hair loss. This might seem overwhelming but I really want you to have HOPE. This means we can test test test and get down to the bottom of what is causing your hair loss. Hair loss is a sign of an underlying root problem, so it's important for us to get down to the bottom of what is causing your hair loss.

Part 2: Save Your Figure

Intro

As women age, our bodies naturally go through changes that can affect their overall figure, however, Meno(pause) doesn't mean that we have to "give up" and let ourselves go. There are ways to maintain an attractive figure no matter your age. The most important person in your sacRED second act is YOU, and it's important that you feel good in your own body.

A healthy diet and regular physical activity are key components of staying fit at any age. Eating nutritious food and moving regularly helps to keep one's weight in check, as well as ensuring that the body is getting enough vitamins and minerals it needs to stay healthy.

Now, I don't want you to think of this as a "diet," "regime," or even "discipline." Those are loaded words. Eating a big beautiful ripe apple that is so juicy and delicious on a warm day...what about that implies effort? For me, that's pure joy!

The same can be said for dancing Salsa or doing yoga... they are joyous activities, not chores to check off a checklist. Consider adjusting the way you look at these things. Find beauty in the food you eat so that it nurtures your soul. Movement is a celebration...so let's celebrate your sacRED second act!

By incorporating the following things into your lifestyle, you can keep your figure looking both attractive and healthy throughout your life. You deserve to FEEL great! It is possible for you to maintain your figure– and have FUN!

Diet

Do you want to be a juicy apple or a salty, greasy bag of chips?

THINK ABOUT IT:



I prefer to consider myself a juicy apple. It's true, you are what you eat and also what you absorb.

Proper nutrition is vital to maintain stable blood sugar levels. Eating healthy means we are in a better mood and have more energy. I encourage you to eat according to the seasons and avoid your specific food sensitivities. That way, your body will use the food you eat more efficiently.

Staying Hydrated

Dehydration is one of the leading causes of disease in the body. Follow this simple formula: drink $\frac{1}{2}$ your body weight in ounces, every day. Preferably you should be drinking filtered hydrogen water like me.



Reconsider Your Meals

Consider your breakfast: forget everything you have learned. We have been taught that breakfast is a sugar fest. I invite you to reconsider that. Eating healthy proteins will give you the energy boost you need to start your day without any of the negative side effects of sugar.

Eating your largest meal in the middle of the day is a big game-changer. It can help you absorb food, digest, and lose weight. Simply by reorganizing the order in which you eat food can change a lot.

I understand it's hard for some people to think of dinner as a lighter meal. If you are used to using that moment to share family time, why not try eating a lighter meal around a board game so that way you can still spend time together as a family? Sometimes, we have to challenge the status quo to make changes in our life.

For more on eating, be sure to check out Mindful Eating in Meno(pause) ebook which is also available as a free gift in this summit!

Get Your Groove On

When we think of exercise, we often have a negative knee-jerk reaction. I'm also asking you to challenge your assumptions around movement. Notice how I say "movement" and not "exercise"-- that's because the word movement has a less negative connotation to it, and our mentality as we approach movement is vital.

I'm a big fan of strength training at this point in our lives but I highly recommend having a trainer and being guided by a professional so you don't hurt yourself. I also love gentle movement. These ideas below are much safer to include in your life starting now!

Walk the Walk

Challenge yourself to walk to work, the grocery store, a friend's house, or any point A to point B without your car. Take it as an opportunity to practice mindfulness: look at the trees, hear the sounds, and feel your feet against the ground. Or, if you prefer, use it as an opportunity to listen to an audiobook. Make it enjoyable in whatever way you find enjoyable.

Stretching/Yoga

If you've never tried stretching or yoga (they are different but complementary), I really encourage you to take up a practice. They are great ways to increase circulation and get your day started on a good note. Pair up the movement with some mindful meditation or journaling afterward. Challenge yourself to do it every day for 30 days...I promise you won't be disappointed and will continue.

Dance

Salsa, Ballroom, Tango, Ballet, Zumba... you name it! Dance is a great way to get moving. The added effect of incorporating uplifting music makes dance a mind/body experience. You are never too old to enroll in a class and learn some moves. Feel radiant, dance the night away!

Lymphatic Support

Our lymph is one of the most important systems in our body and unfortunately, one of the most overlooked systems in our body as well. Having proper lymphatic flow means we are releasing the toxins that otherwise can be trapped in our bodies and cause excess pounds and cellulite.

One of the reasons I am so successful with my patients is because I am obsessed with lymphatic flow and want you to be too!

The only diagnostic tool available to evaluate your lymphatic system is the machine that I use from Germany known as CRT (Computerized Regulation Thermography). I highly recommend finding someone who performs this test and checking out your lymph. I have yet to see anyone with a baseline scan who had perfectly flowing lymph so if that is you I want to know!!!!



Some of my favorite ways to move the lymphatic system are:

Breathing

Hydrating

Moving

Sweating

Having a FlowPresso Session

Colorpuncture

Phluffing

I could write a whole book on lymph (guess I need to do that next 😊) but the above ideas will get you started on your lymphatic journey.



Part 3: Save Your Mind

Intro

Last, but certainly not least, we want to make sure we save your mind during Meno(pause). With all the noise of society coming at us from all directions, with our friends and family telling us how hard it's going to be to go through Meno(pause), and listening to them list their complaints, aches, and groans, it can be an obstacle course for the mind. How to stay mentally fit when you have to run around the obstacle course of a very negative-bent society?

Well, it's time to go inward and reexamine what Meno(pause) means for YOU. You're not going to learn that from friends, family, news articles, blogs, or even me. It's a journey you have to go on alone. But the good thing is you get to put yourself FIRST!

Luckily, there are a lot of things that you can do to save your mind during Meno(pause).

Community

With the rise of the rat race and hustle culture, we have lost our sense of community. If you want to keep your sanity during Meno(pause), it's essential to have a positive support system around you. This could mean joining yoga classes that have social functions afterward, dance classes with a weekly group, or going on regular wellness retreats where you can meet like-minded people. This is why I take time out of my practice to lead them - [you can check out my upcoming retreats here](#).

Journaling

Journaling has a multitude of benefits, both mental and physical. Studies have shown that writing down one's thoughts and feelings can help reduce stress levels, improve mood and sleep quality, boost creativity, increase self-awareness, and aid in problem-solving. It is a form of self-care that can bring clarity to situations when so much is uncertain.

When our minds race away from us, we lose conscious control over our thinking. Journaling brings us back into our power and allows us to reframe the way we look at things.

We often travel down a negative stream of thought. This is why I'm particularly fond of gratitude journaling. By writing down and reflecting on the things we are thankful for, we can not only recognize our own good fortune but also cultivate an attitude of gratitude. This practice helps us focus on the positive aspects of our lives and can also enhance.



Looking for some ideas for gratitude journaling? Try these writing prompts to get started.

- What are 3 things I'm grateful for?
- For what have I been most thankful this week?
- What did I receive today that made me feel blessed or fortunate?
- What positive event occurred unexpectedly in the past day/week/month?
- Who do I appreciate and why?
- How has my life improved over time, despite any setbacks or challenges encountered along the way?
- What is a recent accomplishment of mine that deserves recognition and appreciation from myself as well as others?
- Where can I find beauty, peace, and contentment in my everyday life right now?



Hobbies

I have found in my clinical practice that many of my patients have stopped practicing a hobby. Hobbies are a great way to take your mind off of negative aspects of life and focus on creation. When we are busy painting, doing ceramics, or mapping out our next destination to collect antique hand-blown glass vases (I mean why not), we are focusing on the beauty in the world. Maybe your sacRED second act is the perfect time to learn piano or watercolors.

Need help brainstorming ideas? Here's a list of hobbies that might spark your interest:

- Cooking (why not crack open that cookbook you've never used?)
- Gardening
- Scrapbooking or journaling
- Woodworking
- Hiking/walking in nature
- Writing poetry, short stories, or novels
- Reading books in a book club
- Learning a new language or musical instrument
- Yoga and Pilates
- Photography
- Scrapbooking or Memory Keeping
- Going on Day Trips/Exploring Local Area
- Volunteering in the Community
- Auditing College Classes
- Painting, Drawing, or Pottery Making

The great thing about a lot of these hobbies is that they can be done with other people, which helps embrace a sense of community. Also gathering around an activity or hobby keeps the conversation positive and uplifting.

Nature

Concrete jungles and the technological revolution have removed us from nature. Put down your phones and get out of the city to experience a beautiful hike. Join a local hiking group. Not only is that a great way to get away from the blue light of your laptop, it's also a great way to meet people and socialize. If you can, visit a coastal area and take long walks on the beach or bathe in the salty water.



Purge/Desire Less

By the time we reach our sacRED second act, we have enough experience in life to realize that less is more. More space, more time, more peace and tranquility. This may be a great time to go through your space and declutter. To look at what (and who) in your life lifts you up and what just holds you down.

But What About the Hormones?

The above lifestyles are crucial but equally crucially, you need to make sure you're also addressing your hormones. If you're only looking at lifestyle, you're very likely making things WAY harder than they need to be. Your body and hormones are changing dramatically during this timeframe so if you feel a little "crazy," it's not just all in your head. It's all in your hormones and it is completely normal to need to get support around your hormones.

Don't forget, without estrogen and optimized hormones, your mind will be foggy.

Climb to Extraordinary Heights

I hope this helped you reconsider what Meno(pause) can look like. As I mentioned before you don't have to climb up Kilimanjaro to reach incredible heights during your sacRED second act. I recommend taking the time to pause, reflect and create a vision for what this next chapter in your life is going to look like.

Being a woman is more than the traditional roles and expectations that have been placed upon us for centuries. Women are strong, independent, and capable of accomplishing anything they set their minds to. We have proven this time and time again by breaking barriers, shattering glass ceilings, and forging paths through fields historically dominated by men.

Women must continue to be unapologetically bold and use our voices to create change and pave the way for future generations. So let's keep inspiring other women to be just as unapologetic about writing their own stories.

Let's make sure that our daughters, sisters, aunts, friends, and all the other incredible women out there know that they are powerful and have a voice worth listening to. We can do it! You got this! 💪✨

So, what does this all mean for your hair, your figure and your mind?

The number one thing I want you to take away from this guide is that there is HOPE. You do not have to sit quietly by and accept the status quo when it comes to Meno(pause). You DO have control over how you feel, how you look, and the choices you make each day.

It takes conscious action on your part, but it CAN be done.

It's a combination of changing your mindset and investigating the right medical support.

Making wise choices and finding ways to detoxify your body.

Or, perhaps learning to accept the aging process while still loving your changing external appearance.

Your sacRED second act is more exciting than the first - it's not about fading away and giving up. It's about shining brightly and making your impact.

Your legacy is up to you.

XOXO

Dr. Stills



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Dr. Sharon Stills is a Naturopathic Medical Doctor who believes that the Mind AND the Body must be treated as one in order for you to enjoy genuine health, true happiness and to experience your deepest passions each and every day while enjoying the gift of being alive.

She helps menopausal women to pause and evaluate life so they can live the second act of their story stronger, healthier and sexier while aging backwards. She's successfully helped thousands of women transition gently through the different stages of their lives with all natural methods.

Most importantly, she is a champion of you living your best, sexiest life, especially during your sacRED second act!