

Top Diet Tips

**FOR EATING WELL
IN MENO(PAUSE)**



**From your REDHot Sexy
Meno(pause) Expert,**

DR. SHARON STILLS

Top Diet Tips

FOR EATING WELL IN MENO(PAUSE)

Publisher & Author

Dr. Sharon Stills

Copyright © 2023 Dr. Sharon Stills
All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.

7904 E Chaparral Rd Ste A110-442.
Scottsdale · Arizona 85250-7367

Top Diet Tips For Eating Well In Meno(pause) contains general medical information. The medical information is not advice and should not be treated as such. You must not rely on the information in this book as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition, you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information in this book.

Intro

Hey there beautiful, it's Dr. Sharon Stills here! If you are not familiar with my work yet, let me fill you in. I'm a naturopathic doctor with over two decades of experience and I am on a mission: to change the narrative around Meno(pause).

Never seen Meno(pause) written like that? Well let me explain, most of us women have a lot of pre-programmed ideas about what Meno(pause) is: that time when we get "old" and our bodies stop functioning properly and we are past our prime. The craziest part is that we accept these beliefs without taking a second to PAUSE and really think about what that means.

WELL, NOT ANYMORE!

Around here Meno(pause) is an OPPORTUNITY to stop and think about what we want from the SacRED second half of our lives. SacRED means, RED HOT, sexy, fun, exciting and joyous. Nobody (and I mean NOBODY) going through Meno(pause) is past their prime, on the contrary, you are looking at some of the BEST years of your lives!!

Think that's radical? Think again! These are the years of your life when you get to stop and put yourself first. To think: hey, what do I want? I know a lot of you women have NEVER thought of that before. Many of you have gone through life putting everyone else first. Thinking of your boyfriend/husband/girlfriend/partner whomever. Perhaps you raised children or jumped on the corporate ladder (or both). In any case, now you get to use Meno(pause) as an opportunity to flip the script, there has never been a better time to put yourself first!



Where does mindful eating come into this? Mindful eating is extremely important. I want you to be aware that I am not encouraging you to go on any specific diet. I want you to think of eating as a joyful, beautiful experience that heightens the quality of your life and helps you optimize your health.

I am going to push you and challenge you on some previously held beliefs that you have about eating. Remember, this is a time to pause and question what we have been taught. Unfortunately, a lot of us haven't been taught correctly when it comes to mindful eating. Pretty soon, some poor habits come up and bite us in the ass. This is definitely true as you go through Meno(pause). But again, this is an opportunity.

I really don't want you to be in a "diet" mentality. How many people do you know that go on a diet, lose weight, but then it all comes crashing down? I want you to have a **RED HOT** life, an amazing lifestyle, and food to be a pleasure for you.

Not EVERYTHING in this book might be right for you, but I really want you to approach it with an open mind. One change in your diet could make a HUGE impact.

Well... let's get started, bon appetit!



**MINDFUL EATING IS ABOUT TEACHING
YOU TO BE IN TOUCH WITH YOUR
BODY SO YOU CAN DECIDE WHAT
WORKS FOR YOU**

Dr. Sharon Stills

Diet

I want to have an honest conversation about what you should eat, but also HOW you eat, WHERE you eat, WHY you eat: these are all important factors in your **red hot** health. Question: do you want to be a juicy red apple or a bag of greasy chips?

beautiful, fresh, healthy



oily, hard crunchy



It seems elementary, but it's true, you are what you eat. This book is all about CHOICE. You're going to be confronted with a lot of questions and some of them you may not like.

I know, as women, we are not trained to put on our oxygen masks first. Our reflex is to help everyone else. But mindful eating is going to be about putting YOURSELF first, and treating yourself with loving kindness.

Many of us women have suffered from some form of an eating disorder. It doesn't have to be a full-blown case of anorexia and/or bulimia, it might just be some unhealthy eating patterns. Whether you have a full-blown eating disorder or some unhealthy habits, if you think you have a problem, please reach out for professional help. To be real, I have had moments in my life where I was hyper-stressed and used food to cope. I binged on food and used laxatives. It was a hard time in my life and I reached out for help and I encourage you to as well if you think you need to. While this was almost 30 years ago for me, I can still relate to struggling with eating and it's something I confidently help patients with all the time so I know I can help you as well!

We're going to talk about the when, the how, and the what when it comes to eating in Meno(pause) so let's dive in!

When You Eat

We often get hyper focused on WHAT we eat but the reality is that there is so much more to eating healthy than what. WHEN you eat can have a huge impact on so many factors like your blood sugar, your energy, and your sleep so it can't be overlooked.

Breakfast: A lot of women may be starting their mornings with an extremely sugar-oriented breakfast menu that includes sugar-infused cereals, unhealthy juices with little or no actual nutritional value, and simple carbohydrates such as white toast loaded with more sugar on top of it. This is definitely not the way to set yourself up for an energized and motivated day. We often have to unlearn the rules society taught us to follow. I learned about breakfast from television and advertising as a young child watching Saturday morning cartoons. That is a belief that I definitely had to throw out as it wasn't truly mine. And guess what? Big corporations selling you easily produced junk food might NOT have your best interests at heart.

I get it, eating an unhealthy breakfast is convenient and less time-consuming. Not having to worry about meal preparation can be a big draw for busy individuals. In addition, many processed breakfast foods are very tasty and have a high degree of palatability, making them ideal for those who are looking for a quick and flavorful option in the morning.

However, this is your sacRED second act, it's time to stop filling up on cheap and easy. It's time to fill up and be truly fulfilled, spiritually and nutritionally speaking. And the truth is you can have a healthy breakfast that is convenient and not so time-consuming.

Some of my favorite breakfast ideas - if you are eating breakfast include:

Bulletproof
Coffee

Organic Eggs with
Avocado and some
Paleo Toast

Leftovers from
last night's dinner

Protein
Smoothie in
Dairy Free base

Personally, I like having steamed fish and veggies for breakfast when I'm not intermittent fasting. And keeping it real here sometimes I even have a Paleo muffin on those mornings when a muffin is the only thing that I want. ;) Remember, it's what you do most of the time - this is not an invitation to be so strict that you drive yourself nuts!

A good rule of thumb is to make sure you have some sort of protein in the morning within 30-60 minutes of waking up so your blood sugar can balance. If this seems weird to you, trust me and give it a shot. ALL my patients who were resistant at first ALWAYS return saying OMG I love eating steak, chicken, and turkey for breakfast now. Expand your boundaries and do some things differently. It might be weird at first, but once you give yourself permission, you will find out that you feel a lot better.

Lunch: Another misconception is that we should start the day with a large breakfast and end the day with a large dinner. This is all backward. It's actually best to eat your most substantial meal in the middle of the day. Society hasn't adapted to this practice most likely because of the inconvenience at schools or offices.

It might not be the most convenient thing for you to eat a large meal in the middle of the day, but I encourage you to try and carve out the appropriate time or meal prep to have your most substantial meal in the middle of the day.

In Ayurvedic practice, eating in the middle of the day is an important part of adhering to a healthy lifestyle. Eating at midday helps to promote balance within the body and can help reduce cravings, improve digestion, and increase energy levels. The middle of the day is when your agni (digestive fire) is higher so it makes sense to eat a larger meal at this time for ease of digestion.

The health benefits to eating your largest meal at lunch include:

Improved digestion

Better regulation of blood sugar levels

Increased energy levels

Improved sleep

Feeling nourished and balanced throughout the day

Reduced cravings

Weight loss

So if you're used to having your largest meal of the day for dinner, consider switching things up and try eating that main meal for lunch! With a little experimenting, you may find it becomes easy to execute from a practical standpoint in addition to how it makes you feel.

Dinner: I understand that dinner time can be a beautiful ritual for many busy families. I also understand that we do a lot of socializing for dinner. It's a great time to sit around a table and reconnect. For many, telling people to eat lighter at night goes against tradition, however, here we are making new traditions that put our health at the forefront. I encourage you to think about eating lighter meals at night.

Keep the tradition of gathering around with the family, but instead of a large meal, why not put a board game at the table with some tasty, healthy salad or a lite meal?

TIP: Avoid fruit in the night, our pancreas has a more difficult time breaking fruit down in the evening.



Close the Kitchen

A good rule of thumb is that the kitchen closes three hours before bed.

This is a great way to balance the nervous system, help you with your sleep, and help you with weight loss. It's actually great news, with just a few changes to WHEN you eat, you can lose weight without having to change your diet at all!



**THIS ONE TIP ALONE
WILL CHANGE YOUR LIFE.**

Intermittent Fasting

A lot of people come to me curious about intermittent fasting. Intermittent fasting is a dietary pattern that involves alternating cycles of eating and fasting. It has been used for centuries as a means of improving overall health and well-being and has become increasingly popular in recent years due to its potential health benefits.

There are several different types of intermittent fasting, including time-restricted eating. There are different ways to approach each type of intermittent fasting. All involve regularly cycling between periods of eating and fasting but the specifics can vary a bit depending on which type you're trying.

If you're doing intermittent fasting, you might not eat anything at all for breakfast, or start with a cup of coffee, tea or water. When I do a fasting day, I like to try a bulletproof coffee. Bulletproof coffee is a popular drink that originated in Tibet. It is made by blending together freshly brewed coffee, grass-fed butter (or ghee), and Coconut Oil. The combination of these three ingredients results in a creamy, high-fat beverage that provides a long-lasting energy boost.

Another school of thought suggests that eating only fruit in the morning is a good way to cleanse. That may not work for people with blood sugar issues. How do you know if you have blood sugar issues? Well, do you get headaches if you don't eat? Do you get shaky? Do you get moody? Those might mean you have a blood sugar issue.

I LOVE the idea of a five-day mimic fasting, using [The Prolon Fasting Mimicking Diet](#) by Dr. Valter Longo. It gives you some high-energy food, bars, soups, and teas while retaining the value of a five-day water fast. This is a great way to enhance your cardiovascular system, slow down the aging process, and reset your digestive system. Plus you get to eat chocolate while you are fasting - ladies - it doesn't get better than that!!!!

The Prolon Fasting Mimicking Diet is a tool I use in my practice with great results. Almost all my patients are able to follow the diet for the five days and the benefits speak for themselves. Most ladies lose 5 lbs during the 5 days. And the best part is when the fast is done your relationship with food has changed and so has the size of your stomach.

The important thing is that there is not a one size fits all solution when it comes to intermittent fasting. These are general ideas, but I really encourage you to work with your personal physician to find the right solution for you.



The How of Eating

We live in a fast-paced world, and often we treat eating as an afterthought. I really want to encourage you to start thinking of the foods you eat as a way of self-love and nourishment for yourself. One simple thing you can begin to do is carve out actual meal times. This means you actually sit down at a table and eat your meal - without driving, without working, without standing at the counter. I'm guilty of this too at times so I totally get it! Remember human not perfect!

I think real change comes in small steps. If you are currently eating all your meals on the go, choose one meal per day that you are going to take time to eat.

If that feels too much, start with one day per week where you take your time and prepare yourself a beautiful meal - the goal is to start!

Mindful Eating

Now that you are committed to sitting down for feeding time, I would like to introduce the idea of mindful eating to you. I want you to take this part very seriously because when I say magic happens with mindful eating I mean it!

Mindful eating is an approach to eating that encourages paying attention to the physical and emotional sensations associated with eating.

It involves being aware of internal cues, such as your hunger and fullness, as well as external factors, such as your environment, food preferences, and tastes. By becoming more mindful when eating, you can better understand why you are eating, how you are eating, and when it is time for you to put the fork down.

Being mindful while eating has a number of advantages, including the ability to become more connected with one's body and its needs. It can also help you slow down while you eat, which gives you time to really savor each bite and appreciate the flavors and textures. Plus, you'll be less likely to overeat if you are mindful of your body's signals. Being mindful can also help reduce feelings of guilt associated with eating, as it encourages a balanced relationship between food and our bodies.

Quick Tip: Prepare a meal and sit with no outside distractions: no phone, magazines, television or outside distractions. Don't just taste the food: smell it, touch it, observe it, even LISTEN to it. Grab a bright juicy peach and feel the softness of it, absorb the colors, and press it against your nose.



Mindful eating will naturally take you out of a place where you overeat. When you're mindlessly eating and have nothing to do, it's SO easy to go to the refrigerator and eat food without even thinking of it. You open up a bag of chips and before you know it the whole bag is gone. This leaves you feeling gross, stuffed and often mad at yourself.

Mindful eating comes with so many benefits:

- You will be able to better recognize when you are full, reducing the risk of overeating.
- Eating mindfully can help reduce calorie intake and aid in weight loss.
- You will experience improved digestion due to more time for food to be broken down in the stomach.
- An experience of enjoyment with your meals as you savor each bite and appreciate its flavors.
- The ability to actually connect and spend more quality time with your dining companions (or yourself) and enjoy meaningful conversations.
- Mindful eating can help reduce the risk of certain digestive issues, such as acid reflux and heartburn.
- You are likely to absorb more nutrients from your food when you eat mindfully.

So why not give it a try? Slow down, savor every bite, and enjoy all the benefits that come with mindful eating! You won't be sorry.

Eating with the Seasons

There are a lot of great benefits to eating seasonally. First, it can reduce your carbon footprint when we collectively lessen the demand for produce to be shipped halfway across the world. When you eat seasonally, you're eating the freshest, most nutritious produce, and probably helping someone locally.

Eating with the seasons means that we are in tune with nature's cycles and feel more connected to the Earth. It's completely natural to crave warm foods in winter that give you comfort, and to opt for lighter raw produce in the summer.

MYTH BUSTER: A LOT OF PEOPLE THINK THAT RAW FOOD IS ALWAYS THE ANSWER, BUT THAT'S NOT ALWAYS THE ANSWER.

Organic Foods

I'm a huge proponent of reducing our exposure to pesticides, hormones, antibiotics, and other chemicals. I understand that many people think organic food is expensive, so I'd like you to really think about what you're worth. I recommend trying to find a local farmer's market, or even trying your own hand at gardening at home. Foods that are grown far away are often gassed and have extra chemical exposure to make sure that they have a longer shelf life. Do the best you can do.



Often organic products look a little banged up or browned, but that's because they haven't been exposed to all the chemicals and toxins that a lot of products have. Don't be afraid of organic fruits and veggies that look a bit browner.

Avoid processed foods: things that come in a box or in a can are typically processed. Now, I don't live in la la land, I know what it's like to live in a crazy, overloaded life. Just look for ways to reach for healthier choices each day. Try meal prepping and freezing meals for the rest of the week. This way, you know the quality of your food. I recommend doing it twice a week to keep everything fresh.

TIP: CHECK OUT EWG.ORG EVERY YEAR THEY PUT OUT THE CLEAN 15 AND DIRTY DOZEN, MEANING THE FOODS THAT ARE THE LEAST EXPOSED TO CHEMICAL PRODUCTS. FOR EXAMPLE, APPLES ARE TYPICALLY SPRAYED WITH A LOT OF PESTICIDES.



YOUR HEALTH IS YOUR GREATEST
WEALTH, THINK ABOUT INVESTING
IN YOURSELF

Dr. Sharon Stills

80/20 Rule

Once, I had an astrologer tell me regarding relationships: does he make you happy 80% of the time? That's optimal because nobody is perfect. I use this rule in almost everything in my life including my diet - although I tend to hover around 90/10 because my body likes to feel it's best. I want you to walk away from this e-book feeling empowered. Finding even one thing to start with that you can commit to. I desire you to feel good about the changes you are making and never want you to beat yourself up for what you did not do. We are not striving towards perfection, but we can try to really get to 80% when it comes to making sure we are doing the most for ourselves.



**WE AIM FOR OPTIMAL, BUT WE
DON'T BEAT OURSELVES UP WHEN
WE DON'T REACH PERFECTION. BE
IMPERFECTLY PERFECT.**

Dr. Sharon Stills

Food Sensitivities

You might be eating all the “right” food, but it’s not going to be doing a lot of good if you’re suffering from food sensitivities. What is that exactly? A food sensitivity is a reaction to certain foods, usually caused by an imbalance in the immune system and damage to the gut lining.

Symptoms of food sensitivities can range from digestive issues, like bloating and gas, to migraines, auto-immune disease and the dreaded weight gain. Unlike a food allergy, which can be life-threatening in some cases, food sensitivities will not cause your throat to close and send you to the ER but they can be undermining all your greatest attempts to improve your health and reverse disease.

Did you know: a food sensitivity can induce a reaction 72 hours later?! That’s right, you can eat an orange on Monday and have a headache from it on Thursday. That’s why it’s so challenging to know exactly what you are sensitive to without the appropriate testing.

Food sensitivities can lead to a variety of problems such as:

- Upset stomach
- Bloating
- Diarrhea or constipation
- Gas
- Headaches, nausea, vomiting
- Fatigue, weakness or lightheadedness
- Hives or itchy skin rashes
- Weight gain
- Hormonal imbalances
- Moody behavior

They can also lead to more serious conditions such as autoimmune disease and almost ALL imbalances in the body.

I run specific blood tests on all my patients to see what foods they are sensitive to. You may find that you are sensitive to foods that are considered “healthy” such as blueberries. This typically means your gut is “leaky” and you just need to avoid them for a while.

PRO TIP: Make sure your doctor does a stool test on you and works on healing up any permeability in your gut before running your food sensitivity testing. Otherwise you may be sensitive to almost EVERYTHING!

“**MY MEDICINE MAY BE
YOUR POISON.**
Dr. Sharon Stills

If you don't want to invest the money on expensive testing you can use your own body as the laboratory. Not sure where to start? Try taking out some of the heavy hitters and see how your body reacts. These are the most common offenders for most of us:

- Gluten
- Dairy
- Soy
- Eggs
- Sugar
- Citrus
- Nuts
- Shellfish
- Caffeine

I know I know, please don't hate me! But these are the most commonly found triggers. Try taking these out of your diet for 60 days (no cheating!) , and then reintroduce them into your diet one at a time to see if you have any reactions. If you add something back in and you notice a problem reemerge, you can then decide what you want to do. After all, we are all adults here. If dairy makes you sneeze or your lymph swell up and you're willing to live with that, at least you know the price you're paying for that dairy!

What You Cook With

It is important to avoid cookware such as Teflon and chemically processed pots and pans when preparing food. Teflon-coated cooking surfaces are made with a synthetic chemical called polytetrafluoroethylene (PTFE) that, when heated, can release toxic fumes into the air. Additionally, chemical processes used to create many cookware items can also introduce harmful chemicals into the food cooked in them. Opt for natural materials such as cast iron or ceramic instead of Teflon and chemically processed cookware items. (Remember with cast iron too as well to watch how much you use these materials as too much can lead to iron overload) These materials are much better for you and your family, and they will last longer in the long run!

So ditch the toxic stuff and make cooking a healthier experience for everyone! My research has led me to using [Caraway](#) as one of my favorite brands for pots and pans.

Cooking in the microwave can be a convenient way to heat up food quickly, but it's not a healthy shortcut. I actually use my microwave as a spice rack so that I can't be tempted to use it to cook. Microwave radiation has been linked to a variety of health issues such as decreased fertility, cataracts, and increased cancer risk.

Additionally, foods cooked in microwaves may not retain their full nutritional value since they are exposed to radiation. For healthier meals, stick with traditional cooking methods or a toaster oven, it may take longer but you are worth the extra time and it is better for your health in the long run.

Sugar

Sugar is a major addiction and sugar is hidden in SO MANY products. Going sugar-free can be an incredibly beneficial lifestyle change for many people. It has been linked to health benefits such as improved cholesterol levels, reduced risk of certain types of cancer, improved mental clarity and focus, and even weight loss.

Additionally, leaving processed sugars out of your diet can help reduce inflammation in the body, which is a key factor in many chronic diseases. So, if you're looking to make a positive change in your life, going sugar-free may be the way to go! Just remember: it won't be easy at first - you'll have cravings and struggles. But keep in mind that with dedication and determination, you can do anything! It's white, not RED... who needs it anyways!

Now, I want to set you up to win, if you declare you're NEVER going to eat sugar again that may be an unrealistic choice. But, what if you decide that you are going to be more conscious about your choices? If you're craving something sweet, just take three deep breaths and ask yourself: do I really want to eat this, or am I just bored or stressed? If you still want it, go for it, but you will often probably realize that you just need a walk around the block, or to journal or to sit with your feelings a bit.



Dairy

I really recommend eating dairy, IF YOU ARE A BABY COW. If you are NOT a baby cow, I recommend going dairy free. We are the only species to drink another mammal's milk and it's not doing our bodies any good.

Some of the benefits of going dairy free are surprisingly similar (#shockingnotshocking!) to going sugar free. They include:

- Improved cholesterol levels
- Reduced risk of certain types of cancer
- Improved mental clarity and focus
- Weight loss
- Reduced inflammation of the body
- More energy

There are a variety of tasty and nutritious dairy-free alternatives that can help meet your nutritional needs. For those looking for milk substitutes, there are a range of plant-based milks such as almond, oat, and coconut milk. Many of these milks are fortified with calcium and other vitamins and minerals to make them nutritionally equivalent to cow's milk. Yogurts, creamers, and cheeses that are dairy-free now exist as well, often made from nuts or seeds like cashews and sesame. These alternatives come in a variety of flavors and can be used just like their dairy counterparts. So go ahead and check with your physician to get started exploring the many delicious (and healthier!) options out there!



YOU CAN DO THIS!!

Restaurants

The world has changed a lot since I first told servers that I was gluten and dairy free. Even when I travel, I don't find it difficult to find options on a menu to fit my needs, so no making excuses! It is important to ask for options that fit your dietary needs and preferences. Whether you are looking for gluten-free, vegetarian, vegan, or dairy-free options, there are many restaurants that offer delicious dishes that meet these requirements.

When asking for gluten-free items, be sure to inquire about the menu items and any possible preparation methods that could contain gluten. You will be surprised by some sauces! It is best to avoid items that have been fried in the same oil as wheat-containing products and be specific about the ingredients you require.

Finally, for those who are lactose intolerant, dairy-free items may be harder to come by at certain restaurants. Double checking with waitstaff about the ingredients of dishes is always recommended for those with dietary restrictions. Don't be afraid to ask, they don't want the liability of sick customers.

No matter what your needs may be, it is important to communicate them clearly when dining out so that you can enjoy a delicious meal that suits your dietary requirements!

By speaking up and asking questions, you can ensure that you are getting the most out of your dining experience. Don't be afraid to ask for what you need - after all, you deserve to eat well no matter what your dietary restrictions may be.

The same goes for eating at someone's house: let them know! Most people are happy to accommodate you, or you can bring your own food.

What Dr. Stills is Eating

I personally love the Paleo diet. Definitely consider this diet if you have an autoimmune disorder!

The Paleo diet consists primarily of fresh fruits and vegetables, lean meats such as grass-fed beef and free-range poultry, wild-caught fish, plus nuts and seeds. The Paleo diet has existed for thousands of years — long before farmers came on the scene to cultivate grains and sugar-loaded processed foods! So if you want to get back to your roots, this might be the way to go.



Tip!

SLOW DOWN AND PUT YOUR FORK DOWN BETWEEN BITES, IT GIVES YOUR ENZYMES A MOMENT TO BREAK DOWN YOUR FOOD, AND YOU MIGHT NOTICE THAT YOU DON'T NEED AS MUCH

Blood Type

Understanding your blood type is important when it comes to planning a healthy diet. Different types of blood have varying levels of reactivity with certain foods and can even affect the effectiveness of medications. To ensure you're getting the best nutrition possible, it's important to understand what your blood type means for your diet.

For years, I was a really devout vegan. At this time I had a whole host of health problems. I knew intuitively that I should eat meat but I had such an identity fixed on being vegan. When I found out my blood type was O, I decided I needed to prioritize my health and I started to eat meat again. I immediately felt SO much better.

Knowing and doing a bit of research around what is best for your blood type can be beneficial. If you want to really delve into this way of eating, contact a specialist for support because the basic overview you'll find online or in the classic book is nowhere near detailed enough for YOU and YOUR body.

Variety is the Spice of Life

When we start to focus on eating healthier, it's easy to fall into the pattern of eating the same basic diet each day, week, or month. I get it - you find your few "healthy" go-to-foods and suddenly you're eating blueberries and oatmeal every day. Or, that salad with lunch becomes lettuce, cucumbers, and carrots every time.

However, it is important to build variety into the foods you're eating because doing so helps ensure that you are receiving a balanced and nutritious intake of essential nutrients. Eating a variety of foods provides the body with all the vitamins, minerals, proteins, carbohydrates, fats, and other nutrients it needs to function properly. Not only is eating a variety of foods important for overall health, but it can also help prevent food sensitivities and improve your gut microbiome diversity.

Switching up what you eat from one meal to another can make eating enjoyable again! Plus, it helps you maintain your healthy habits when you aren't so bored! So go ahead and break out of the monotony - try something new today.

The Problem with Processed Food

It's processed. Need we say more? Not really.

Think about your food as a loving act of service to your body and you won't want to eat that processed junk.

“

WHAT WE EAT HAS
RAMIFICATIONS THAT WE
DON'T EVEN THINK ABOUT

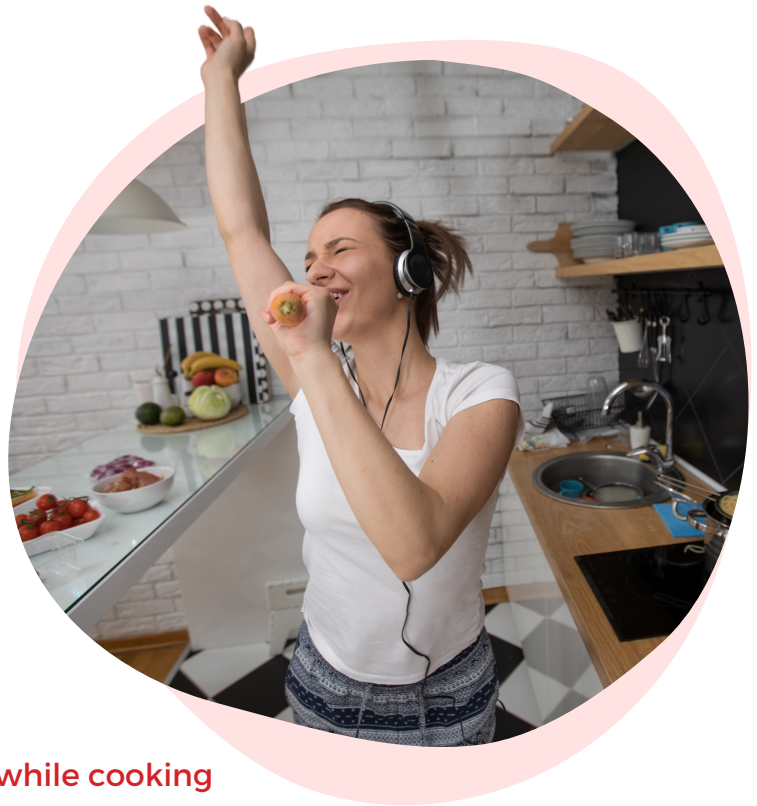
Dr. Sharon Stills



Ways to Make Food Fun

Here's some easy, actionable challenges to consider to make food and nutrition fun.

- Go to a cooking class
- Unplug and focus on cooking
- Turn up the music and cook in your underwear or naked
- Call up a friend and organize social events around food
- Try an exotic type of food you've never experienced
- Start a food blog
- Take beautiful photos of your food
- Create a cookbook
- Meditate and practice mindfulness while cooking
- Do themed meals



“THE FOOD WE FEED OURSELVES IS ONE RADICAL ACT OF KINDNESS WE GIVE OURSELVES EVERY DAY.
Dr. Sharon Stills”

Hydration

We can't talk about food without mentioning hydration.

Because let me tell you, 10 out of 10 of my patients that come through my door are some level of dehydrated.

You are NEVER NEVER NEVER too busy to hydrate. Look around, do you have water next to you? If not, go and get some and this e-book will wait.

Hydration is always important to our health and well being but it becomes especially important during Meno(pause). We truly are water-beings and we cannot function without enough water.

Think of what happens to a plant without enough water - it shrivels and withers - your body is just the same.

Staying hydrated helps ensure that the body can produce hormones efficiently. Drinking plenty of water also keeps your skin looking youthful and supple, which is a plus when dealing with the effects of Meno(pause). Plus, it's just a refreshing way to stay feeling great all day long!

A lot of common complaints I hear that can be easily solved by drinking more water include:

- Headaches
- Chronic pain
- Constipation
- Weight gain
- Soreness and pain
- Digestive issues
- Hormonal imbalance
- Fatigue

Many people don't drink enough water for a variety of reasons, including taste, convenience, and health concerns. Some may find the taste of water unappealing or too boring, so they opt for other beverages with more flavor. Others cite the inconvenience of having to carry around a bottle or jug of water and needing to fill it up frequently. Then there are some who avoid water altogether due to health concerns such as chlorine or other additives in the water.

But here's something to consider: if you're not drinking enough water, then you are missing out on benefits that can make your life healthier and easier.

People that regularly stay hydrated benefit from:

- Improved physical performance
- Enhanced brain power
- Healthier skin
- Better digestion
- Faster wound healing and recovery time
- Reduced fatigue and stress levels
- Balanced body temperature regulation
- Detoxification support



How much water do I need to drink?

A common rule of thumb to follow is you need to drink half your body weight in fluid ounces each day.

That means if you weigh 200 lbs, you need to drink 100 ounces. That's a good place to start, but if you're really active, you might even need more.

I often recommend that people drink 3L of water per day. This is how much water you need to get your metabolic processes moving. Yes, one of the reasons that water is SO important for weight loss is your metabolic and digestive systems need a LOT of water.

If you find it difficult to drink this much water, start by increasing a little each day or week. Remember, progress, not perfection!

Dr. Stills Challenge: pick ONE symptom that is bothering you. Increase your water consumption and see what happens. I wouldn't be surprised if you saw that symptom vanish.

Chronic dehydration is a major problem! It accompanies SO many of our issues.

I get it, it can be a pain in the bladder to drink that much water but your body will adjust over time and you'll likely feel so much better!

Tip!

I DON'T REALLY LOVE SPARKLING WATER, IT CAN MESS WITH YOUR DIGESTIVE SYSTEM

Measuring Your Water

Just because you're not thirsty doesn't mean that you don't need water. This is why it's so important to measure your water. I use recycled glass bottles that I get from the supermarket that have the measurement on the bottle. When you measure your water out in advance, you make sure that you are going to get all the water you need. I have been in my water craze for a long time, so I don't often forget to drink my water, but I still measure out my water every day.

Note: don't use plastic bottles - they are TOXIC!

Tip: The water you drink should be room temperature. Ayurveda, the ancient Indian health philosophy, says we should drink our water at room temperature so we don't cool off our digestive fire.



Get Creative

Drinking water can be made more appealing in a variety of ways. For instance, infusing it with fresh fruit or vegetables like cucumbers, oranges, or lemons can add subtle flavor and provide extra nutrients to the body. Additionally, adding frozen berries or citrus slices to your drink can make for a refreshing and visually-pleasing beverage. If you're feeling really adventurous, you can even create custom ice cubes with edible flowers or other herbs! There are plenty of ways to make something as simple as water more interesting and delicious – just use your imagination!

What Kind of Water You Should be Drinking

The absolute best thing you can do is invest in a filtered and hydrogen water system. If that is not an option currently then I recommend buying your water in glass bottles. Mountain Spring Valley is my first choice for bottled water. Most tap water is quite polluted and I wouldn't recommend drinking it. You will literally see me dying of thirst before you see me drinking out of a water fountain.

For the amount of money you spend on bottled water, a filtration system will pay for itself so be sure to consider that when comparing costs. My favorite filtration system is Spring Aqua. [You can check it out here.](#) Even if you're not ready to invest in a filtration system, check out their videos for information, tips, and guidance.

Tip: Put a little Celtic sea salt in your water. If you're peeing too often, it might be because you are not mineralized enough. I also add electrolytes into my water at least once a day. My electrolytes are from Seeking Health. To get access via my Fullscript, [you can create an account here.](#)

The Bathroom

I know a lot of you complain about going to the bathroom too often. First of all, is it REALLY that bad? Do you really spend THAT much time in the bathroom? Water is so healing for our bodies, accessing a bathroom is NOT that big of a deal when you put things in perspective and look at all the benefits of water. After spending two months in India I had a whole new viewpoint on the modern conveniences of our typical bathrooms here in the US and that helped to shift my whole mindset about complaining less and being grateful more. All hail the flushing toilet.

Plan in advance if you know you are going to be in a car for a while or won't have access to a bathroom. But don't let the "inconvenience" of peeing too often be your excuse for staying dehydrated.

When it comes to water consumption: where there is a will, there is a way.

Listen, a lot of people come into my office and they are suffering when the solution is SO SIMPLE. Sometimes the solution is so simple we don't want to believe it.

We think there must be some expensive, complicated way of curing symptoms while ignoring the basics.



Tips to Get Started

A food journal can be an incredibly valuable tool for anyone looking to make RED hot changes as you go through your Meno(pause) journey. With a food journal, you can get a better understanding of your eating habits and identify areas where you may need to make adjustments. It's a great way to keep yourself accountable!

A journal is a great way to track your water consumption as well.

While we're on the topic of journaling, use these prompts to help you in your journaling:

1. What did I eat today?
2. How do I feel about the foods I ate today?
3. What was the best thing I ate, why?
4. What is my current relationship with food?

Tips to Get Started

5. How did the food make you feel emotionally?

6. What foods am I currently craving?

7. What is the most beautiful meal I ever ate?

8. A core memory I have around food...

Eating in Meno(pause) is about ABUNDANCE not scarcity. I want you ladies to know that you are beautiful and you have many delicious years ahead of you. Eating well in Meno(pause) is a great way to live your BEST life and to enhance your sense of self-worth. It is truly the foundation of saying yes to yourself.

You are *Fearless!*

You are *Confident!*

You are *Adventurous!*

You are *Red-Hot!*

I hope you embark on your sacRED second act with enthusiasm and excitement, not dread like you've been taught by the majority of society.

See you in the kitchen!

XOXO

Dr. Stills



About

Dr. Sharon Stills



@drsharonstills



@drsharonstills



Sign up for her newsletter
at drstills.com



602-363-3143
for more info

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!