



Enhanced Health Solutions

Primal Pause - Ancestral Lifestyle Plan for North American Women in the Menopause Transition

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PROGRAM DEVELOPMENT

INTRODUCTION

MEDICALIZATION OF MENOPAUSE

The scientific, medical, and media communities continue the medicalization of menopause started in the 1930's, labeling as an "estrogen deficiency disease" this normal biological phase in a woman's life [1] [2].

Both the American Academy of Clinical Endocrinologists (AACE) and the North American Menopause Society (NAMS) acknowledge menopause as a normal state in a woman's lifecycle [3], yet they apply terms such as **diagnosis**, **treatment**, and **disorders** to menopause, implying a pathological nature to this time of life.

PHARMACEUTICALS ARE THE DE FACTO FIRST-LINE TREATMENT

AACE and NAMS recommend **hormone therapy (estrogen and progesterone)** as a first-line therapy as well as the use of **SERMs** and **SSRIs** for FDA-approved indications including hot flashes, prevention of bone loss, and vulvovaginal atrophy [3] [4] [5] [6].



"Menopausal hormone therapy (MHT) is the most effective intervention for management of these symptoms" that diminish the quality of life." [7]

IS IT MENOPAUSE OR CHRONIC STRESS?

Chronic stress can disrupt almost all body processes, causing symptoms in common with those attributed to the menopause transition [8].



Weight gain Insomnia Forgetfulness Low libido

The most relevant factors influencing a woman's quality of life during the menopause transition include her **social situation** and her experience of **stressful life events**, especially bereavements and separations [9] [10].

For North American working women in midlife, an ancestral diet and lifestyle may reduce the common symptoms associated with menopause by helping counter the adverse physiological and psychologic effects of chronic stress.

Four health essentials form the backbone of the program

Health Essentials	Fundamental Practices
Eat	1) Eat whole foods, plants and animals 2) Eliminate processed and refined foods 3) Choose the highest quality foods 4) Use traditional preparation and cooking methods
Move	5) Move frequently throughout your day 6) Lift heavy things a few times a week
Sleep	7) Establish the ideal sleeping environment 8) Implement an evening wind down routine
Connect	9) Check in daily with yourself 10) Socialize with your tribe on a regular basis

Each health essential has corresponding fundamental practices, with an emphasis on "practice".

EXPECTED BENEFITS



Reduce or eliminate symptoms



Increase energy and vitality



Improve quality and quantity of sleep



Boost immune and digestive function

PROGRAM DETAILS

In groups of ten, women take a three-month journey together implementing an ancestral diet and lifestyle in doable increments.

Target Audience Working women ages 45-55	Delivery Method E-learning online and self-paced	Program Length 90 Days 12 weekly lessons and action plan	Baseline Numbers Pre-, during, and post assessments
Instruction Methods Video lectures, Reading assignments, Knowledge checks		Support & Resources Group video calls, Facebook group, Live webinars	

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DISCUSSION & CONCLUSION

In midlife, women face a myriad of psychosocial stressors, particularly employment [13], that can adversely affect health by triggering symptoms and exacerbating existing imbalances and pathologies.

Treating the symptoms of chronic stress with pharmaceuticals does not address the underlying root cause. The chronic stress women face in midlife can progress from annoying symptoms to serious pathologies such as cancer and cardiovascular disease [11].

Chronic stress in midlife impacts the symptomology attributed to menopause and the development of disease later in life by three mechanisms: disrupted hormone production, insulin resistance, and nutrient depletions.

Primal Pause teaches ancestral diet and lifestyle behaviors scientifically demonstrated to support health. Modern hunter-gatherers, as well as non-westernized traditional populations, exhibit superior health markers, body composition, and physical fitness compared with industrialized populations including excellent insulin sensitivity in middle-aged. Also, medical and anthropological reports show a low incidence of chronic degenerative diseases such as cardiovascular disease, and cancer in these groups [12].

A holistic, personalized, and flexible approach to health built upon a diet and lifestyle aligned with human DNA such as that represented by Primal Pause could provide the foundation from which women can build health in midlife and enjoy extended health span.

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