

WOMEN'S WELLNESS:
FOOD, BODY, HORMONES
Week ONE

GOLDSTER★
THE BEST SOLUTION FOR YEARS

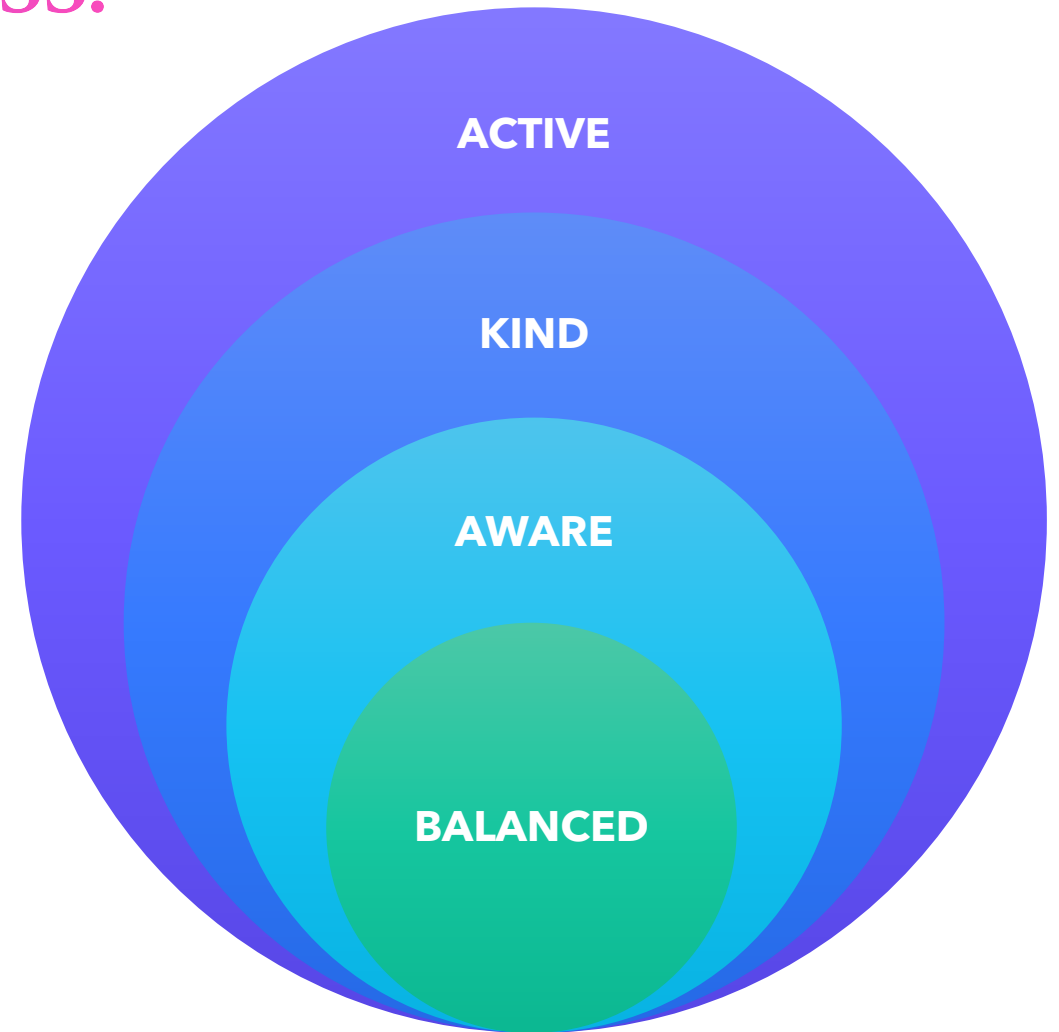
INTRODUCING WOMEN'S WELLNESS

Cathy Houghton

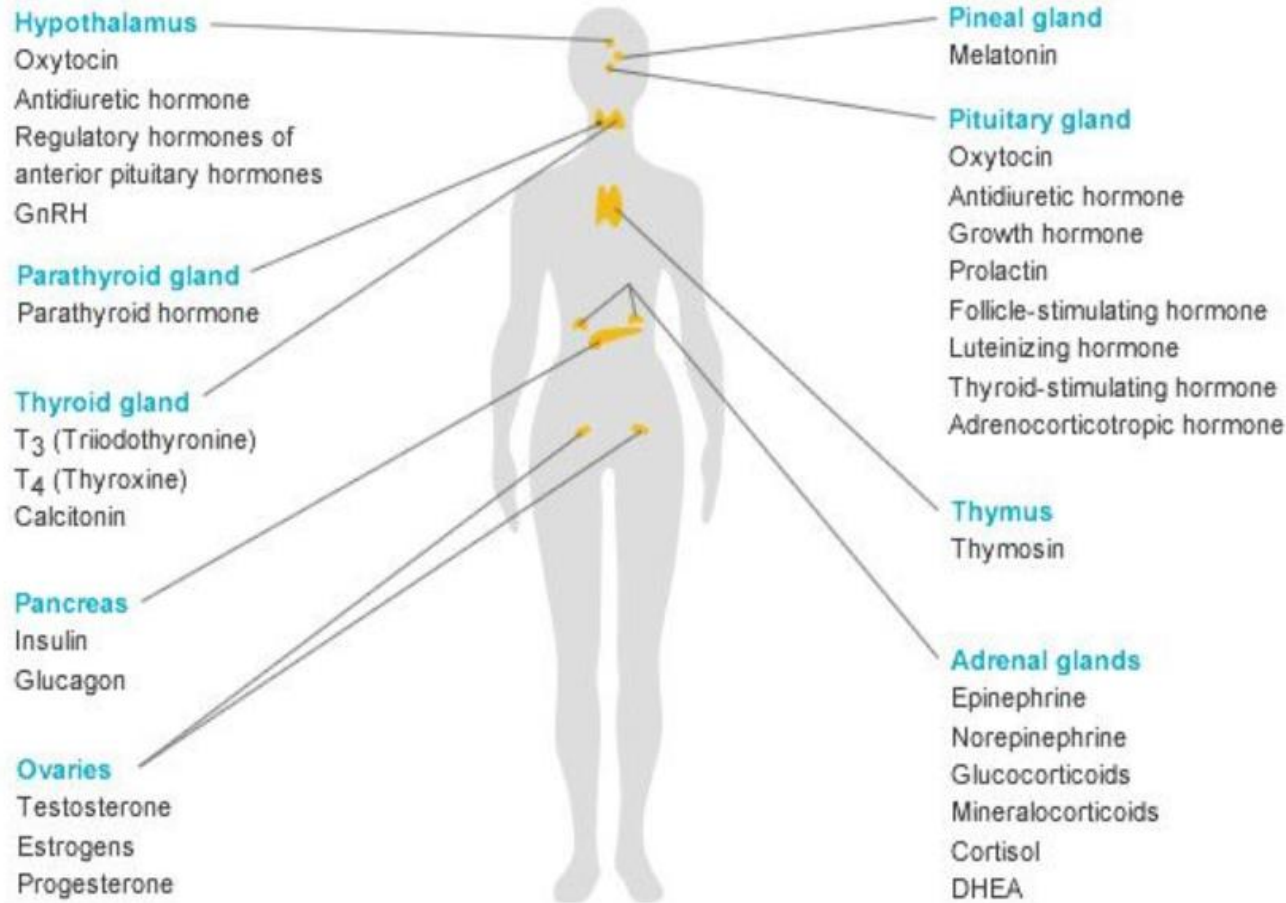
Women's Health, Food & Movement Coach

WHAT IS WOMEN'S WELLNESS?

To choose to be
NOURISHED, as
best we can,
inside and out.

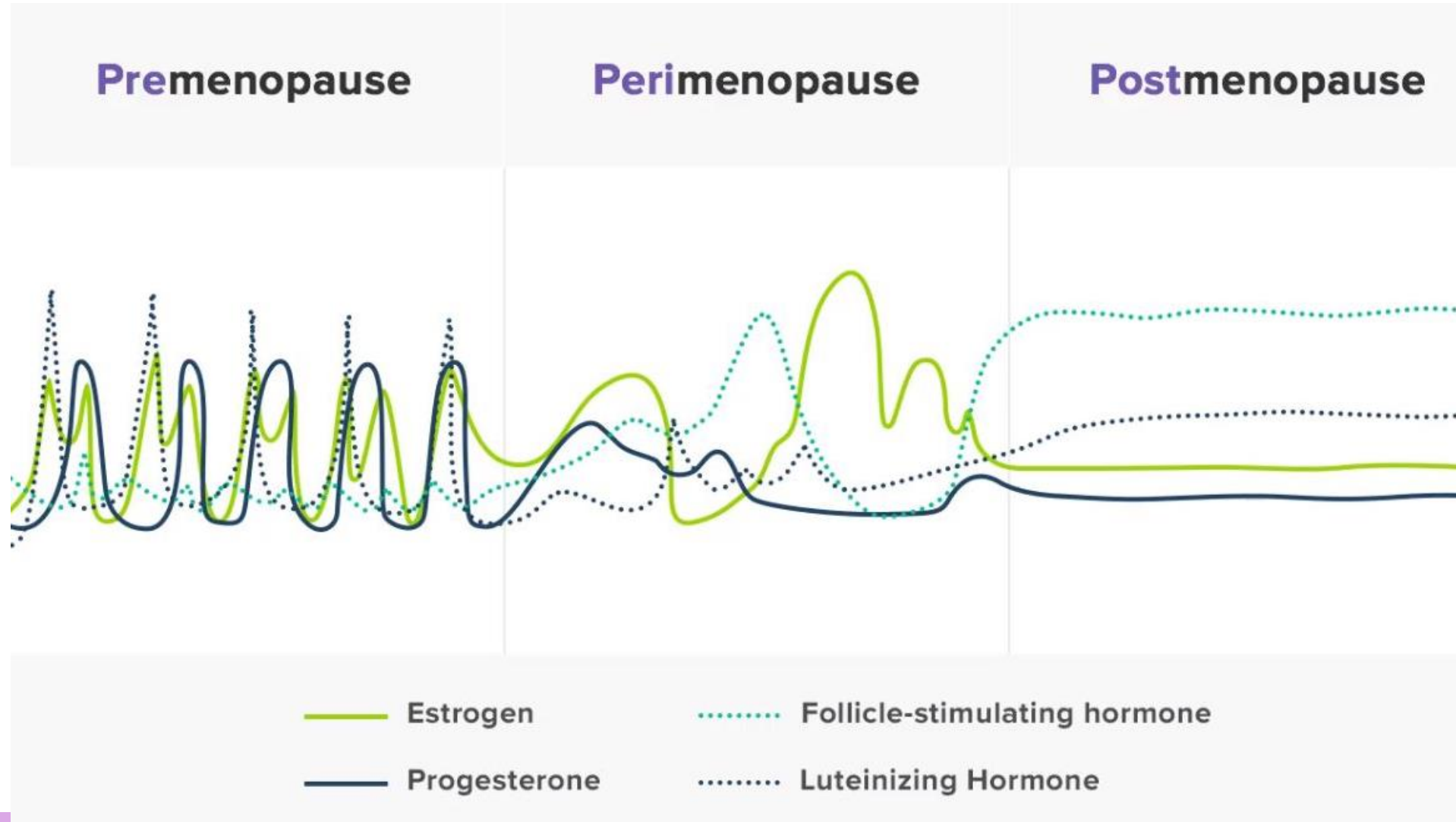


Endocrine System, Glands and Hormones

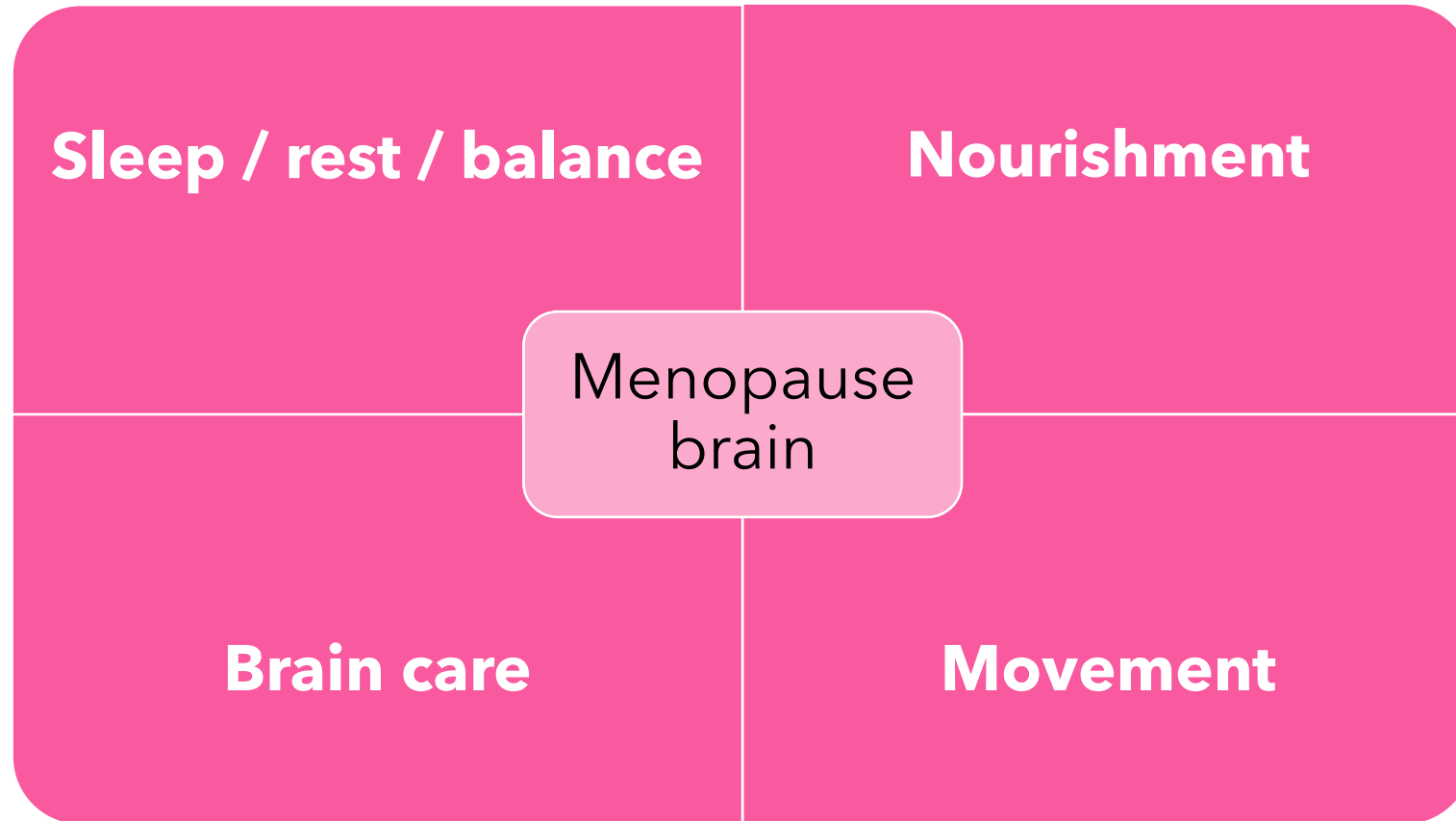


- **Oestrogen** makes us female! Oestrogen receptors all over the body. Brain, bone, skin, metabolism, insulin interaction, anti-inflammatory
- **Progesterone** in-built calming hormone, & crucial for fertility. Low levels = impaired nervous system & menstrual cycle
- **Testosterone** essential in small amounts for libido, energy, motivation.
- **Insulin** - removes glucose (sugar) from the bloodstream
- **Cortisol** - wakes us at morning, a stress hormone, impacts blood sugars
- **Leptin** - released from our fat cells after eating when we are full
- **Grehlin** - released from our stomach when we are hungry
- **Thyroxine** - every cell in body, metabolism, energy, warmth

Changes in Oestrogen & Progesterone



The foundations of wellness through self-care

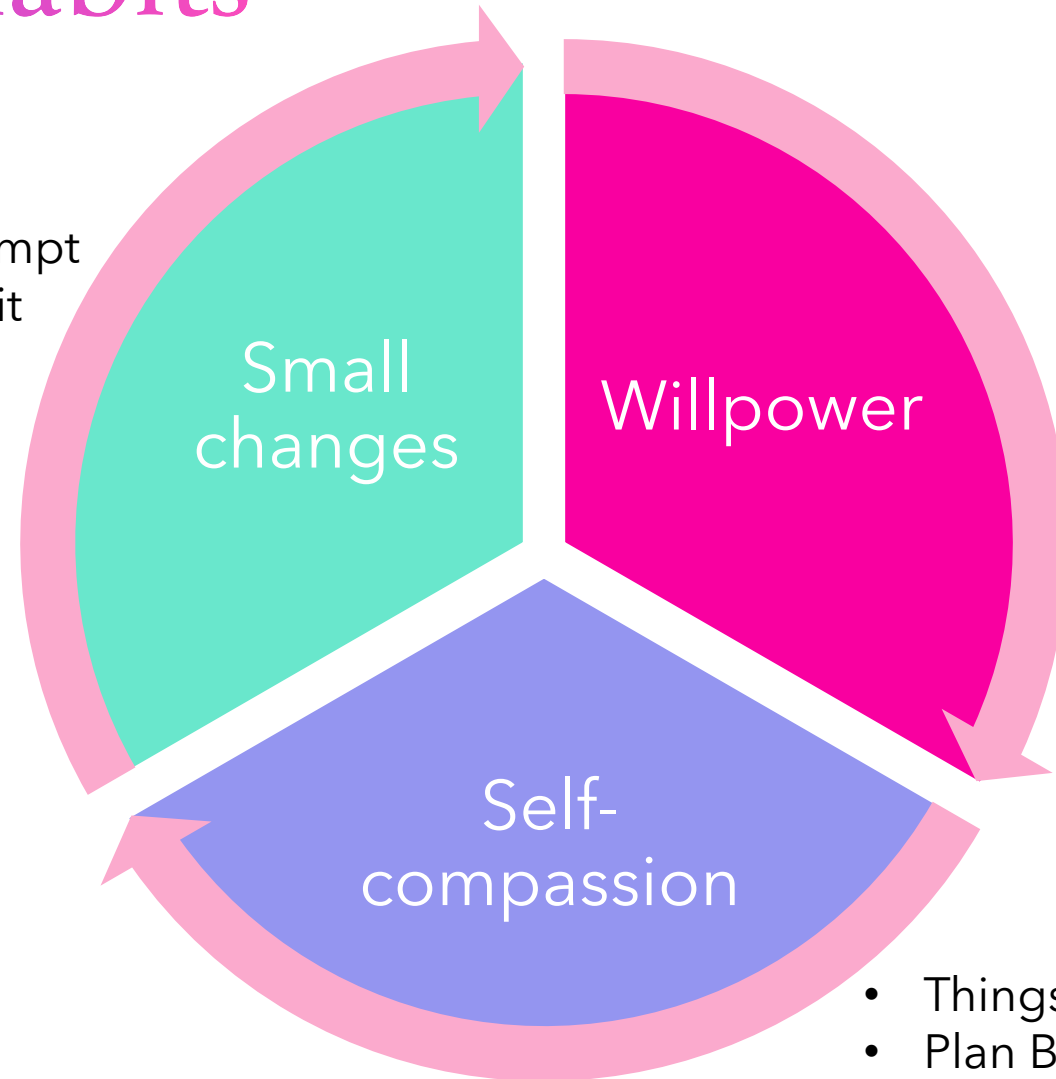


All to keep our hormones working as best they can, for as long as they can.

Changing habits

Motivation + ability + prompt

- Anchor to existing habit
- Behaviour change
- Celebrate



- The willpower muscle
- Energy

- Things go wrong
- Plan B