

A photograph of three women of different ages laughing together on a beach. The woman on the left is younger, wearing a pink hooded cardigan. The woman in the middle is wearing a wide-brimmed straw hat and a light-colored top. The woman on the right is older, with grey hair, wearing a light blue shirt and a yellow jacket. The background shows the ocean and a sandy beach under a grey sky.

DR. MINDY H. PELZ, DC

NEUROCHEMICAL CHANGES THAT HAPPEN TO WOMEN AFTER 40

MENOPAUSAL WOMEN ARE SUFFERING

Most common time for a woman to commit suicide

42% chronic depression

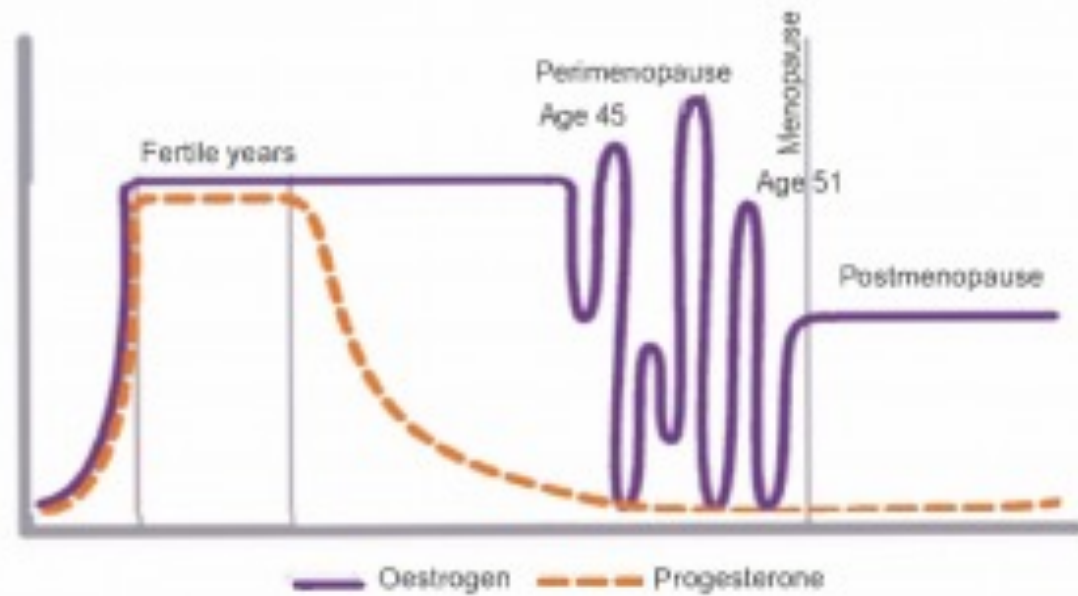
70% divorces

Dementia & Alzheimer's more common in women



THE CULTURAL HUSH

THE OVARY RETIREMENT





OUR
NEUROCHEMICAL
ARMOR SHEDS

THE GIFT OF MENOPAUSE



5 TRUTHS OF THE
MENOPAUSAL
TRANSFORMATION

The Discovery

The Listening

The Release

The Connection

The Expansion

#1-THE DISCOVERY



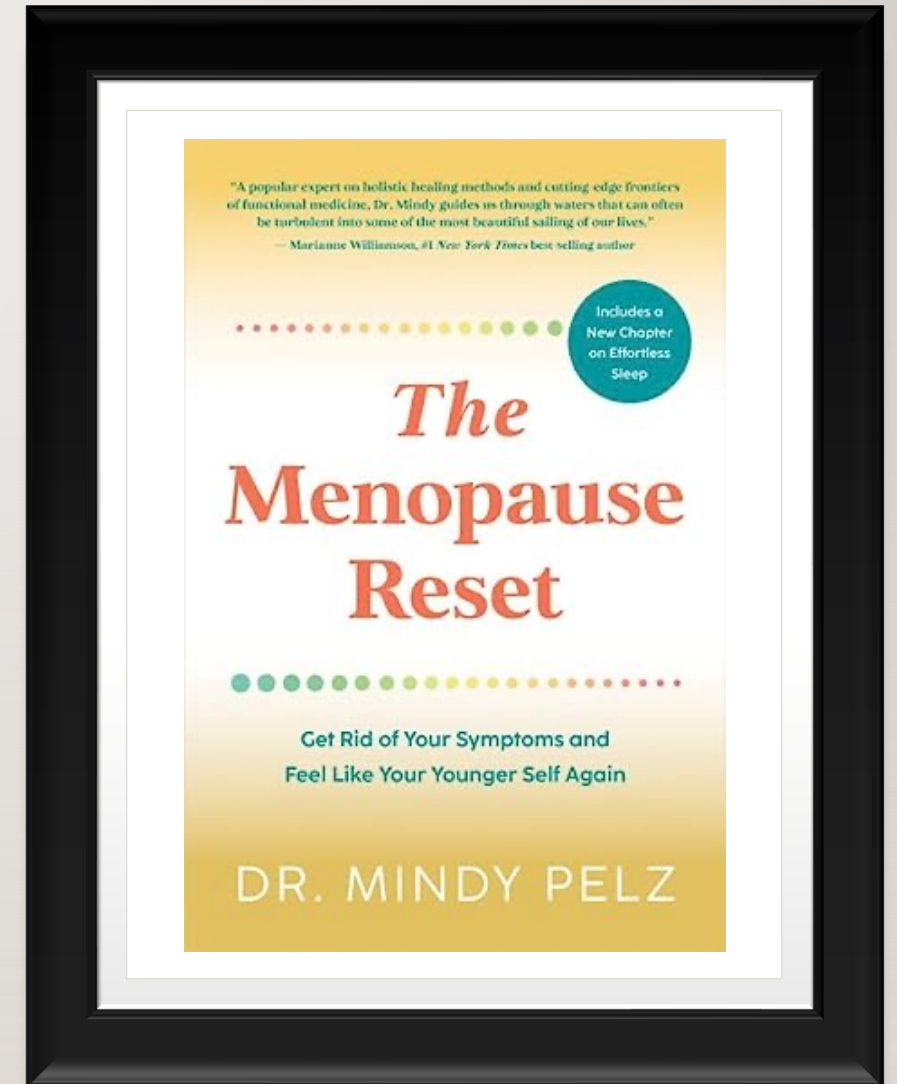
NEUROCHEMICAL
ARMOR



LIFESTYLE

5 LIFESTYLE MUSTS

- Learn to vary fasting lengths
- Learn to vary food styles
- Learn how to repair your microbiome
- Learn toxins & how to detox
- Learn how to slow the rushing woman



YOUR NEUROCHEMICAL ARMOR



[Front Neurosci.](#) 2015; 9: 37.

PMCID: PMC4335177

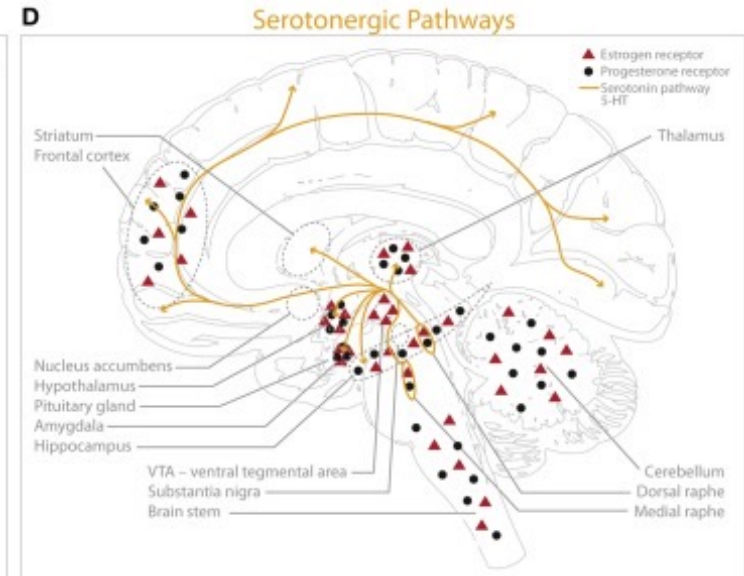
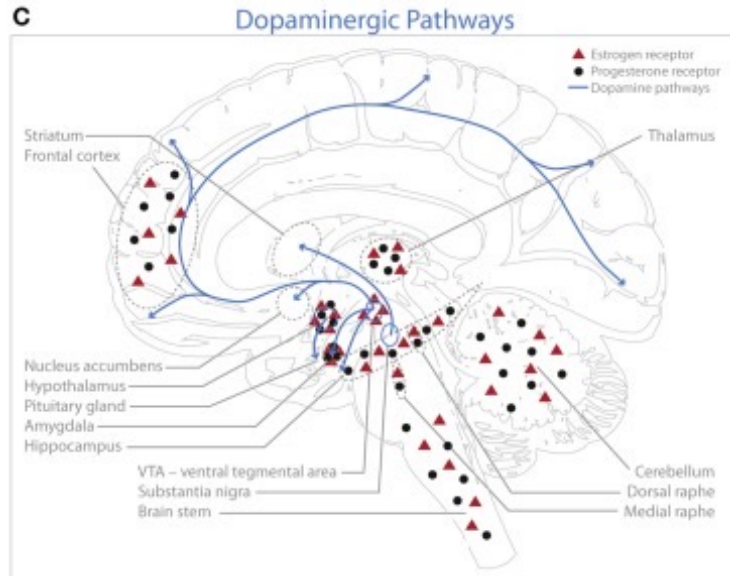
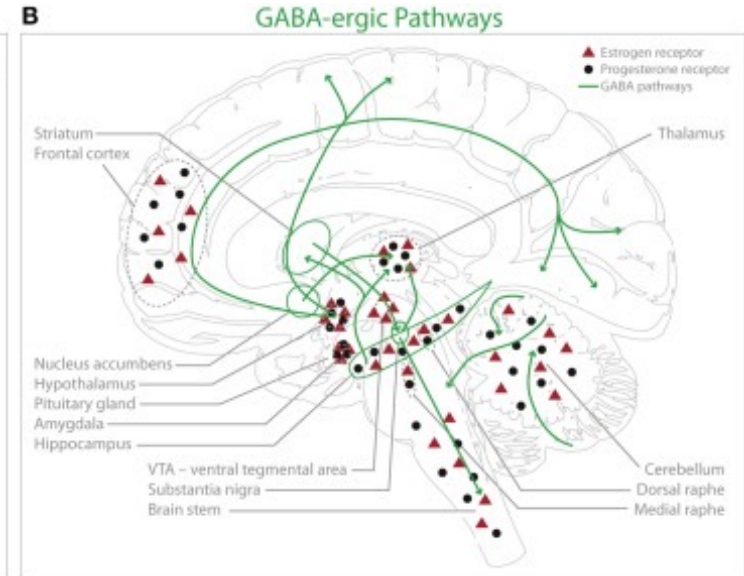
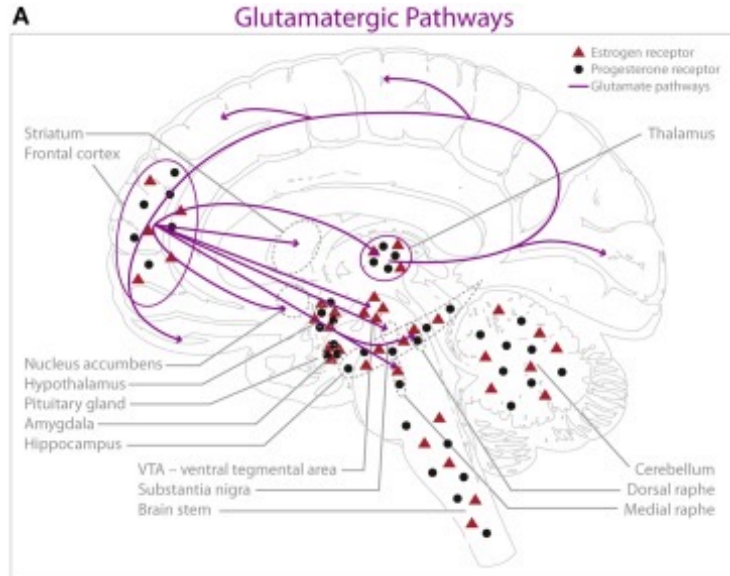
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PMID: [25750611](https://pubmed.ncbi.nlm.nih.gov/25750611/)

Sex hormones affect neurotransmitters and shape the adult female brain during hormonal transition periods

[Claudia Barth](#),¹ [Arno Villringer](#),^{1,2,3,4,5} and [Julia Sacher](#)^{1,2,*}

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YOUR NEUROCHEMICAL ARMOR

ESTROGEN

Dopamine

Motivation,
satisfaction,
pleasure

Serotonin

Mood, sleep,
digestion

Acetylcholine

Memory,
learning,
attention,

Glutamate

Memory,
mood,
cognition

YOUR NEUROCHEMICAL ARMOR

PROGESTERONE

Gaba

- Inhiatory
- Calms you
- Keeps anxiety at bay

Dopamine

- Motivation
- Satisfaction
- Pleasure

Serotonin

- Mood
- Sleep
- Digestion

Glutamate

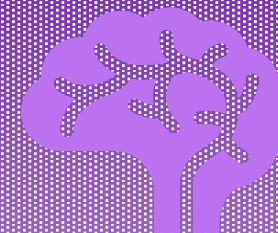
- Memory
- Mood
- Cognition

#2- THE LISTENING



SYMPTOMS

Know your symptoms



NEUROCHEMICALS

Know your neurochemical connections

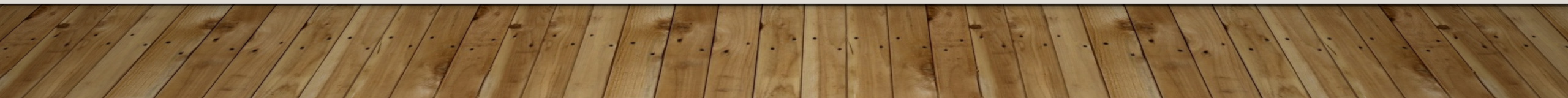
FINDING YOUR JOY AGAIN

ESTROGEN/SEROTONIN

Repair Serotonin System

- Gut/Vagus Nerve/Brain
- Food: protein-carbohydrate connection
- Supplements: 5-HTP, tryptophan, B6, Vit D, Psychobiotics
- Biohacks: sunlight

5H2a receptor activation

- Psilocybin
 - MDMA
 - Ketamine
- 

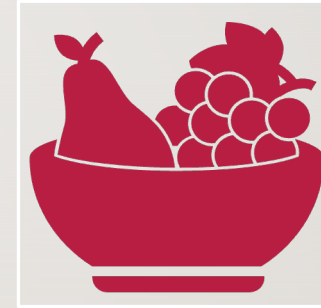
CALMING THE RUSHING WOMAN

PROGESTERONE/GABA



PRACTICING PARASYMPATHETIC

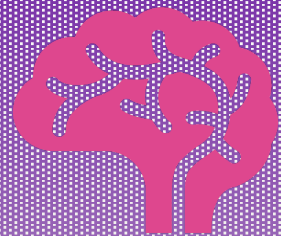
Creating space
Learning the art of no
Prioritizing sleep, naps
Changing workout routines



UPREGULATING GABA

Biohacks: Breathwork, meditation, chiro adjustment
Exercise: Yoga, nature walks
Food: sweet potatoes, mushrooms, cruciferous vegs,
sprouted grains, cabbage
Supplements: L-theanine, valerian, taurine, Mg, Zn,
Kava

#3-THE RELEASE



Letting go of the fear brain



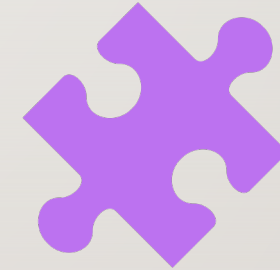
**Releasing what no longer serves
you**

LETTING GO OF THE FEAR BRAIN



PFC/Amygdala Integration

Label thoughts



Exercise your PFC

Chiro adjustment

Word games

Puzzles

RELEASING WHAT NO LONGER SERVES YOU

EMDR

BREATHWORK

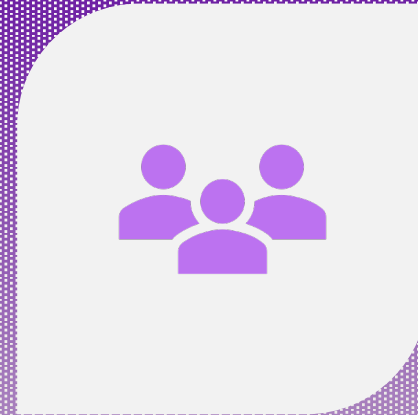
PSYCHEDELIC
JOURNEYS



#4- THE CONNECTION



NEURONAL

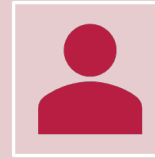


COMMUNITY

NEW NEURONAL GROWTH



Learn a new skill



Put yourself in new environments



Cross pattern sports:
tennis, pickle ball, ping
pong



Fasting

COMMUNITY

Collaboration over
competition

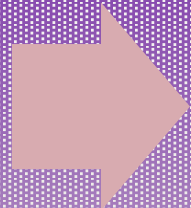
Oxytocin

Relationships matter



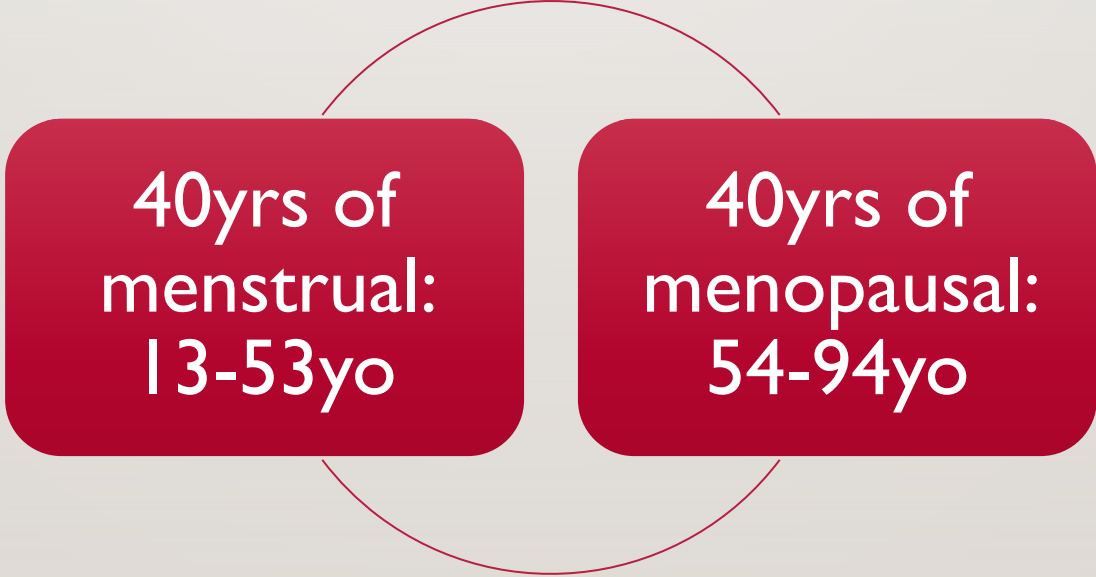
#5-THE EXPANSION

Two
Hormonal
Versions



Loving
Yourself First

YOUR TWO HORMONAL VERSIONS



40yrs of
menstrual:
13-53yo

40yrs of
menopausal:
54-94yo

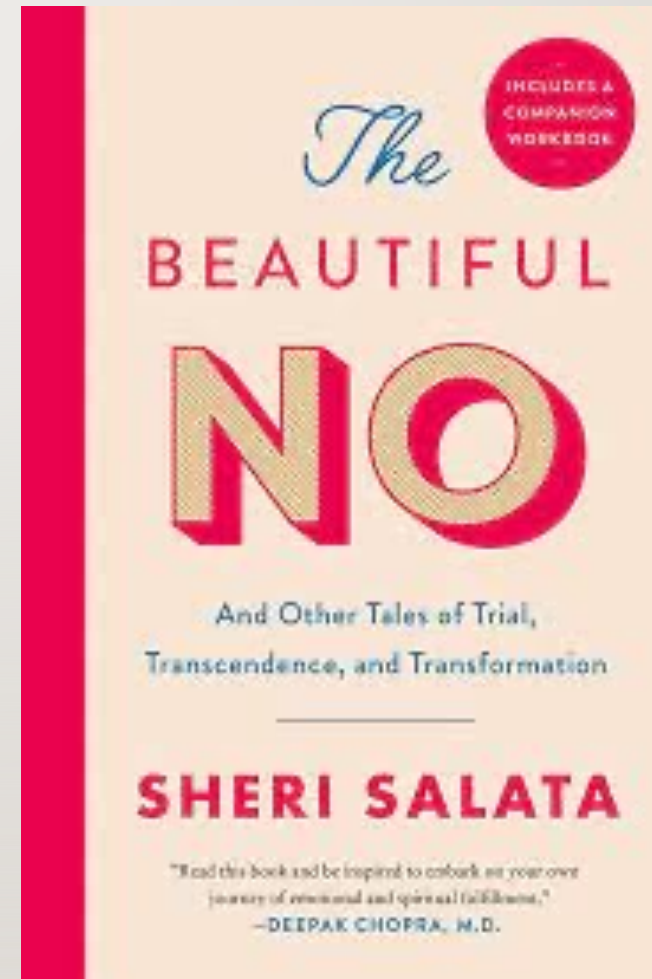
THE ART OF LOVING YOURSELF FIRST

Intention

- Setting Fierce Intentions

Rest

- Learning to Courageously Rest



PUTTING ALL TOGETHER

Conversation

Crack open the conversation

Neurochemicals

Get to know your neurochemical armor

Intention

Set a fierce intention

Toolbox

Create a menopausal toolbox

Support

Rally around each other

THE WORLD'S LIFELINE

