

TAKE CHARGE

of your Happiness Belly Fat
and Sexiness

working
A Woman's Route to Wellness
by David Musgrave





by
David Musgrave
M Agr Sci, Dip Hort Sci

CHAPTERS

- 1 Preface
- 2 How your brain work
- 3 It's not you, it's you're hormones!
- 4 Stress Response
- 5 Thyroid
- 6 Sex Hormones
- 7 Why diets don't work
- 8 The real story about carbohydrates
- 9 The real story about fats
- 10 Building blocks
- 11 Detoxing your body
- 12 Detoxing your mind
- 13 Take charge of your sexiness
- 14 About the author - David Musgrave

FULL PUBLICATION RELEASED SHORTLY

This eBook is the Preface to my new book. In the full publication you will learn:

- 1: The real reason you're out of step with your health
- 2: It's not you, it's your hormones
- 3: Why diets don't work
- 4: How to detox your mind and body
- 5: Take charge of your sexiness is the new fad, after all, women like sex too!

Let's see, you're feeling tired, anxious, overweight, unsexy and often just plain cranky?

Add to that, you're totally frustrated with your weight, you've tried everything but failed, so you tried again and you failed again. This pattern really starts to do your head in and makes you feel like a failure and you just want to give up, as you start to fall into a downward spiral of low self-worth.

Maybe you've even been to your doctor and been told "I've run a few tests and they are all normal, so maybe you just need an antidepressant". If so you're not alone, in fact a staggering one in four women in the United States is on some form of antidepressant medication.

This scenario is very common, but is this normal – absolutely not!

So how does it happen that we feel like this so frequently in this modern world? Unfortunately our bodies evolved in a much simpler time, so modern living tends to push your hormones out of balance to the point that you feel like crap.

To find the answer to why this happens we have to go back around ten thousand years to when our species lived as hunter-gatherers as we moved out of Africa to colonise the whole world. What made us so incredibly successful as a species is our amazing brain that allowed us to develop the capacity for

abstract thought and communicate a wide range of emotions.

Underneath that amazing human brain is the primitive core of your limbic system, which is sometimes called the reptilian brain. Its key functions are to keep you alive and to urge you to reproduce. Unfortunately our food supply in those days was often erratic, so our bodies developed some very powerful hormonal systems to make sure any excess food was stored for emergencies – as fat!

One of the key functions of your limbic system is to continuously and unrelentingly scan your environment to see whether you are "safe". If it decides you are "not safe" then it starts a hormonal cascade called the adrenaline response or very commonly the "fight or flight response".

The "fight or flight response" was first described in the 1930's by Walter Cannon and became the accepted model to describe what happens to your body when you get a fright or come under stress. So the picture has been that all the physiological changes that happen when you get stressed are designed to help you to either fight a lion, or the neighbouring tribe, or if things get really sticky, be able to run away to save your life.

Now this is where things start to get really interesting for you, because most of the research that was done by psychologists to develop this model, which they called the "fight or flight response", was done on men!

When we were hunter gatherers the key role of men in society was to go out and kill animals for food or to defend the

settlement from any attack, so it totally makes sense that in men, the primary response to stress is to fight (confront the stressor with aggression) or flight (flee from it – or in the modern world men tend to show social withdrawal or substance abuse) response.

So for men, the physiological changes that come from a surge of adrenalin to prepare them for extreme physical activity and to minimise the damage to their body if they're wounded, are overlaid by the psychological changes that come with a surge of testosterone.

Very recently a group of woman psychologists in California realised that this model really doesn't describe the way women behave under stress at all (surprise surprise – few men try and understand a woman's mind). So their new model, which seeks to better describe how woman behave, they called "tend and befriend".

The inherent way women respond to stressful situations is to go into protective mode for themselves and their children – the "tend" part; and by seeking out a larger social group, usually women, for mutual defence (or calling your girlfriend or mother for support) - the "befriend" part. The downside of this response for women's health is that when they are stressed women have a very strong inherent urge to look after everyone else, at the expense of looking after themselves.

It's clear from the latest research that this "tend and befriend" response has evolved in the context of woman being the primary caregiver for their children and fleeing too readily at any

sign of danger would actually put her children at risk.

All the adrenaline responses in woman still happen, with the physiological changes that prepare you for extreme physical activity and to minimise the damage to your body if you're wounded. The key difference from men is, that instead of a surge of testosterone, for women it is overlaid by a surge of the hormone oxytocin (your cuddle hormone), which initiates the psychological behaviours that promote care-giving behavior and underlies the attachment between mothers, their children and their 'sisters' – the "tend" part. Some studies also suggest that oxytocin enhances social contact and reduces aggression – the "befriend" part.

In long-term stress the main hormones at work become cortisol and oxytocin, which gives you a hormone driven way of being which can have very subtle, but highly undesirable effects on your feelings of self-worth and your feelings around your relationships.

The programmed need to tend or look after other people means that you are likely to feel that you need to take on a range of tasks, just because "I'm fine, I can do that for you", when in fact these tasks can probably be done by others without adding to your already stressful and overloaded day. This might look like you making lunches for your teenage children and partner or rushing home from work to prepare a meal for the rest of the family (when you would prefer to pop into the gym for a 20 minute workout - yes that is all that it needs to take).

Because you are already stressed and overloaded, adding another layer of tasks to be done can add to your feelings of “I'm not good enough” because the reality is, you are not fine you're overloaded, so you start to feel overwhelmed. You can also set yourself up for feelings of resentment against the people you are tending, which can have a very damaging effect on your relationship with them.

The other subtle effect which can happen if you take on doing tasks for your partner, which he is quite capable of doing, and probably didn't ask you to do in the first place, then you are actually treating him like a child. If you really want to kill your desire for an intimate sexual relationship with your man, then treating him like a child is a really good way to achieve this.

The reality is that you're no use to anyone else if you are not well, so you have to put your own health first. If you're not dealing with your stress, then your stress hormones are giving your limbic system very subtle feelings that you need to look after everyone else first.

It's important that you realise that you are not the primitive response of your limbic system; you are so much more than that. You have the potential to modify how you respond to those subtle feelings by using your higher cortical mind and your wonderful intelligence to find a better way.

Now that you are aware of these potential subtle reactions to stress, if they are happening in your life then you need to have the courage to talk to the others involved to find a win-win solution that works for everyone. You also need to use

the techniques described later in the book to get your stress hormone levels back in balance.

Although the tend-and-befriend model does emphasise the differences between the genders, there is no suggestion that your response to stress is written in your genes. When you think about it, this really comes down to the question “who am I”, because in any given situation I am a very different person, depending on the circumstances.

So for me, who I am when I'm on the skifield, standing at the top of a snow half pipe, with six meter high walls, preparing myself to ski down it, is a very different person from when I am cuddled up with my wife watching a romantic movie and the fire alarm goes off.

In the first situation my body is in full adrenaline response, overlaid with a surge of testosterone, because I am fully in my masculine energy – but this is eustress – I am doing this deliberately for the pure joy of pitting myself against the mountain (my apologies to you women readers – you are unlikely to relate to this).

In the second situation my body goes into distress (I didn't choose it) and the full on adrenaline response, but this time it is overlaid with oxytocin because we have been cuddled together and I am in my more feminine energy. So my first instinct is to make sure my wife is safe before I go to deal with whatever set the alarm off.

We can all think of how some women behave in the work

environment (when they tend to be in their masculine energy), when they are under stress they can be just as aggressive and in “fight and flight” mode as any man. Similarly, when a man is looking after his children (and is more in his feminine mode), and the children are threatened, they will also likely go into their “tend and befriend” mode to look after them.

What's important for you to realise, is that while the symptoms of stress in a man can be quite different from the symptoms displayed by his partner in any given situation, yet underneath your behaviors the entire stress hormone cascade is still going on and potentially doing damage to your body.

This book is a lot about how the stress reaction impacts on how your body burns or stores energy (fat) and particularly, how it impacts on how your brain works and how your body responds to changes in your body chemistry – particularly your thyroid hormones and your sex hormones – in other words "your happiness, belly fat and sexiness".

This book is also about how to be well.

I find it sad, that when I give a talk and ask my audience to tune into their body and put a number between 1 and 100 on how well they feel, I have only once had someone put their hand up at 90 and many still haven't put their hand up at 50.

Personally, I will put my hand up for 99 and getting closer to the elusive 100. At 69 years of age, I don't do anything obsessively, but I choose my food with care (in other words I generally eat dark chocolate) and I do love butter, but saturated

fats are NOT bad for you. I don't do exercise for exercise sake, but I am very fortunate that I can easily go out and ground myself in a very beautiful piece of nature and do get a certain amount of exercise working my organic farm. I do meditate most weekdays and usually do some yoga about once a week.

In other words I don't stress if I don't do my “routine every day – because after all, it's what you do most days that determines your health and happiness, not what you do occasionally.

To me it's important that at 69 my body doesn't limit me in any way, I will happily point my skis straight downhill for the thrill of speed or spin my wife in a fast milonga until we collapse laughing.

Trust me - getting old does not mean you have to forgo things you enjoy, or have brain fog, or be painful, or tired, or have low libido, or “Feel Like Crap” (the FLC Syndrome was first talked about by Dr Mark Hyman – a Functional Medicine practitioner – wonderful term!). You were born to be happy here on earth NOW – not in some future realm, but you have to consciously choose to live for happiness and joy and not just let life happen to you because of your unconscious choices.

I read recently, that if you have survived to reach the ripe young age of fifty, you are probably about halfway through your life. If you are roughly in this age bracket you need to ask yourself the question “do I want to feel the way I do now for the second half of my life”.

If the answer this question is NO, then it's time to take charge

of your own health and make some changes, probably in several areas of your life.

The reality is that studies have shown that it's much easier to prevent health problems than it is to reverse them, so the longer you leave this decision to seek wellness, the more difficult it's going to be to get to place where your life is full of juiciness and joy - which is where we all really want to be, so I encourage you to read on.

That said, the food you eat gives your body very powerful hormonal messages – a calorie is not just a calorie and your body metabolises and responds to carbohydrates, proteins, fats and dietary fibre very differently. This means that for most people a few simple changes in the areas of your life detailed below can make a major change to the way you feel within a few days.

The basic premise of this book is that not feeling well in any area of your life is caused by your particular combination of the three following factors – what I like to think of as the three legs of the stool of wellness, because if you neglect ANY of these three areas, your wellness stool will fall over, at some point – probably when you least expect it. The three key areas are:

The Building Blocks – i.e. lack of some of the 90 odd essential nutrients – please focus on the word essential; because lack of any of them in your diet every day means that the millions of new cells you are growing every day are less than perfect. There are also a few foods which are no no's, which you do

need to avoid most of the time (note that I deliberately said avoid, not eliminate – life doesn't have to be difficult to be fun).

Toxicity in the Body – unfortunately our modern world is rife with chemicals produced in factories. While there are a few natural chemicals that are toxic, nearly every chemical produced in a factory is toxic to some degree, including foods. For instance, I include margarine as a toxic chemical; because there are no enzymes in nature that can digest margarine (butter is back – yea).

In this modern world we live in a virtual soup of synthetic chemicals, which means that unless you are actively supporting your body to detoxify on a regular basis - your own liver, bowel, kidneys and skin detox systems are almost certainly overloaded and need your active support.

Toxicity of the Mind – when we are young your mind acts as a virtual sponge and we believe pretty much everything is told to us, including negative comments.

Every time you say “I can't do because” that is almost certainly a negative self-belief which is not actually true, although your ego or left brain would like to have you think it is true. Similarly, most of us grow up with some form of the belief “I am not lovable” - which means that until you are able to let this belief go and love yourself, you are unable to fully enjoy the wonders of truly loving another person.

So your beliefs are acted out in the mind talk – the unpleasant

little woman on your shoulder or your ego - which brings a lot of mental and emotional stress into your life.

How these three factors manifest in you not feeling well is totally dependent on your unique combination of these three fundamental factors. Nobody else in the world will have your unique combination.

Unfortunately medical doctors are highly trained to fit your particular set of symptoms into a box, so they can give you a “diagnosis” and a “treatment” - usually a pill - in fact the better doctors are at finding a “diagnosis” the more highly they are regarded by their peers.

When your body is telling you that things are just not right with it, it can be extremely comforting to get a diagnosis from your doctor – you finally know what's wrong with you – oh the relief!

The problem with a “diagnosis” is that it tells you nothing about how your particular combination of diet and toxicity of the mind and body brought you to that place. So having a diagnosis can actually get in the way of you finding what changes you need to make to get you to a state of wellness.

For instance, if you have low thyroid function, with low energy levels and you struggle with your weight then this could have come from either:

1. Your diet being lacking in the building blocks of iodine, selenium and iron and low in Omega-3.

To deal with this issue you would need to start a comprehensive supplementation programme, including some high quality sea vegetables and an Omega-3 supplement, like flax seed oil.

2. Hashimoto's thyroiditis, which is an autoimmune condition, principally brought on by toxicity in the body.

To deal with this issue you would need to undertake a comprehensive whole body detox programme, with particular emphasis on your liver and also, in the short term, go onto a low carb, gluten free diet to allow your gut to heal.

3. Stress brought on by your inability to say no and speak your truth in your relationships. Your ability to speak your truth is directly related to the functioning of your throat chakra, which is why this particular stressor is most likely to impact on your thyroid.

For you to be able to actively love yourself enough to set boundaries in your relationships, you will need to deal with some issues which probably came from your childhood and start to take control of your mind. Doing some form of meditation is essential for this to work, but there are some marvelous technologies available to help with this, which allow you to get results with only 10 – 15 minutes per day.

You will also need to find a process that allows you to have no regrets about the past, by letting go of any resentments you hold against people in your life for real or imagined “wrongs” and forgive them.

As you can see, what you need to do to correct the underlying low thyroid function completely depends on why it's malfunctioning in the first place.

Another issue can be that if some of your symptoms don't fit into the particular box your doctor wants to put you in, they are quite likely to say "it's all in your mind".

Unfortunately it is common to come across statements such as: "many of the symptoms of low iron, - such as weakness, fatigue, brain fog, low sex drive, and palpitations – overlap with hypothyroid symptoms."

Hardly surprising I would have thought, given that having adequate iron is one of the keys to normal thyroid function.

So this book is aimed at teaching you how to modify your three fundamental factors with the objective of helping you along the journey to wellness.

One of the options for correcting your hormonal problems is to use nature identical hormones to correct your imbalances. While this can be very successful at treating the immediate symptoms, it does nothing to correct the fundamental cause of why you have low or imbalanced hormone levels.

I will give you the necessary information to choose this alternative if you so wish, but I do hope for your sake that you will adopt the other measures suggested in this book to seek wellness, alongside the use of nature identical hormones, so that you can gradually decrease your dependence on them.

I hope you enjoy your journey to wellness with me.

If you would like to read more please register at
www.DavidMusgrave.nz



The real reason you're out of step with your health

It's not you, it's your hormones

Why diets don't work

How to detox your mind and body

Take charge of your sexiness is the new fad, after all,

women like sex too