

Thought Leaders
BUSINESS LAB

EPISODE 251

Handling Business Through Change Of Life

WITH WITH CATHY CARR

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Let's talk about peri-menopause and menopause

- ▽ All women go through a “change of life”, but many don't talk about its effects even though they feel lost with the changes they go through.
- ▽ Women should feel comfortable talking, sharing stories and having a good laugh about it. By doing this, you can feel empowered because it can get you more in touch with your body.

Grassroots: get to the root cause and the ancestral roots

- ▽ Get to the root cause
 - Find the real reason behind a condition like a headache, rather than masking it with a bandaid approach
- ▽ Find out your ancestral roots
 - Where do you come from?
 - What would you eat based on your ancestry?
 - What did your grandparents eat?

One size does not fit all

- ▽ There is no universal diet that works well for all.
- ▽ Primal patterns change. Are a fast vs slow oxidizer (how your body breaks down food for metabolism).

How to know what food works for you

- ▽ Find out more about your grassroots and have food from nature first.
- ▽ Pay attention and listen to how your body responds to what you eat. Give it the right fuel to function at optimum.



Middle age changes women's lives

- ▽ When you reach middle age, you either do things that matter to you or retreat into yourself because of all the self-doubt that comes from the hormonal changes.
- ▽ The changes can happen instantly, but you can do something about it by listening to your body.

Manifestations and effects of stress

- ▽ Stress comes in many forms.
 - Mental stress when you have a confrontation or you go through a stressful event
 - Food
 - Stimulants like wine, coffee or commercial drugs
 - Lack of sleep
 - Not enough clean water (clean water has filtered out heavy chemicals and remineralised)
 - Environmental stress (toxic homes, offices, personal care, cookware, etc.)
 - Thermal stress
 - Too much exercise
- ▽ When the body is stressed, it will not recognise where the stress is coming from. What it recognises is that it's in a fight-or-flight mode so it will protect itself by holding on to sources of energy like fat.

Stress: physical exercise

- ▽ Too much exercise can also cause stress. Ignorance of what your body is telling you can lead to chronic fatigue and soreness.
- ▽ Going through the correct exercise regime can make you feel energised.

Female hormones are different

- ▽ It's a fact that menstruation affects the female body and leads to different hormonal shifts. You don't have to feel guilty or ashamed of this.
- ▽ We need to consider these effects and cycles in everything we do, including exercise.



Move in a way that makes you feel good and enjoy. It doesn't have to be in the gym. You can dance in your kitchen to your favourite music.

Online Masterclass - [How To Get Your Mojo Back](#)



Mojo doesn't mean you have to be a certain size or weight. It means you:

- are confident in your skin.
- understand the food that gives you energy and vitality.
- have good relationships.



Join the online masterclass, "How To Get Your Mojo Back", where Cathy will share actionable advice about fatigue, grassroots and stressors.

“Don't feel alone”



Cathy gives these final words of wisdom:

Don't feel alone. There is an opportunity for you to be heard and understood because there are many of us that are going through that, the symptoms that you might be experiencing. Don't be too hard on yourself. Turn that around. Appreciate that you are here experiencing what you're experiencing and know you have the power to change and be anything you want to be.

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