

April 13 Coaching Call

- Coaching call focused on managing exhaustion, sleep quality, exercise programming, and supplement strategies for women in midlife dealing with thyroid issues, allergies, and hormonal changes.
- Exercise not worsening fatigue is a positive sign, but "not worse" is distinct from "better" — sleep improvement was identified as the top priority before adding more exercise.
- Seasonal allergies in midlife often signal the body's reduced ability to clear toxins due to cumulative hormonal and physiological load, not just environmental exposure.
- Glutathione, dietary adjustments (reducing gluten/dairy), and supporting natural detox pathways were suggested as strategies to reduce allergy-related exhaustion.
- Magnesium taken with dinner is preferred for absorption; upper intake among functional practitioners ranges 1,200–1,500 mg, well above RDA, to address deficiency and improve sleep continuity.
- Short walks of 10–15 minutes periodically throughout the day were recommended over one long walk for better blood sugar stabilization when sleep is poor.
- Histamine sensitivity was flagged as a potential hidden contributor to exhaustion — fermented foods, though gut-healthy, can trigger histamine reactions in sensitive individuals.
- Vibration plate effectiveness depends on Hertz range; 20–30 Hz (sweet spot ~25 Hz) targets bone density, while higher settings support lymphatic drainage and weight loss — buyers should confirm the plate's Hz range and programmability before purchasing.
- Sucking in the abs weakens core stabilization; bracing the transverse abdominis (TVA) is the correct technique, coordinated with exhaling on exertion to protect the lower back and pelvic floor.
- Lori, in perimenopause with osteopenia, anemia, and poor sleep managed with Zolpidem, was advised to choose between Stronger 4 (varied intensity/hypertrophy focus) or Stronger 10 (total body, 12–15 rep range) and limit strength training to two days per week.
- Flowing yoga on a third day was recommended as a complement to two weekly strength sessions — stimulates muscles without impeding recovery and may support sleep.
- For physically demanding summer jobs, condensing strength workouts by completing only the first tri-set or super-set is sufficient to maintain muscle mass without overloading recovery.
- Post-high-altitude hiking recovery guidance included extra protein and carbohydrates for replenishment, starting back with flowing yoga before resuming strength training, and listening to energy levels rather than following a fixed timeline.
- Adrenal fatigue and hypothyroidism typically co-occur — adequate high-quality carbohydrate intake is important and should not be cut during recovery or periods of high stress.