

April 27 Call Summary

- Q&A session with Debra Atkinson covering blood sugar management with CGMs, exercise programming, digestive enzymes, and hormonal health for women in menopause.
- Jane's low blood sugar issue (dipping to the 80s after 3 hours) was flagged as atypical — normal fasting average is ~85, and blood sugar should not consistently drop that low without a cause.
- Graham crackers and dried fruit were discouraged as snacks for Jane — both spike blood sugar and cause a rebound drop; combined snacks like apple with nut butter are preferred for more stable glucose response.
- Digestive enzyme brand MassZymes (by BioOptimizers, 15% off at buyoptimizers.com/flipping50) was recommended; it includes protease, amylase, and lipase, with 4x protease for those struggling to break down protein.
- Isolating lipase-only supplements was suggested for Jane specifically, to test whether fat digestion is the root cause of her blood sugar instability.
- CGM testing around exercise should track blood sugar before, immediately after, and 1–3 hours post-workout, as glucose impact from food and exercise can be delayed by several hours.
- For persistent low blood sugar patterns, eating smaller meals every ~3 hours with protein, fiber, fat, and resistant starches (beans, legumes, sweet potatoes) was recommended to maintain stable glucose levels.
- Farmer's carry was endorsed as a valuable functional exercise — the benchmark is carrying 75% of body weight for ~1 minute; suitcase carry (single-arm) was highlighted as an effective core variation.
- Light or partial workouts on low-energy days are beneficial as long as muscle fatigue is not reached — if fatigue is reached, 48 hours of recovery is still required.
- Protein-fruit food combining concerns were addressed — the evidence is weak, and personal testing (via CGM and digestion feedback) is the most reliable guide.
- Stronger 3 was recommended over Stronger 4 for returning from an 8-week break, as it uses a more predictable 15–20 rep range; Stronger 10 was offered as an alternative for those comfortable with longer workouts.
- Stronger 2 was acknowledged as the weakest program — it will be the first to be remade; Stronger 6 (cycle-syncing based) may also be retired or archived, as recent research shows minimal performance differences across menstrual phases.
- Cortisol is the only hormone that rises during menopause; with 40x more cortisol receptors in the belly, elevated cortisol combined with insulin actively drives belly fat accumulation and fat cell growth.
- Reducing inflammation before intensifying exercise was emphasized — training hard while inflamed prevents recovery and adaptation; stepping back temporarily allows the body to respond and benefit from stimulus.
- FeminEssence (clinical-grade maca) was recommended for adrenal fatigue and menopause symptoms; two formulations exist for peri- and post-menopause,

available at flipping50.com/resources, with a physician-staffed 1-800 advisory line.