

March 2 Coaching Call Summary

- Chicory root (inulin) is a fiber source added to foods and supplements to help stabilize blood sugar, with no known negative side effects in normal amounts.
- Strong research supports testosterone replacement for menopausal women, benefiting bone density, muscle mass, brain health, and energy, with minimal safety concerns.
- Natural testosterone production can be boosted by HIIT, resistance training, quality sleep, and higher protein intake; alcohol, poor sleep, and endurance-only training suppress it.
- Yoked supplement (and clinical-grade Myos MD) can support muscle gain—roughly 2 lbs gained over two months—but only after covering basics like nutrition, sleep, and resistance training.
- Optimal lab values differ significantly from population norms; members encouraged to search PubMed or use ChatGPT with citation requests to find evidence-based optimal ranges for hormones like testosterone and vitamin D.
- Post-meal walks are most effective for blood sugar management when started within 30 minutes; even 2–5 minutes of movement provides benefit, and a blood sugar rise up to 140 post-meal is considered normal.
- Wall sit difficulty and positioning clarified: hips should stay slightly above knee level, weight through heels, and feet far enough from the wall to protect the knee joint.
- Cellulite in upper arms, back, and waist is often hormonally driven, worsened by skin thinning from estrogen loss; resistance training, adequate hydration, protein intake, and whole-body vibration can reduce its appearance.
- March challenge will be a 21-day exercise snack challenge using longevity snacks, dripped daily via the app and email, available exclusively to VIP members.
- Smart scale muscle fluctuations under 0.5–1 lb are likely hydration-related, not true muscle changes; consistent testing conditions (same time, same hydration status) are essential for reliable trends.
- Strength gains indicate improved muscle quality and higher daily energy expenditure even when muscle mass on the scale doesn't change, which is still a meaningful positive outcome.
- March VIP masterclass will cover how eight to nine hormones—including estrogen, progesterone, testosterone, cortisol, insulin, DHEA, melatonin, and growth hormone—interact with exercise, and what training pivots are needed from perimenopause through post menopause.
- Shoulder tweaks during overhead or bent-arm pullover movements should prompt an immediate weight reduction or rest; overhead pressing is not essential and can be replaced with front raises, lateral raises, and reverse flies.
- Persistent shoulder pain (e.g., knife-like sensation during chest press or hanging) warrants a full two-week rest from pressing movements, followed by gradual reintroduction starting with pain-free planks and light mobility work.