

SKINCARE **PROTEIN** RECIPE BOOK

5 WAYS TO RADIATE BEAUTY
THROUGH **THE MAGIC OF SLOW LIVING**

ILLUMINATE THE PATH TO TRANSFORMATION WITH
ESSENTIAL TOOLS AND KNOWLEDGE.

NATALIE ROSE



You in bloom!
Nourish from
the inside out

Welcome!



I'm Natalie, passionate about natural health, and I'm excited to share these recipes and guides with you. The ingredient guide offers suggestions to nurture and enhance your senses, allowing you to align with your body's natural systems with every bite, shifting from burnout to embracing your optimal lifestyle!



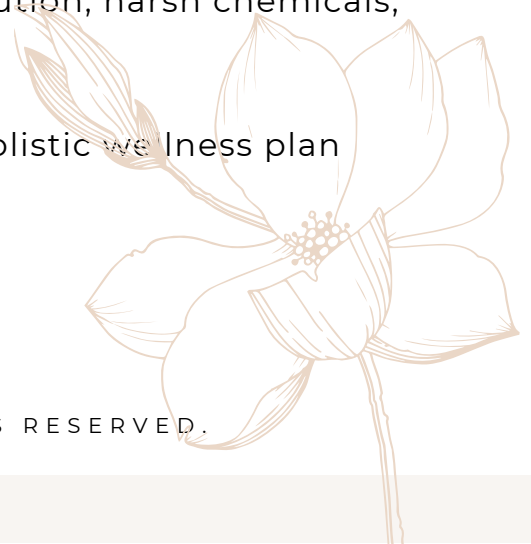
ABOUT ME

After navigating through various aspects of the health and wellness industry and conquering the challenges, I stumbled upon the concept of low-toxic living. The conventional medical approach to healing often has numerous shortcomings, including gaps in the system, high costs, and incremental progress that may not yield significant results. Whether you opt for natural, a blend of natural and synthetic, or purely synthetic solutions, the choice is yours!

Natural resources and rituals have a long history spanning thousands of years. Embracing plant-based practices and self-care is crucial for flourishing in today's environment filled with pollution, harsh chemicals, and artificial ingredients.

Let's delve deeper and craft a personalised and holistic wellness plan tailored to your needs!

Natalie Rose

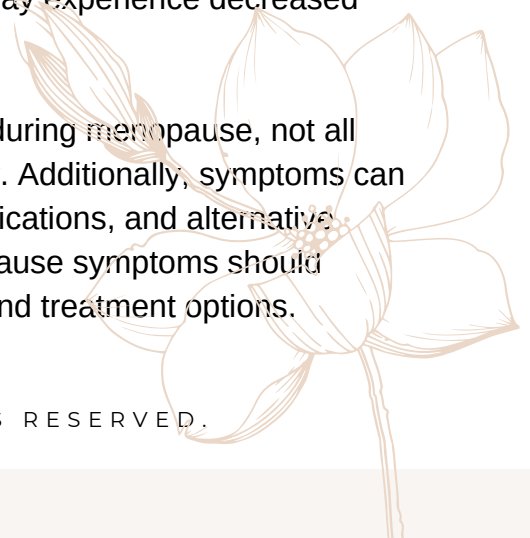


Womens natural health and beauty

Menopause is a **natural biological process** that marks the end of menstruation and fertility in women. It typically occurs in their late 40s to early 50s, but the age of onset can vary. Menopause is associated with various physical and emotional symptoms, which can vary in severity from person to person. Here are the top 10 menopause symptoms:

- **Hot Flashes:** Sudden, intense feelings of heat that may cause flushing, sweating, and rapid heartbeat. Hot flashes can occur during the day or at night (night sweats).
- **Night Sweats:** Similar to hot flashes, night sweats are episodes of excessive sweating during sleep, often leading to disrupted sleep patterns and fatigue.
- **Irregular Periods:** As menopause approaches, menstrual cycles may become irregular, with periods occurring more frequently or less frequently than usual. Eventually, menstruation ceases altogether.
- **Vaginal Dryness:** Reduced estrogen levels can lead to vaginal dryness, itching, and discomfort during sexual intercourse. This can also increase the risk of urinary tract infections.
- **Mood Swings:** Hormonal fluctuations during menopause can cause mood swings and irritability. Emotional symptoms may vary in intensity and duration.
- **Sleep Disturbances:** Changes in hormone levels and night sweats can disrupt sleep patterns, leading to insomnia, difficulty falling asleep, or waking up frequently during the night.
- **Fatigue:** Menopausal women may experience increased fatigue and decreased energy levels due to hormonal changes, sleep disturbances, and other menopause symptoms.
- **Difficulty Concentrating:** Some women may experience difficulty concentrating, memory problems, and cognitive changes during menopause, often referred to as "brain fog."
- **Joint and Muscle Pain:** Menopause can be associated with joint pain, stiffness, and muscle aches, which may be exacerbated by hormonal changes and reduced estrogen levels.
- **Changes in Libido:** Fluctuating hormone levels and vaginal dryness can affect libido and sexual desire in menopausal women. Some women may experience decreased interest in sex or changes in sexual satisfaction.

It's important to note that while these symptoms are common during menopause, not all women experience them, and individual experiences may vary. Additionally, symptoms can be managed through lifestyle changes, hormone therapy, medications, and alternative therapies. Women experiencing bothersome or severe menopause symptoms should consult with a healthcare provider for personalised guidance and treatment options.



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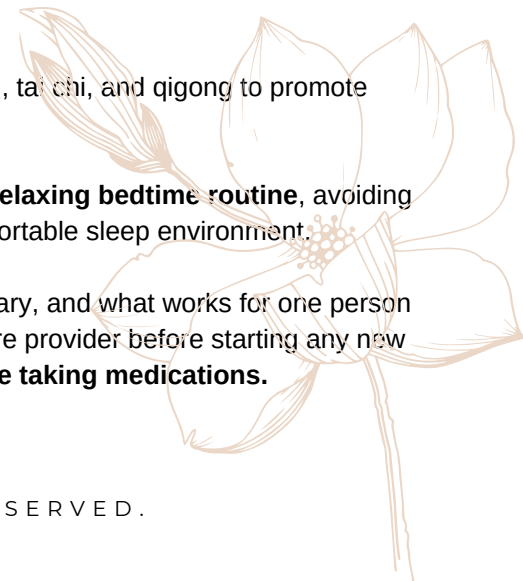
Awareness and Knowledge is Power

10 must know solutions to support symptoms

Natural solutions can offer relief for menopause symptoms, providing women with alternatives to pharmaceutical interventions. Here are several natural approaches to managing common menopause symptoms:

1. **Healthy Diet:** Consume a well-balanced diet rich in fruits, vegetables, whole grains, **lean proteins**, and healthy fats. Incorporate phytoestrogen-rich foods such as flaxseeds, chickpeas, lentils, and sesame seeds.
2. **Regular Exercise:** Engage in regular physical activity such as **walking**, jogging, swimming, yoga, or tai chi to improve overall well-being. Exercise helps regulate hormone levels, promotes better sleep, boosts mood, and supports weight management.
3. **Stress Reduction:** Practice stress-reduction techniques such as mindfulness meditation, deep breathing exercises, progressive muscle relaxation, or guided imagery to manage stress. **Prioritise self-care activities** that promote relaxation and emotional balance.
4. **Herbal Remedies:** Explore **herbal supplements** like black cohosh, red clover, evening primrose oil, dong quai, or chasteberry, which have a long history of traditional use. Consult with a healthcare provider or herbalist before trying herbal remedies, especially if you have existing health conditions or are taking medications.
5. **Acupuncture:** Acupuncture, an ancient Chinese healing practice, may help relieve hot flashes, night sweats, **insomnia, and mood swings** associated with menopause. Seek out a licensed acupuncturist with experience in treating menopausal symptoms for personalised treatment.
6. **Supplements:** Consider supplements such as vitamin D, calcium, magnesium, and omega-3 fatty acids to **support bone health, mood regulation, and overall well-being** during menopause. Consult with a healthcare provider or registered dietitian to determine appropriate supplement dosages and formulations.
7. **Cooling Techniques:** Use **cooling techniques** such as wearing lightweight clothing, using fans or air conditioning, keeping the bedroom cool at night, and using moisture-wicking bedding to manage hot flashes and night sweats.
8. **Vaginal Moisturizers and Lubricants:** Use over-the-counter vaginal moisturisers or lubricants to alleviate vaginal dryness and discomfort during sexual intercourse. Consider using products formulated with **natural ingredients to minimise irritation** and promote vaginal health.
9. **Mind-Body Practices:** Explore mind-body practices such as yoga, meditation, tai chi, and qigong to promote relaxation, reduce stress, and enhance **overall resilience** during menopause.
10. **Regular Sleep Patterns:** Maintain regular sleep patterns by establishing a **relaxing bedtime routine**, avoiding stimulants like caffeine and electronic devices before bed, and creating a comfortable sleep environment.

It's important to remember that individual responses to natural solutions may vary, and what works for one person may not work for another. Additionally, it's advisable to consult with a healthcare provider before starting any new treatment regimen, especially if you have **underlying health conditions or are taking medications**.





DON'T SWEAT THE SMALL STUFF... KNOW YOUR NUMBERS

Metabolic and digestive issues can indeed arise or worsen during menopause due to hormonal fluctuations and changes in metabolism. Here's a closer look at some common metabolic and digestive issues women may experience during menopause:

- Body Composition or Body Fat % - sleep
- Blood pressure 120/80 - breathe
- Glucose level - rainbow foods + fibre
- LDL - good fats

Metabolic Issues:

Weight Gain: Many women experience weight gain, especially around the abdomen, during menopause. This is often attributed to hormonal changes, decreased muscle mass, slower metabolism, and lifestyle factors such as diet and exercise habits.

Insulin Resistance: Insulin sensitivity may decrease during menopause, leading to insulin resistance and higher blood sugar levels. This can increase the risk of developing type 2 diabetes and metabolic syndrome.

Cholesterol Imbalance: Menopause can disrupt lipid metabolism, leading to changes in cholesterol levels. Some women may experience increases in LDL cholesterol (the "bad" cholesterol) and decreases in HDL cholesterol (the "good" cholesterol), which can contribute to cardiovascular risk.

Digestive Issues:

Sluggish Digestion: Hormonal fluctuations during menopause can affect gastrointestinal motility and digestion, leading to symptoms such as bloating, gas, indigestion, and constipation.

Changes in Appetite: Some women may experience changes in appetite and food cravings during menopause, which can impact dietary choices and calorie intake.

Increased Risk of Gastrointestinal Disorders: Menopause is associated with an increased risk of gastrointestinal disorders such as gastroesophageal reflux disease (GERD), irritable bowel syndrome (IBS), and gallbladder problems.

By adopting healthy lifestyle habits, managing stress, and seeking appropriate medical care, women can support their metabolic and digestive health during **the menopausal transition**. It's essential to **prioritise self-care** and seek support from healthcare professionals to navigate this stage of life with confidence and well-being.

GLOW 101 OIL Series

SKIN & GUT HEALTH FROM WITHIN

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WANT TO KNOW MORE?

Let's break it down into bite size pieces and create your signature wellness journey!

To see if we can work together to find a path that works for your unique situation, click on the button below to watch my **FREE MENOPAUSE METABOLIC MASTERCLASS!**

[CLICK HERE TO WATCH NOW](#)



Please feel free to share this video with your friends to provide hope and support for the better.

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Master the magic of Mother Nature!

CREATE A HELPFUL CHECKLIST

KITCHEN TOOL BOX

- Glass, ceramic and wooden low tox kitchen essentials
- Natural flavours from pure plants / no nasty stuff
- Low tox cleaning sprays, detergents and DIY recipes
- Pure pantry staples and botanical supplements

PROTEIN IMPACTS HORMONE BALANCE

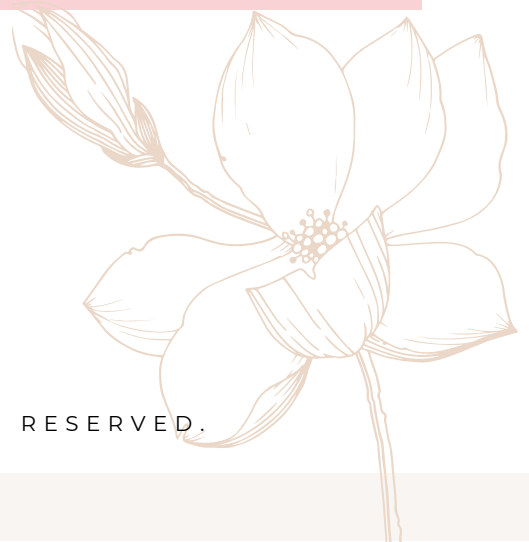
- Switch & Shift to a higher vibration on a cellular level
- Lean in-to gut health for natural skin care
- Emotional foundations to gut brain health
- Building blocks of the body & support metabolic health

NOURISH DAILY ENERGY LEVELS

- Quality Me Time a reminder to rest and digest
- Sleep Well with balanced sugar levels
- Physical Movement and energy to restore body composition
- Nourishment & Supplements throughout the day each meal

MINDFULNESS AND NUTRITION

- Detoxification & Release processed foods
- Positive Body Practices
- Balanced Macro and Micronutrients
- Practice Self Love Your Way





EATING PROTEIN MATTERS

Gut brain / mood foods + probiotic, garlic, ginger, green plants

Let's explore these topics in more detail:

Protein and Heart Health

Protein Quality: Consuming high-quality protein sources such as lean meats, poultry, fish, eggs, dairy products, legumes, nuts, and seeds can support heart health by providing essential nutrients and amino acids.

Protein and Happy Hormones:

Neurotransmitters: Proteins are essential for the synthesis of neurotransmitters, including serotonin and dopamine, which play key roles in regulating mood, happiness, and overall well-being.

Tryptophan: Protein-rich foods contain tryptophan, an amino acid that is a precursor to serotonin production. Adequate protein intake can support optimal serotonin levels and promote a positive mood.

Protein and Metabolic Processes:

Muscle Growth and Repair: Protein is crucial for muscle growth, repair, and maintenance. Consuming adequate protein helps support lean muscle mass and metabolic rate, which can contribute to overall metabolic health.

Thermic Effect: Protein has a higher thermic effect compared to carbohydrates and fats, meaning that the body expends more energy to digest and metabolize protein. This can support weight management and metabolic processes.

Protein and BMI:

Satiety: Protein-rich foods tend to be more satiating than foods high in carbohydrates or fats, which can help control appetite and prevent overeating. Including protein in meals and snacks may support weight management efforts and help maintain a healthy BMI.

Muscle Mass: Adequate protein intake supports muscle preservation and growth, which is important for maintaining a healthy body composition and BMI.

Protein and Glucose + LDL:

Blood Glucose Regulation: Protein consumption, especially when combined with carbohydrates, can help stabilize blood glucose levels and prevent rapid spikes and crashes in blood sugar.

Cholesterol Management: While some sources of protein, such as fatty meats and high-fat dairy products, may contribute to elevated LDL cholesterol levels, lean protein sources and plant-based proteins are generally associated with improved cholesterol profiles.



SKIN & GUT HEALTH FROM WITHIN

30 DAY MAKE OVER
WATCH FREE MASTERCLASS



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A healthy outside starts from the inside!

HEALTHY ROUTINES DAILY FOR GLOWING SKIN!
MAJOR NEED SLEEP, STRESSLESS, SUGAR FREE, LOW SYNTHETICS

Hygienic physical changes cause by a decrease blood flow and change in hormone levels

5 DAILY ROUTINES

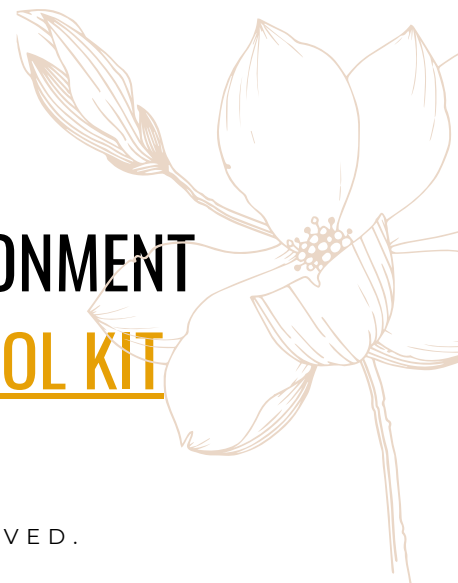
- Sweat cooler: wearing cotton underwear and bedding over synthetic fabric.
- Vaginal dry: organic coconut oil to moisturise all your body parts, head to toe.
- Oral dry mouth: mint mouth wash and fresh breathe, no nasty fillers.
- Hydration: drink lemon water to flush out metabolic waste each day.
- Rest: choose time to recharge, mediations or journal to clear the mind.

LOVE THE SKIN YOUR IN!

Dietary Balance: While protein is important for overall health, it's **essential to maintain a balanced diet** that includes a variety of nutrient-dense foods from all food groups.

Individual Needs: Protein requirements **vary based on factors** such as age, sex, activity level, and health status. Consulting with a healthcare provider or registered dietitian can help determine personalised protein needs and dietary recommendations.

In summary, including adequate **protein in your diet can support** heart health, hormone regulation, metabolic processes, BMI management, and blood glucose and cholesterol levels. However, it's important to choose high-quality protein sources and maintain dietary balance to optimise health outcomes.



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LEARN MORE: [HOME ESSENTIAL TOOL KIT](#)

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HOW TO NOURISH WITH SELF CARE

Learn Your Triggers - stress, sugar, saturated fats, salt, sensory

Management and Prevention:

Healthy Eating: Focus on a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit processed foods, sugary snacks, and high-fat foods.

Regular Exercise: Engage in regular physical activity to support metabolism, weight management, and digestive health. Aim for a combination of cardiovascular exercise, strength training, and flexibility exercises.

Stress Management: Practice stress-reduction techniques such as mindfulness meditation, deep breathing exercises, yoga, or tai chi to help manage stress, which can impact metabolism and digestion.

Stay Hydrated: Drink plenty of water throughout the day to support hydration, digestion, and overall health. Limit consumption of caffeinated and alcoholic beverages, which can contribute to dehydration and digestive discomfort.

Medical Evaluation: If you experience persistent or severe metabolic or digestive symptoms during menopause, consult with a healthcare provider for evaluation and management. They can provide personalized recommendations and treatments to address your specific needs and concerns.

Empowerment and Self-Care: IMPACT

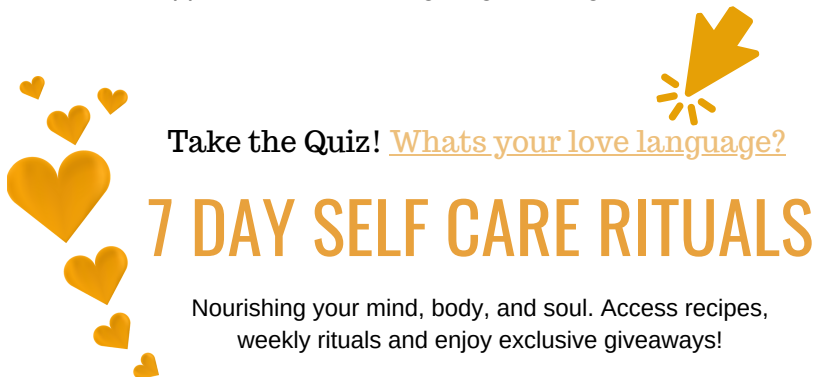
- Ultimately, the menopause movement aims to empower women to take charge of their health and well-being during menopause. It encourages self-care practices, informed decision-making, and proactive approaches to managing menopausal symptoms and maintaining overall health.

Physical Activity during Menopause:

- Engaging in regular physical activity is crucial for women going through menopause. Exercise can help alleviate many menopausal symptoms, including hot flashes, mood swings, weight gain, and sleep disturbances.
- Exercise not only helps manage menopausal symptoms but also supports bone health, cardiovascular health, muscle strength, and overall well-being during this life transition.

Advocacy and Awareness:

- The menopause movement also encompasses advocacy efforts aimed at raising awareness about menopause-related issues, breaking down stigmas surrounding menopause, and promoting education and support for women navigating this stage of life.



Take the Quiz! [Whats your love language?](#)

7 DAY SELF CARE RITUALS

Nourishing your mind, body, and soul. Access recipes, weekly rituals and enjoy exclusive giveaways!





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4 R E C I P E S

WE ARE EXCITED YOU HAVE MADE IT THUS FAR, AND HAVE ACQUIRED A WHOLE LOT OF TIPS AND STRATEGIES TO HELP YOU LIVE YOUR BEST LIFE. GET STARTED TODAY WITH THESE DELICIOUS AND NUTRITIOUS RECIPES! AND LEARN MORE...



[plant and protein >](#)

BERRIE BEAUTY BOWL

AM RITUALS

1 cup cow, cashew or almond milk
2 scoops dōTERRA Nutrition Whey Protein (Chocolate flavour)
1 cup frozen raspberries
1 drop Lime essential oil
1-2 cup of ice

Decorate with your favourite topping, add a crunch, smooth and colour from fruit, nuts and seeds or flowers.

Method

Add all ingredients and blend until smooth. Enjoy!

Note: These recipes yield approximately two smoothie bowls servings (8mL per serving). For those who prefer a larger smoothie size for one serving, the recipe and amount of fibre can be adjusted accordingly.



[more rituals >](#)

BEAUTY BLISS BALLS

SOULFUL RITUALS

dōTERRA® Nutrition Whey Protein (Chocolate) Makes 24

Ingredients

4-6 dates or maple syrup combo
1 ½ cups shredded unsweetened coconut
2 tablespoons dōTERRA Chocolate Whey Protein
1 ½ cups almond flour
¼ teaspoon cinnamon
½ cup tahini or cashew butter
½ cup coconut oil / butter
To decorate: 1 ½ cups shredded unsweetened coconut

Method

Soak the dates in boiling water for 5 minutes, then drain. Add all ingredients to a food processor. Process for 4 minutes, until the mix is well blended, thick and 'scoopable'.

Combine the extra coconut and cocoa in a small bowl.

Using a tablespoon to keep the size uniform, roll into balls and into the decorating mix to coat.

These bites can be frozen for 2 months, simply defrost to serve.



Recipes + Getting Started

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PANCAKE SUNDAY

REST & DIGEST

dōTERRA® Nutrition Whey Protein (Vanilla) Serves 4 – 6

Ingredients

- 2/3 cup melted butter
- 2 cups buttermilk
- 2 eggs
- 1-2 cups almond flour
- 1 banana
- 2 scoops dōTERRA Nutrition Whey Protein (vanilla flavour)
- 4 teaspoons baking powder

Method

Preheat oven to waffle maker or pan. In a medium bowl, combine butter, buttermilk and eggs and whisk until well blended. In a large bowl, combine flour, dōTERRA Nutrition Whey Protein (vanilla flavour) and baking powder. Add the egg mixture to the flour and mix until just combined, the batter should still be a little lumpy. Spread batter into the pan smoothly. Bake for 2-4 minutes. Test the middle with a skewer to ensure it is cooked through. Serve warm with maple syrup and berries.



[read more >](#)

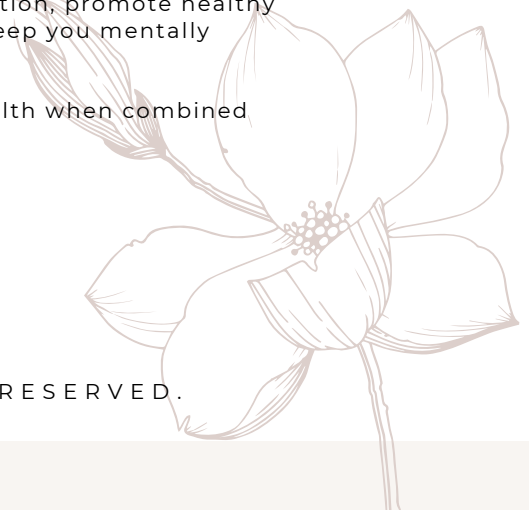
COLLAGEN ADVANTAGE

BODY AND BEAUTY ESSENTIALS

Collagen is a protein that plays a crucial role in maintaining the strength, elasticity, and health of our skin. While many skincare products claim to boost collagen production, the truth is that the most effective way to support collagen health is by consuming a healthy, balanced diet that is rich in nutrients.

Award winning MetaPWR Advantage with Collagen is a product developed by dōTERRA researchers to help maintain healthy cell and organ function, promote healthy weight and body composition, and keep you mentally energised.

It can help fortify your metabolic health when combined with a healthy lifestyle.



GET INSPIRED OR FIND A SOLUTION TO A BETTER SELF CARE SYSTEM
WITH OUR GROWING COLLECTION OF VIDEO/CLASSES THAT ARE
DESIGNED TO HELP YOU THRIVE!



Welcome! and Thank you for taking the time to go through this guide.

I am so excited you're here, because I know you are passionate about finding a more natural approach to your health + self care and you love creating a lifestyle that is full of choice + freedom.

Whether you've been apart of our community for a while or you have just connected with us, please know you have not opened up this opportunity doc by coincidence. There is a part of you being pulled to seek change, whether that is more freedom in your finances, your time...or perhaps to help others in a bigger way.

Enjoy weekly video training and free resources on my YouTube Channel and Blog.

Join [Live Q&A in my private social group and connect with me](#) and my amazing community. Welcome to the greatest glow up of all time!

Natalie Rose



REACH OUT TO ME VIA EMAIL SUPPORT@ESSENTIALLYLOWTOX.COM

Notes

