

The 4 Secrets

that Stabilize Hormones,
Mood, & Weight

The Bunzenmeyer Method
for Hormonal Success

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medicine



About

Are you in your late 30's or 40's experiencing...

- low energy & a negative stress impact
- PMS (irritability, impatience, insomnia, breast tenderness, bloating, weight gain)
- mood swings throughout the month
- craving carbs and sweets like never before
- hot flashes
- poor sleep - difficulty falling asleep and/or waking throughout the night tossing & turning
- relentless weight gain no matter what you try with diet or exercise
- plus hair loss, low libido, acne, gas, bloating, diarrhea, constipation, reflux, and more.

“The Bunzenmeyer Method for Hormonal Health has been refined over my 18 years of clinical practice to include 4 “pillars of care”.

Hello!

I'm Dr. Jenn!



I love inspiring women with hormonal changes. Whether it's PMS, hot flashes, insomnia, or anxiety, my goal is to help women in their 30s and 40s live happier, healthier lives without these issues. I've been a naturopathic doctor for over 18 years, and I live and breathe what I do!

Once women have worked with me, they enjoy restful sleep, amazing energy to enjoy life with their kids/family/pets and hobbies AND create the life they want. Most of the women I work with are finally starting to find themselves since their kids are now getting older or they are birthing an empty nest. I help women feel strong, grounded, healthy, energized, and rested - giving them the ability to do what they want when they want.

I'm excited to help you too, and look forward to being a part of your hormonal health journey!

A handwritten signature in black ink that reads "Dr. Jenn". The signature is fluid and cursive, with the "D" and "J" being particularly large and prominent.

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01 The Basics *Pillar*

Balancing blood sugar with diet is a key component for hormonal health and the prevention of many chronic diseases like insomnia, high cholesterol, cardiovascular disease, and diabetes. It is a key cornerstone of my Basics Pillar. It plays a crucial role in helping women with their symptoms of insomnia, weight gain, anxiety, mood irregularities, depression, and digestion.

The other components of The Basics Pillar, include nutrition, stress resiliency, and sleep hygiene and the modulation of cortisol. Let's dive into each one!



Nutrition

This is a main pillar of health, but many women struggle with this pillar due to cravings from imbalances along with a lack of energy and time to prepare meals. My coaching methods focus on where you can get stuck in this and my naturopathic knowledge will include teaching you how to build optimal meals and snacks with the right macros in each.



Stress Resiliency

We want to build up your “gas tank” for your stress and nervous systems. Women often tell me they know they have to calm down or build up their gas tank, but they don’t know how! With my coaching and naturopathic background, I have found the secrets of success that have worked with many women by addressing different touch points of care to help with this – lifestyle, modulation of hormones, support of adrenal and thyroid glands, and much more!



Sleep Hygiene and the Modulation of Cortisol

Without proper sleep, we will never lose weight or feel energetic. Lack of sleep promotes inflammation as well. This pillar focuses on sleep hygiene principles, and you will be surprised at other areas that can affect sleep as well!



Combined with my own innate sense and experience along with real science, we create lasting change for your body.

02

The Gut Health Pillar



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This pillar of care is crucial for hormones as our hormones are metabolized and processed through our liver and affected by our gut health.

This pillar of care is crucial for hormone regulation as our hormones are processed through our liver and impacted by our gut health. This pillar addresses microbiome imbalance (the fancy term for gut bacteria and yeast) and digestive function support, including digestive enzymes, the liver, and the gall bladder. The coach in me meets every woman “where they’re at” and I often get feedback that my compassionate approach around diet helps women move forward in a way that works for them! After all, we are a team working at this together!



03

The Hormonal Health Pillar

This helps with conditions like endometriosis, perimenopause, estrogen dominance, uterine fibroids, heavy bleeding, PMS, PCOS, etc. Herbs and nutrients can support the ovaries, liver, adrenals, and thyroid gland to help with hormonal regulation naturally.

04 The Aging Gracefully Pillar

Let's embrace who we are AND give our body key nutrition, nutrients, and lifestyle support that will help us age as gracefully as we can! This area of natural science has exponentially grown. There are so many things to address regarding aging and prevention of disease! Mitochondria function, nutritional tweaking, and genetic aspects are just some of the proven techniques that help!

Being of the age, I am on a mission to learn the most for my clients and myself!



These 4 Secrets will help you...

- ✓ Feel full of energy
- ✓ Experience deep sleep
- ✓ Digest and absorb nutrients for your hormonal health
- ✓ Balance your gut
- ✓ Feel hormonally balanced
- ✓ Age as gracefully as possible

3 Nutritional Principles

1. Build-Your-Plate Principle

When eating lunch or dinner, I work with my clients to aim for $\frac{1}{2}$ plate non-starchy veggies (salad/peppers/asparagus/Brussel sprouts/cauliflower/broccoli) + $\frac{1}{4}$ plate starch (squash/beets/quinoa/brown rice) + $\frac{1}{4}$ plate protein beef/chicken/fish. Aiming for these ratios can help balance blood sugar.

2. Protein Principle

Research shows that 15-20 grams of protein with each meal (breakfast, lunch, and dinner) can help balance our sugar levels. This usually helps so we don't reach for as many carbs and starch, which aids this balance). (Note- too much protein is not recommended in kidney disease. Please speak to your health practitioner before implementing this.)



3. Ratio-of-Starch Principle

Symptoms of fatigue, brain fog, lightheadedness, dizziness, bloating, sugar cravings, or hunger after meals indicate a blood sugar imbalance potentially. Too much starch (and possibly not enough protein) could be the reason why this is happening.

3 Sleep Hygiene Tips

Perimenopause is often a time of disrupted sleep. With difficulty falling asleep or staying asleep, you are not alone! The Bunzenmeyer Method addresses melatonin, modulation of cortisol, and progesterone levels alongside sleep hygiene lifestyle habits, and other lifestyle areas to consider.



3 Habits to Regulate Sleep

- 1** Having the same bedtime and wake-up time within a 45-minute window helps regulate our stress glands – the Adrenals. This will help with stress support as well.
- 2** Refraining from large meals past 7 pm or 3 hours prior to bedtime can help balance blood sugar as well as provide more restful sleep.
- 3** Investing in blackout shades to keep the bedroom as dark as possible helps with melatonin production – our sleeping hormone.

A photograph of a potted plant with green, heart-shaped leaves on a wooden surface. The plant is in a terracotta pot filled with dark soil. The background is a light-colored wooden table. A teal-colored rectangular box is overlaid on the image, containing a quote and the name 'DR. JENN'.

“

I listen to the intuition that your
body and mind already
inherently possess. All you need
is a willingness and commitment
to make a change. I'll be your
cheerleader for the rest of the
journey.

DR. JENN

Conclusion & Next Steps

Ready to learn more? I make it manageable to fit your lifestyle! We do things in stages so you don't feel overwhelmed. I have finessed my methodology with women over the last 18 years to make it doable so that you can attain manageable goals over your individual touchpoints. We'll build a strategy that works for you – one step at a time!



I'm here for you. Connect with me through my Initial Alignment visit to see if you are a right fit for my methodology. Let's take the next steps together and transform your health into something achievable – one step at a time!

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