

A woman with long brown hair, wearing a white off-the-shoulder top and blue jeans, is smiling and pouring champagne from a dark glass bottle into a flute glass. The background is a blurred outdoor setting with wooden elements.

**the**  
**21ST CENTURY WOMAN**

— TANYA JARRETT, MPH —

**SIMPLE SOLUTIONS TO NOURISHING  
YOUR CELLS & PROMOTING  
HORMONAL BALANCE**

# 21st Century Woman

## RESET - REBALANCE - RESTORE

These 3 concepts above are my guiding principles to successfully navigating the 21st Century as a modern woman. We are continually faced with overstimulation from a combination of technology, environmental factors, advertisements, food choices, lifestyle choices, career choices, family, friends and the list could go on. That overstimulation often takes over and causes us to forget about the art of self-care - as most women are just trying to make it through the day with their head above the water.

What I have learned in my years of being a business owner, entrepreneur and committed wife/mom is that YOU have to be mindful to make your health a focal point. You set the tone for your productivity, the influence you have, the confidence you exude, the energy you attract and the courage you have to break through all the barriers. One thing successful women in this day and age do is take care of themselves starting at the cellular level - which exudes way beyond physical health. It allows them to have a strong mental, emotional and social presence. I'm so excited to share my nourishing secrets with you...because it matters!

## MODERN WOMEN BALANCE THEIR HORMONES

When your hormones are in balance with each other, they are able to properly do their jobs and you feel fantastic. Let me introduce you to a "master" hormone - meet insulin. This powerful hormone can be your best friend or your worst enemy. This hormone has an effect on many other hormones, including your sex hormones (think Polycystic Ovarian Syndrome (PCOS) and Menopause). Insulin resistance also contributes directly to modern chronic health issues (obesity, Type 2 Diabetes, PCOS). Learning how to properly balance insulin will help you lose weight, maintain optimal weight, regulate hunger, burn fat, sleep better, reduce inflammation and restore balance among other hormones.

Don't know where to start?! Insulin regulation through food is a key concept in the **Metabolic Balance®** program I offer which is why it works so incredibly well. Modern women always ask for guidance if they need help!

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## MODERN WOMEN ARE MINDFUL OF TOXINS

This movement is incredibly relevant right now. We all want cleaner food, toxin-free beauty products, toxin-free cleaning products and cleaner air (among the few) because we know....

Toxins contribute to hormonal imbalance! Many foods we eat contain toxins and hormones, the use of birth control pills, and exposure to chemicals (like BPA) that contain hormones that can mimic our own hormones can cause some major disruption. Ya see, our bodies are smart. Our liver has the incredible ability to detoxify our system, however, if you are bombarding your body with a continual influx of toxins, you will eventually have a system overload. Fatigue, weight gain, mood swings, brain fog, restless sleep, developing chronic conditions.....you get my drift. Modern women focus on drinking plenty of water, consuming a diet rich in fresh whole foods that are full of antioxidants and fiber to support detoxification efforts, mindfully use glass containers to eat and drink out of, eliminate toxic products from their routine (both personal and household) and support their detoxification systems wisely (see cell-loving nutritionals).

## MODERN WOMEN TAKE CARE OF THEIR GUT HEALTH

I'm sure you've heard this quote before - "All disease begins in the gut." - Hippocrates

Nourishing our microbiome (the delicate community of diverse bacteria inside of us) is one of the smartest things you can do. The secret to optimal health is an inside job. There is a strong connection between your gut health and your mental health and mood, your skin's health, your immune health, your regular bowel movements (and lack thereof!) and your weight. We know in science and health that we have the power to change the health of our microbiome (gut) through food choices, our environment, through exercise and sleep and stress level. We have the control - how empowering!

Modern women:

1. Eat A Healthy Diet Full of Whole, Non-Processed Foods
2. Take a **High-Quality Probiotic**
3. Support Digestion (Goodbye Antacids and hello Quality **Digestive Enzymes** & Lemon Water)
4. Gets the Majority of Their Carbohydrates from Plants (I'm talking leafy greens, bright veggies and low-sugar fruits like berries/apples)
5. Eat Foods Containing Prebiotics to Feed the Friendly Bacteria (leeks, garlic, onions, carrots, radishes, Jerusalem artichokes)
6. Eat Fermented Foods (sauerkraut, pickles, kimchi, kombucha, kefir)
7. Limit Alcohol Consumption
8. Reduce Stress

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## MODERN WOMEN EAT HEALTHY FATS

We aren't afraid of the right fats! We need fat - that is the plain and clear truth. Fats are the fundamental building blocks for hormone productions. Fats are vital for maintaining hormone health and the right fats have the amazing ability to keep inflammation low as well as help with weight maintenance (hello **Omega 3** fats!).

Modern women make sure that their diet includes healthy fats like unrefined, cold-pressed coconut oil, avocado and grass-fed butter/ghee. Modern women consume Omega-3 fatty acids (which are essential for optimal health) and limit inflammatory Omega -6 fatty acids (which are normally found in processed foods and vegetable oils).

## MODERN WOMEN DRINK PLENTY OF WATER

I'm sure you are thinking this one is a no-brainer - and it is. Sure, modern women enjoy other beverages in moderation (red wine, coffee, herbal tea, green tea, turmeric lattes, coconut water, green juice ect) but their main consumption is filtered water. Water is vital to your health. It helps detox the system, keep you hydrated, can help you control your hunger signals, keeps your skin looking great, helps you maintain normal bowel function, and helps your kidneys do their job of cleansing the body of toxins.

## MODERN WOMEN MOVE THEIR BODY & STRENGTH TRAIN

Our bodies were meant to move! Regular exercise has been shown to boost the immune system, heighten cognitive abilities, improve sleep, increase lifespan, and maintain muscle tone. Its benefits are proven; the research is conclusive. The best part about exercise is that it has deep cellular level benefits and the ability to prevent cellular aging by giving our mitochondria a boost - hell yes!

## MODERN WOMEN TAKE CELL-LOVING NUTRITIONALS

We are only as healthy as our cells. Ideally, we would get all our nutrients from food and enough Vitamin D from the sun but that is not what is currently happening. Our bodies are constantly being bombarded with toxins and unwanted stress - and a lot of this is environmental and out of our control. What we can do is make sure we are eating a diet rich in whole fresh foods, reducing processed food intake, and take the proper vitamins, minerals, and nutrients to support optimal health. Taking a quality [broad-spectrum multivitamin](#), a quality [Omega-3](#), and a daily [probiotic](#) is generally where I would start for clients then customizing to their specific needs. Check out my recommendations for [Modern Women](#).



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## MODERN WOMEN REDUCE STRESS

Darn, you stress - it inevitably happens to us all but modern women have mastered how to handle it which plays a role in cellular and hormonal health. Stress can lead to a variety of health conditions and it is very important to be aware of is the impact stress has on our hormone levels and ability to maintain a healthy weight.

All stress, physical or emotional, triggers our bodies to make the hormone cortisol, which is often referred to as "the stress hormone". The longer we stay under constant stress, our cortisol levels remain elevated, which has an impact on numerous bodily processes, including your metabolism and storage of belly fat. Some healthy ways to manage stress are exercise, deep breathing, making healthy food choices, reducing caffeine or alcohol intake, taking a break and talking to someone about what is triggering your stress.

## MODERN WOMEN MAKE SLEEP A PRIORITY

When you are sleeping - your body is doing magical things like removing toxins, recharging the mind, and creating hormones. Although this is one of the harder tasks to manage - I am telling you it is one of the most important. Regardless if all the other areas are spot on, if you don't have adequate sleep, your body is a mess. Without proper sleep, your body's ability to properly use insulin (the master storage hormone) becomes completely disrupted and this means we store fat.

After one bad night of sleep, you are more inclined to reach for processed junk foods, you feel hungry the whole day and you lack any energy to move. This one is non-negotiable - we need enough sleep ladies, especially in this modern world.

Some tips to help improve sleep are to create a routine where you are able to support your bodies natural circadian rhythm, remove any unnecessary distractions and create a space that is cool and dark, practice relaxation techniques such as a warm bath, massage, meditation, light stretching or have a hot cup of herbal tea.

## MODERN WOMEN RADIATE WITH POSITIVE ENERGY

Actually, they have mastered it. These women have the "it" factor. Modern women know that positive energy boosts your overall health and wellbeing and they practice living in a growth-mindset. Like attracts like (the good old Law of Attraction) - so become the person you want to attract. Sending out positive vibes/energy leads to healthy relationships and according to research by Barbara Fredrickson "*positive emotions broaden your sense of possibilities and open your mind, which in turn allows you to build new skills and resources that can provide value in other areas of your life*".

## **About Me**

Hi, I'm Tanya, a Pennsylvania native and the founder of Live Fresh LLC, creator of the 28-day Ultimate Whole Foods Refresh and co-founder of The Simple Wealth Program.

I strive to inspire women to take ownership of their lives so they no longer feel like they are trading their health for wealth. My personalized nutrition approach has helped many people sit in the driver's seat with their individual health and my layered approach in business helps entrepreneurs gain control of their financial health. Yes, you can have them all :)



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