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Are Your Hormones in Balance?

Do you ever find it hard to sleep or find yourself fatigued for no apparent reason?

Do you find it extremely hard to lose that unwanted body fat, even though you know you are doing the eating and exercising part right?

Do you sometimes have problems with moods and unhappiness?

These are symptoms of a very common, yet not so obvious, health problem facing millions. What's worse is that most of these symptoms get generically labeled as symptoms of "just being too busy" or "over stressed".

The problem may have something to do with your lifestyle, however it is something that is more complex than most think.

Your hormones may be to blame here.

You can view [hormones as your body's biochemical messengers that are associated with the regulation a lot of important functions of your body.](#)



A few important ones are:

- **Your metabolism (thyroid hormone)**
- **Your ability to burn fat (insulin and leptin hormones)**

Testimonials



Before becoming SIMPLY STRONG, my health was declining. I was underweight, weak, lethargic and had a loss of appetite. Also, I was very close to being anemic. I knew I needed to do something, so I started working out at SIMPLY STRONG, and it has truly been the best thing I could do for myself. After only six months of training with SIMPLY STRONG, my health has really improved. Both

my white and red blood cell counts have increased up to the normal range. Without changing my diet, I am gaining healthy weight by adding lean muscle, which has helped me in all aspects of my life. I feel terrific! I am stronger, more energetic, and am able to keep up with my granddaughter, whom I babysit on a weekly basis. Thank you Ed and Katie for making me SIMPLY STRONG!

Beth – age 57



- And your ability to manage to stress (cortisol hormone)

You see how these vital biochemical compounds are very important to your overall health?

It gets a little more complicated when you realize that hormones are interconnected and have optimal levels to maintain balance throughout the body. When those levels become imbalanced, there are serious consequences for your health which include:

- insomnia
- stubborn body fat
- chronic inflammation
- chronic fatigue
- depression

And that's just the start of it, as these are precursors to more serious, and often life-threatening, diseases.

How do you maintain hormonal balance?



Hormonal Balance – The Three Pillar Approach

Your hormones are interconnected and each may affect the others. I recommend you attack this problem at three angles for optimal health.

1. Become SIMPLY STRONG

Up until recently, physical activity has been primarily viewed as a tool to balance energy intake with expenditure and bring about weight loss. There has been a paradigm shift with the new scientific breakthrough that identifies muscle as an endocrine organ secreting hormones and myokines (hormone-like molecules) to other organs of the body that promotes and protects health. Our science-based exercise program at SIMPLY STRONG will properly secrete the hormones throughout the body and help you build more muscle, burn body fat and increase energy!

2. Proper Nutrition

Sugar, gluten, and processed industrial fats are just a few of the nasty culprits plaguing the modern western diet and have been shown to have a direct



I can say, without a doubt, that my training at SIMPLY STRONG is the very best workout I can do for my body, mind and soul. The time I spend (yes, just 15 minutes) is efficient and effective, and working with Ed or Katie leaves absolutely no room for error or guesswork. I already notice big differences in my body. I have more stamina, I feel stronger, my muscles are becoming more toned and I sleep better. In addition, I know I am reversing bone loss, my cholesterol is improving and I'm losing weight. Emotionally, my life is affected as well, as I just feel healthier and happier overall. Thank you so much SIMPLY STRONG!

Diane – age 65



If you can spare just 30 minutes a week, Ed and Katie will share their support, motivation and innovative strength-building techniques to help you become SIMPLY STRONG! My short workouts have provided long-range benefits. Since starting at SIMPLY STRONG, every day I now feel better, I feel healthier and I feel stronger. I'm also hitting the golf ball farther...a lot farther!

Jeff – age 35



correlation with hormonal imbalances.

If you've got these in your diet, I urge you to take them out and replace them with whole foods like fresh fruits and vegetables, grass fed beef, eggs, and healthy fats like coconut oil. Adopt a diet more in line with our ancestral lifestyle.

3. Healthy Sleep

Many of us are not getting enough quality sleep.

Sleep has a restorative effect on our body's cells and can be considered your daily hormone reset and repair time - without adequate quality sleep your hormones won't function properly. It is VITAL that you get enough sleep. Get a minimum 8 – 9 hours of quality sleep every night.

You see how interconnected things are? It only takes one hormone to be out of balance to experience negative health consequences. Put your best foot forward in balancing your hormones and safe guarding your health and immunity by applying at the very least one of the above recommendations.

Strawberry MicroGreen Salad

Microgreens are tiny leafed vegetables that are harvested when less than two inches tall. They have remarkably intense flavor and high levels of vitamins and minerals. Pair this salad with a piece of lean meat for an excellent, light meal.



Servings: 4

Here's what you need...

- 3 cups organic microgreens
- 1 cup sliced strawberry
- strawberry dressing (6 strawberries, 1 Tablespoon balsamic vinegar, 1 teaspoon honey, 1 teaspoon olive oil, dash of salt and pepper — blended)
- 1/4 cup chopped walnuts

1. Toss the microgreens with strawberries and dressing. Sprinkle with walnuts.

Nutritional Analysis: One serving equals: 124 calories, 6g fat, 8g carbohydrate, 3g fiber, and 2g protein.

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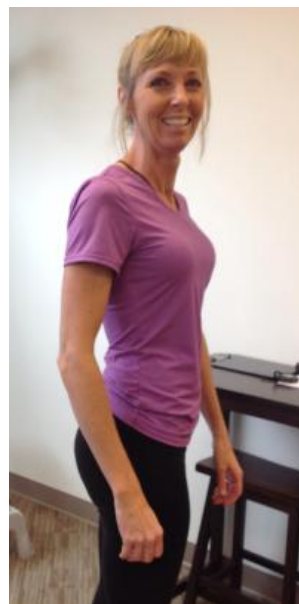
Members, remember when you refer a friend who signs up for a package, we would like to "Thank You" in the form of **two FREE sessions** for the referral!

Forward this newsletter to your friends, family and co-workers



No thinking about what to do next. No wondering, "Is this really working?" No one- to two-hour block of time required. No nagging thoughts of, "I should be doing more." No locker rooms or need to change clothes. Get out of your stinky, boring, time-sucking gym and give SIMPLY STRONG a try.

Neil – age 37



I am so grateful to SIMPLY STRONG for changing my life. I am consistently learning about my body, muscles, hormones and how it all works. This started out as something I was going to do just to get my back healthy again and it has become a way of life now! Not only do I feel healthier and stronger than I have ever felt, but my husband has joined and I couldn't be happier.

Shelli – age 45



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1 click (33.3% of total)

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I really have gained strength, which is the reason I started working out at SIMPLY STRONG. Also, my balance has greatly improved and I have lost inches around my stomach! Katie and Ed are great trainers!

Kathy – age 64



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