



Secrets to Energy & Vitality

...in Midlife & Beyond

by Dawn Preisendorf, MA, NC, CHWC



**NewDawn
Wellness**

www.newdawnwellness.com



Secrets to Energy & Vitality...*in Midlife & Beyond*

Meet the Author: Dawn Preisendorf, MA, NC, CHWC



Dawn Preisendorf, MA, NC, CHWC frees people from fatigue, low energy and digestive distress. She has helped hundreds get to the root causes of their health problems, and reclaim vitality so they can live their lives full-out. Dawn has a private nutrition practice, New Dawn Wellness, in the San Francisco Bay Area, and also works with people across the country by video.

Dawn is a national speaker who has taught and presented on nearly 600 occasions. Once an over-stressed, under-nourished veteran of the corporate trenches, Dawn recovered from her own health crash and found vitality again. Her own journey inspired her to start a business dedicated to helping others reclaim health. Dawn has studied functional nutrition and holistic health for 18 years; she has a master's degree in nutrition and health education, and is a certified Wellcoach. She has also completed more than 200 additional post-graduate hours of clinical training with Functional Medicine experts, and is a certified Hormone Cure Practitioner through Dr. Sara Gottfried.

Learn more about Dawn: www.newdawnwellness.com



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Learn the Secrets to All-Day Energy

Energy and vitality in midlife and beyond. Think it's not possible? Think again. Our middle and later years don't have to be a downward spiral until it's time to check out. It can be the most vibrant time of our lives, if we work with the changes in body and life, rather than against them.

In this e-book, I'll share secrets to creating energy and vitality, so midlife and beyond can be a time of **health, reinvention and transformation.**

As I approach 50, and work with hundreds of people over 40, I've seen what's possible for people who take charge of their health, versus people who do nothing and just accept that their reduced quality of life is to be expected as they age.

One of my mentors, bestselling Hormone Cure author Dr. Sara Gottfried sums it up well:

You can achieve anything you believe, and that includes feeling better than you ever have and taking years off the clock.

Would you love to feel more energized, remove limits on what you can do and accomplish, now and for years to come? If so, read on. I'll share:

- Common root causes of low energy
- Tips for restoring energy and vitality
- Delicious eating-for-energy recipes you'll love

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Are your hormones behaving?

Whether you are pre- or post-menopause (or andropause for the men), if you're over 40, your hormones are a-changin'. Our bodies seem to change without our doing anything different. We might experience more belly fat; less muscle, sleep disruptions, or weight-creep. We might be crankier or more easily stressed than we were before. We might not feel as energized anymore.

Working *with* your body, and its changes, is the key to achieving the health, mobility and passion you desire.

What to Do?

- Eat an abundance of non-starchy veggies, in a variety of colors. Color = nutrients, and the fiber helps balance your blood sugar and clear any excess hormones.
- Go easy on the alcohol and coffee, as they can affect hormone levels. The added sugar in alcohol can go straight to your waistline. For men 50 and up, extra sugar can cause your body to convert testosterone to estrogen, yikes!
- Consider gluten sensitivity. Gluten -- a protein found in wheat, barley and rye -- can create inflammation that has a cascading effect on hormones and blood sugar, resulting in low energy, sleep issues and belly fat.
- Try meditation or deep breathing, to relax and to support your adrenals. They have been helping you manage stress, and adrenals take the lead on reproductive hormone balance post menopause (and during andropause/around post-50-years-old for men). Tired adrenals can get in the way of vibrant health and energy, so love them up.

Many factors affect hormone balance during midlife and later years. Consider working with a [hormone expert](#) to fine-tune your plan.



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Are you Eating Yet Starving Yourself?

Many clients that I see in my private nutrition practice are eating pretty well; they're usually not fast food junkies and they eat some vegetables daily. But they're not feeling great. What's going on?

Often people have low pancreatic enzymes, which is commonly due to inflammation, stress or Diabetes. Sometimes their bodies also don't produce enough hydrochloric acid, which is especially essential to digest proteins. Hydrochloric acid secretion naturally decreases as we age, so it is important to stay on top of this. Acid blockers can wreak havoc on our digestion as well.

So, people eat and experience bloating, or a sense of fullness halfway into their meal. Perhaps it's heartburn. Or the feeling that their food sits in their stomach for longer than usual. Sometimes there are no outward signals that digestion is impaired.

What to Do?

It's always helpful to [work with a nutritionist trained in Functional Medicine](#) to find out if digestive problems are the root cause of low energy or digestive distress. You can also try:

- 1 tsp. apple cider vinegar in at least 6 ounces of water at the start of any meal that contains protein. Proceed with caution if you have reflux or heartburn.
- Eat foods in a rainbow of colors daily to ensure you're getting enough nutrients.
- Focus on foods with high nutrient content (especially foods with a high [ANDI score](#) or [high in antioxidants](#)).
- Digestive Enzymes can sometimes be helpful as well. Be sure to work with a [nutritionist](#) or healthcare provider who can recommend high quality supplements.

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Secrets to Energy & Vitality...in Midlife & Beyond

Could Gut Bugs Be Stealing Your Energy?

Some people, even if they're eating right and sleeping well are still exhausted and may be battling an unknown, ongoing infection. The first place I look for infection is in the gut. Common problems include parasites, yeast/Candida overgrowth, Dysbiosis (an imbalance of beneficial vs. not-so-beneficial gut bacteria, and Small Intestine Bacterial Overgrowth (SIBO). Plus, decreased stomach acid as we age can set up an environment that un-beneficial bacteria love.

A research study in the 2007 Scandinavian Journal of Gastroenterology showed that many Chronic Fatigue patients had increased Candida Albicans, a yeast that can overgrow in the large intestine. And parasites, for example, can "steal" the nutrients we eat. They commonly consume our iron, depleting our energy. You don't have to have raging diarrhea or debilitating digestive symptoms to have imbalanced gut flora or a gut infection that is sapping your energy.

What to Do?

It's best to get tested. The tests vary based on the suspected infection or imbalance. Breath tests for SIBO are sometimes available through a conventional gastroenterologist. If you do a stool test, it's best to use a lab that specializes in uncovering gut infections, such as Genova or Diagnostic Solutions Laboratory. Specific healing diets are required depending on the type of infection. It's best to work with a nutritionist who has studied Functional Medicine to personalize your plan so you can heal as quickly as possible. In the meantime, you might try...

- A low FODMAP diet if you suspect SIBO (FODMAPs are specific types of carbohydrates that tend to ferment in the intestines and become yummy food for small intestine bugs)
- A Paleo diet that is low sugar and carb if you suspect fungal/yeast overgrowth or Dysbiosis
- Eat raw probiotic foods such as raw fermented sauerkraut (go easy on it and omit garlic if you suspect you might have SIBO)

It's hard to balance your gut flora with food alone, though it can be done. It's best to consult with a [gut health specialist](#) to personalize your plan.



Secrets to Energy & Vitality...in Midlife & Beyond

Are Toxins Dragging You Down?

Have you noticed your energy dropping while your weight refuses to do the same? Is good sleep a distant memory? Instead of chalking it up to getting older, continuously chasing the next sure-thing diet, or getting hooked by the caffeine roller-coaster, consider another possibility.

Regularly detoxing can be essential to energy, healthy weight and good sleep into our later years. While our livers try really hard to keep up, our bodies are constantly being assaulted by toxins.

There are about 90,000 in circulation, and new ones coming on to the market daily. We're even born with toxins – an Environmental Working Group study showed more than 200 chemicals in newborns' cord blood, even among mothers who described themselves as living healthy lifestyles. Imagine how bogged down our systems are 55 years later! Chemicals like BPA, phthalates, flame retardants, pesticides, air pollution and more can disrupt our hormones, sap our energy and make it hard to maintain a healthy metabolism.

What to Do?

- Choose cruciferous. Cruciferous vegetables like broccoli, cauliflower, bok choy, arugula and cabbage help your liver do its job to clear toxins. The extra fiber helps too.
- Try detoxifying herbal teas. In particular, look for teas with dandelion root, milk thistle or globe artichoke.
- Get your garlic. Allium vegetables like garlic and onions help raise glutathione levels, which support the liver and keep your cells healthy.
- Sweat. One of the ways we detox is through our skin. Try an infrared sauna for extra detox power, and get out there and move your body.

It may help to detox with a group or [seek expert guidance](#) to get the results you're looking for.



Secrets to Energy & Vitality...in Midlife & Beyond

Are you living a Passion-filled or Passion-less Life?

I've worked with several clients who, at the start of our work together, feel utterly depleted during the work week, but great on the weekends. Or they feel great when on medical leave, but as soon as they go back to work their symptoms return. Sometimes they feel great at work, but return home to a relationship that doesn't feed them, so their energy tanks at home.

We can exhaust ourselves trying to work against the natural flow of life when we're not living in alignment with our passions and values. Our passions fuel our inner fire and increased energy naturally appears...with far less effort.

What to Do?

From the list below, choose one area of your life in which you could stand to act in alignment with your passions and values. Then, identify two small action steps you can take in the next month to live in greater alignment with your values and passions. [A coach can be very helpful with this process.](#)

- Do work that you love. (Not sure what that is? Talk with others, research, explore, notice what lights you up.)
- Consider which activities you love, the ones that when you're doing them time passes without your noticing. Make space in your schedule to more frequently engage in those activities.
- Give back by volunteering or contributing money to organizations doing work in alignment with your values and passions.
- Consider which relationships feed you and which ones deplete you. Spend more time with people who feed you and consider releasing the people who drain you.
- Regularly engage in a spiritual practice such as meditation, prayer, participating in a spiritual community, or spending time in nature.



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Recipes: Eating for Energy

Key: GF = Gluten-Free; DF = Dairy-Free

Protein Smoothie (Paleo, GF, DF)

Ingredients:

- 1/2 small banana
- 1/2 avocado
- 1-2 handfuls of spinach
- 1 cup hemp milk
- 1-2 TBSP's almond butter
- 1/2 cup frozen blueberries
- 1 Tablespoon chia seeds (presoaked soak in hemp milk for 10 minutes)
- 1 Tablespoon hemp seeds

Directions:

1. Combine all ingredients in a blender or Vitamix and serve immediately.

Source: Lily Suggs, MA (2014).



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Creamy Tahini Kale

Ingredients:

- 1 bunch Kale, stems removed and chopped
- 2 Shallots, diced
- 1 tablespoon Extra virgin olive oil

Sauce:

- 1/3 cup Tahini
- 2 tablespoons Balsamic vinegar
- 3 tablespoons Tamari or Bragg's
- 1 cup filtered Water

Directions:

Blend all sauce ingredients together in a blender or mini food processor until smooth. Set aside. Heat oil in a skillet over medium heat. Next, sauté the shallots until they become translucent. Add kale and pour tahini sauce over top. Cover and cook for about 5 minutes, stirring occasionally until sauce bubbles and thickens. Do not overcook.

Source: Karma Chow. (2013). Vital Life Cleanse.



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Vietnamese Style Chicken and Cabbage Salad

(Serves 2-4 depending on if it's a side or full meal)

Ingredients:

- 1 small head Savoy Cabbage, thinly sliced (5 cups)
- 1 cup julienned carrots
- 6-7 green (spring) onions, thinly sliced long ways
- 1/4 cup Mint leaves, roughly chopped
- 1/4 cup Basil leaves, roughly chopped
- 1/4 cup Cilantro leaves, roughly chopped
- Nước chấm Inspired Salad Dressing
- 1/4 cup water
- 3 tablespoons fresh lime juice (to taste)
- 2 tablespoons fish sauce
- 1 1/2 tablespoons honey (omit for 21DSD & Whole30 plans)
- 1/2 teaspoon apple cider vinegar
- 1 tablespoons Olive Oil (optional)
- 1/2 red seeded chili, chopped (optional)

Directions:

To roast chicken breasts: Place them in a baking dish with a cup of chicken broth and roast them at around 300 degrees for about 25 minutes or till cooked through (165 internal temp), baste a few times. Cool a bit then pull into thin strips or shred with a fork. Set aside.

Thinly slice the cabbage, carrots and spring onion tops (the green parts) into long strips. Then roughly chop the herbs and place all the above ingredients into a large bowl.

In a separate bowl or mason jar, measure out all the dressing ingredients. Shake or mix well. Pour the Dressing over the salad, toss and serve with Sriracha or other chili sauce. Play with the salad dressing ratios to suit your taste. This recipe is Paleo, Grain/Gluten/Dairy/Egg/Nut Free. - See more at:

<http://urbanposer.blogspot.com/search/label/21DSD-sthash.smuutKHe.dpuf>



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Banana Egg Paleo Pancakes (Paleo, dairy free and sugar free!)

2 very ripe bananas
4 pasture-raised eggs
1/4 tsp baking powder
Ground vanilla bean (or vanilla extract) to taste
Cinnamon to taste

In a small bowl, mash the bananas with a fork... In a separate bowl, whisk the four eggs... Mix the eggs and the banana together in one of the bowls. I added about 1/8 tsp of cinnamon and about 1/8 tsp of this ground vanilla bean. At this point, if you prefer a smoother batter, you could use a hand-blender to mix this even more. Next time I will try that.... Use a non-stick skillet and coat it with cooking spray. I prefer Trader Joe's Coconut Oil Spray... Overall though, this is a really yummy recipe. I will *definitely* be making these again (probably regularly).

These “pancakes” taste like banana French toast. I've heard complaints about people not liking them... but you have to remember, of course they aren't going to taste like REAL pancakes! They only have banana and egg in them, LOL! And that's what they taste like... but personally, I really liked that. I think people also wind up with pancakes that are too well done on the outside and too mushy on the inside. I didn't have that problem... try the tips below to help with that.

A few tips to keep in mind (from my trials and tribulations):

1. Only use 1 tbsp of batter at a time to keep the size manageable and to help them cook evenly.
2. Make sure your banana is very ripe.
3. Keep the heat under the frying pan on a medium heat. Depending on the type of range you have, you'll have to play with this. I have induction (not a fan), so it took me all four batches to figure this out. They WILL burn if you're not careful — before they cook through. Slow and steady is the key here — start with 3 minutes on each side... but you may need a solid 4.
4. Use the baking powder if you want them to rise at all. However, without the baking powder they were more like crepes... which are good too!
5. If you DO add fruit (like blueberries), adjust your time accordingly. The blueberry pancakes took a hair longer in order to cook the blueberries all the way through.

(Paleo OMG-<http://paleomg.com/>)



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Turkey Meatballs with Artichoke Hearts (Paleo, GF, DF)

Ingredients:

- 1 lb. ground turkey
- 1 jar of artichoke hearts
- 1 onion – finely chopped
- 4 tbsp. fresh basil
- Sea salt and pepper to taste
- 1 tsp. coconut oil

Preparation:

1. Heat oven to 350 degrees
2. In a large skillet, add coconut oil to coat the bottom of the skillet.
3. On medium heat, lightly sauté the artichoke hearts and onion.
4. Remove from pan and cool.
5. In a large bowl mix ground turkey, artichoke hearts, onion, basil, sea salt and pepper.
6. Make around 18 meatballs.
7. Place on an oiled baking sheet or use parchment paper.
8. Bake for 15 to 20 minutes until thoroughly baked.
9. Serve with a dipping sauce or eat them as is.

May add Tomato Sauce and serve over spaghetti squash.



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Breakfast Chicken Patties (Paleo, GF, DF)

Ingredients:

- 1 lb. ground chicken thighs
- 2 tbsp. onion, chopped
- 1 garlic clove, minced
- 1 tbsp. olive oil
- 1 ½ tbsp. maple syrup
- 1 tsp. ground sage
- ½ tsp. Sea salt
- ¼ tsp. ground pepper

Preparation:

1. Mix all ingredients in a bowl.
2. Add olive oil to bottom of pan and heat on medium.
3. Form into patties. Place in pan. Cook for about 5 minutes on each side.
4. Remove and drain on paper towels. *Adapted from Amy's Gluten-Free Pantry*



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Oven Baked Sweet Potato Fries (Paleo, Vegan, GF/DF)

Ingredients

- 2 large garnet yams
- 2 tablespoons of coconut oil, melted (I just nuke it in the microwave for ~30 seconds)
- Kosher salt
- Freshly ground pepper
- Smoked paprika (or your favorite seasoning – cinnamon works well, too!)

Directions:

1. Preheated oven to 375 F on convection bake (or 400 F in a non-convection oven).
2. Peel the yams and cut them into even matchsticks.
3. Toss the yams with the coconut oil, salt, pepper, and smoked paprika.
4. Place yams on a foil-lined baking tray (line with parchment paper for a crisper exterior).
5. Place fries in the oven for about 30 minutes, flipping the fries and tray halfway through.
6. Remove fries once they turn golden and are still tender in the middle.
7. Serve immediately.

Source: Nom Nom Paleo. Available at: <http://nomnompaleo.com/post/6172268400/oven-baked-sweet-potato-fries>



Secrets to Energy & Vitality...in Midlife & Beyond

Protein Packed Salad Bowl (Vegan, GF, DF)

(Serves 4-6 people)

Salad Ingredients:

- 2-3 cups (or two cans) cooked beans
- 1 cup cooked quinoa
- 1 bunch parsley
- 1 sweet red pepper (deseeded)
- 1 leek (white part only)
- 2 small carrots
- ¼ cup raw sunflower seeds

Dressing Ingredients:

- 2 Tablespoons Extra Virgin Olive Oil (EVOO)
- 1 Tsp. chili oil
- 2 Tablespoons apple cider vinegar
- 1 garlic clove (crushed)
- Splash of balsamic vinegar
- Salt and pepper

Directions:

1. Chop parsley, pepper, leek and carrots
2. In a bowl combine beans, quinoa, chopped vegetables, sunflower seeds and parsley
3. Combine dressing ingredients and add to the salad
4. Mix everything, adjust seasoning if needed and serve.

Source: Joanna Fiminska. (2014). Available at <http://www.mindbodygreen.com/0-14421/protein-packed-summer-salad-bowl-its-vegan.html>



Secrets to Energy & Vitality...in Midlife & Beyond

Lemon Parsley Grilled Zucchini (Vegan, Paleo, GF&DF)

Ingredients:

- 1 pound zucchini, washed and thinly sliced
- 1 tablespoon extra virgin olive oil
- 2 teaspoons fresh flat leaf parsley, chopped
- 1/2 teaspoon lemon juice
- 1/4 teaspoon sea salt
- Pinch of garlic salt
- Pinch of fresh ground pepper

Directions:

1. Combine all of the ingredients in a shallow dish or Ziploc bag.
2. Marinate for 10-15 minutes.
3. Preheat your grill to medium-low heat.
4. Lay the zucchini strips in a single layer on the hot grill. Grill for 2-3 minutes on each side, until tender.

*Source: Danielle Walker. Against all Grain. Delectable Paleo Recipes to Eat & Feel Great.
Retrieved from: <http://againstallgrain.com/2012/08/10/lemon-parsley-grilled-zucchini/>*



Secrets to Energy & Vitality...in Midlife & Beyond

Blackened Salmon with Mango-Avocado Salsa (Paleo, GF&DF) (Serves 4-6)

Ingredients:

- 1½ to 2 pounds wild salmon fillets, boneless and skin on
- 3 teaspoons melted ghee
- 1 garlic clove, crushed
- 1½ tsp paprika
- 1 tsp sea salt
- ½ tsp onion powder
- ½ tsp oregano
- ½ tsp cumin
- ½ tsp chili powder
- ½ tsp cracked pepper
- ¼ tsp thyme
- ¼ tsp cayenne

Mango salsa ingredients:

- 1 large ripe mango, seeded, peeled and diced
- 1 large avocado, seeded and diced
- ¼ cup diced grape tomatoes
- 2 tablespoons diced red onion
- 1 teaspoon fresh lime juice
- ½ teaspoon sea salt

Directions:

1. Slice the salmon evenly into 4 to 6 smaller fillets.
2. Combine the ghee and all of the spices in a bowl. Rub all over both sides of the salmon. Leave at room temperature while the grill heats.
3. Preheat a grill to medium-high heat.
4. Meanwhile, combine the salsa ingredients together in a bowl and store in the refrigerator while the fish cooks.
5. Sear the salmon, skinless side down first. Close the grill lid. Cook 1-3 minutes on the first side, depending on how thick the fillets are. (Try not to move them until you are going to flip them over to help keep them in one piece.)

Secrets to Energy & Vitality...in Midlife & Beyond

6. Using tongs and a metal spatula in the other hand, carefully turn the fish over, so that the skin side is down, and reduce the heat to medium. For charcoal grills, finish cooking over indirect heat furthest from the coals.
7. Close the grill lid and finish cooking for another 5 minutes, depending on the thickness of the fillets.
8. Salmon should be just barely opaque and will start to flake along the center of the fillet when done.
9. Serve hot with the mango-avocado salsa spooned over it.

Source: Danielle Walker. Against all Grain. Retrieved from: http://againstallgrain.com/2013/05/18/blackened-salmon-with-mango-avocado-salsa/?utm_content=buffer4bfbb&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer

Kale Slaw with creamy pepita dressing (Vegan, GF&DF)

Ingredients for slaw

- ½ bundle Dina Kale (stems removed and finely chopped)
- ½ head small red cabbage (finely chopped)
- ¼ cup raisins
- 1 tablespoon toasted pepitas for garnish

Ingredients for dressing

- 3 tablespoons toasted pepitas (pumpkin seeds)
- 2 tablespoons water
- 2-3 tablespoons lemon juice
- 1/3 cup EVOO
- 1 tablespoon raw honey or maple syrup
- 1 tablespoon Dijon mustard
- Pinch of sea salt
- Pinch of black pepper

Directions:

1. Blend dressing ingredients in Vitamix or blender until smooth and creamy.
2. Combine all ingredients for the slaw together in a large bowl and toss with dressing.

Source: Karma Chow. The Recipes. www.karmachow.com



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Quinoa Tabbouleh (Vegan, GF&DF)
(serves 4-6 as a side)

Ingredients:

- 1 cup quinoa
- 2 cups water
- ½ cup chopped fresh mint
- ½ cup chopped fresh parsley
- 1 cup diced cucumber, peeled
- 1 cup halved cherry tomatoes
- 2 tablespoons Olive oil
- 2 garlic cloves, minced
- ¼ cup lemon juice
- Sea salt
- Black pepper

Directions:

1. Cook quinoa according to package directions. Once cooked, transfer to a large bowl to cool.
2. Combine with all remaining ingredients, adding salt & pepper to last (to taste).

Source: Karma Chow. (2013). Vital Life Cleanse.



Secrets to Energy & Vitality...in Midlife & Beyond

Mint-Chocolate Chip Smoothie_(Vegan, GF&DF)

Ingredients:

- 1 1/2 cup unsweetened almond milk
- 1 banana
- 1 avocado
- 2/3 cup fresh spinach
- 8 mint leaves
- 1/8 tsp peppermint extract
- 1/2 tsp Vanilla extract
- 1 tablespoon raw cacao nibs
- 2-3 ice cubes

Directions:

1. Combine all of the ingredients in a blender starting with the almond milk and ending with the ice cubes.
2. Blend for approximately 1 minute or until the mixture is smooth throughout.
3. Enjoy!

Source: Anna Gannon (2014). Retrieved from: <http://www.mindbodygreen.com/0-13720/the-best-mint-chocolate-chip-smoothie-youll-ever-have.html>