

Sliding into  
2022 with ease  
and energy.....

My 5  
top tips



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# 5 top tips for 2022

## MAKE A MEAL PLAN!

This is often a BIG FAIL for me but I've got to admit that when I do plan, my week is SO much easier

One little trick that makes meal planning a whole lot easier for me is to keep a "Dinner Journal" If a meal is a big hit with the fam and it's simple and easy to prepare it gets written in the journal

I simply write the name of the recipe/meal and also the source. (Do you also have trouble finding recipes when you want them 2 months later?)

Another tip that I often helps me is to plan according to our protein source:

For example:

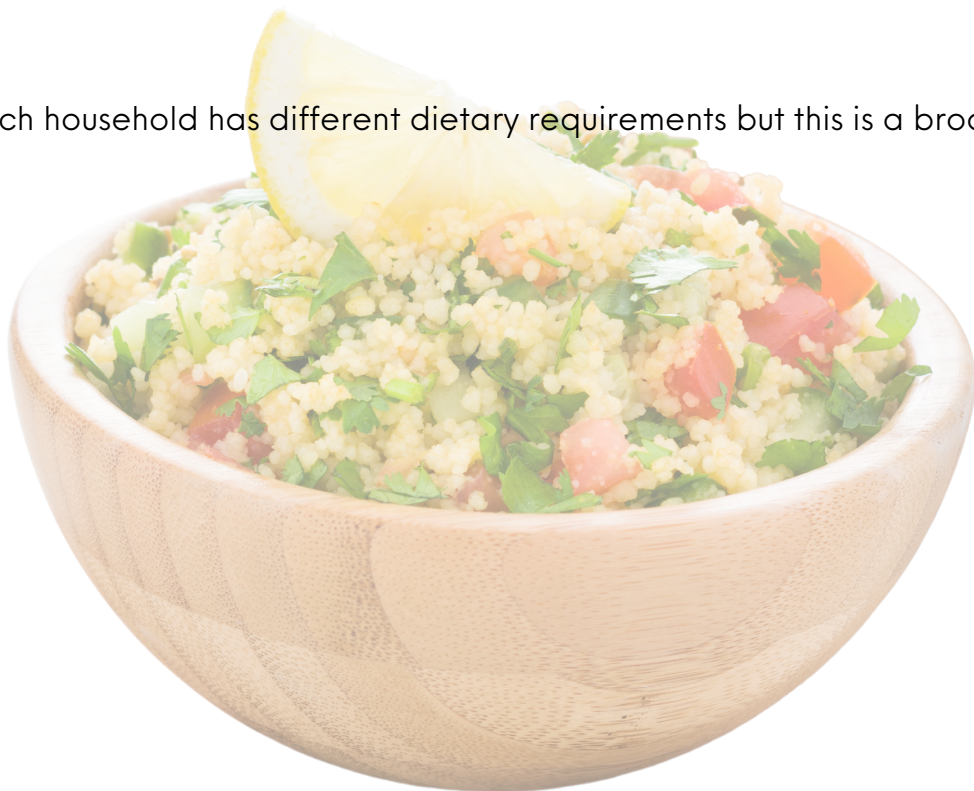
2 plant based meals including beans, chickpeas and/or legumes

2 chicken meals

2 red meat meals

1 fish meal

Obviously each household has different dietary requirements but this is a broad outline



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## JOURNALLING

There are two types of journalling that I absolutely love:

At bedtime, before turning out the light I spend 10-15 minutes writing about what's on my mind and if necessary, I write a list of things I need to do the next day. This simple activity leaves me to feeling unburdened and peaceful allowing a deep and restful sleep

The second type of journalling I absolutely love is to make a note of all the good things that have happened, cos let's face it, life is busy and can often pass us by in a blur.

This helps me to remember all the great moments and to build an attitude of gratitude.

These notes don't need to be great long paragraphs, simply make dot points if that's what suits you!

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The magnesium supplement my family uses is MegaCal by Young Living. If you too would like to try this supplement please email me to arrange an order.

Other brands that I know and trust are Biocueticals and Metagenics.

Be cautious when choosing a supplement as many unfortunately contain useless fillers and are not worth spending your money on

In terms of bioavailability - ie how easy it is for your body to absorb this miracle mineral, a powder form mixed with water is best, followed by capsules and lastly, tablet form

Please reach out if you'd like to know more

Oh and one more tip..... add a pinch of good quality salt for example, celtic sea salt or himalayan pink salt. The salt helps your body soak up the water, and allows it to be used more efficiently. In short, the salt helps you use the water that you are getting to the best of your body's ability.

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## WAKE UP - DRINK WATER!

Yep! Even before you reach for the coffee, reach for the water!

Whilst you've been sleeping your body has been busy cleaning up! All your detox pathways have been hard at work overnight and a large glass of water can help flush all these bad boys out!

For extra cleansing, add a squeeze of lemon juice or a few drops of Lemon essential oil to your water

Please ensure that the lemon essential oil you choose is safe to be ingested as this one is

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## TAKE A MAGNESIUM SUPPLEMENT

Magnesium, the miracle mineral

Truth: No matter how good your nutrition, it is very unlikely that you are getting enough magnesium from your food

Why?

Our soils in Australia are deficient in magnesium.

Truth: We even have to supplement our sheep to help them through lambing!

If that isn't already bad enough, many of us live in places where fluoride is added to our water. Fluoride binds to magnesium, making it less bioavailable.

Magnesium is involved in over 300 processes in our bodies, if we are deficient in magnesium (which we most likely are if we are not taking a supplement) that's a whole lot of processes that are compromised!

Chronic stress is a big magnesium thief!

Stress may be induced by a lack of adequate sleep, poor nutrition, exercise, emotional upsets, mental fatigue, medications environmental toxins and EMF radiation

Simply put, when we are under a state of stress magnesium is dumped out of our cells and yet magnesium is the very thing we need to combat this stress.

Magnesium is vital for

- Period and hormone health
- A healthy stress response
- Detoxification pathways
- Healthy blood sugar levels
- Healthy perimenopause and menopause
- Bone health
- Maintaining healthy blood pressure
- Muscle movements
- Gene maintenance
- Deep, restorative sleep.
- Protein building.

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## DITCH THE PLASTIC

Come on guys, if you haven't done this yet, you are so "last century"! it is known and proven that plastic leaches harmful chemicals that can disrupt hormone function.

Now you may be thinking I'll just buy BPA free, but BPA free does NOT mean toxin-free.

Unfortunately, manufacturers throughout the world who were using the toxic hormone-disrupting chemical bisphenol A (BPA), may have simply switched to an equally toxic analog in the same bisphenol chemical class known as bisphenol S (BPS), to evade regulatory oversight.

Despite the industry-wide move away from BPA towards BPS, they both exhibit similar estrogen-like properties. (often referred to as xenoestrogens)

Why is this bad?

Basically if we absorb or ingest xenoestrogens we upset our bodies natural hormone balance and we may end up with an estrogen dominance

Excess estrogen can lead to:

- Mood Swings and irritability
- Decreased sex drive
- Worsening PMS symptoms
- Irregular menstrual periods
- Heavy Periods
- Digestive issues
- Weight gain
- Anxiety
- Sleep issues
- Fatigue
- Fertility issues
- Memory problems & mental fog
- Hot flashes & night sweats

### Simple Switches

Plastic drink bottle - switch to a glass or stainless steel drink bottle

Plastic food storage - use glass jars or glass storage options (readily available at Coles, Woolies, K-Mart and Target)

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What's next?

As a Health and Hormone coach, I work with women who would like to make positive changes to how they feel and operate on a daily basis.

Your unique goals become the basis of your individualised coaching.

Maybe your goal is to

- Shed a few kilos
- Sleep through the night and to wake up feeling refreshed
- Have a weekly meal plan that works for your family or
- Start each day with a healthy breakfast
- Know how to unwind and feel unburdened and at peace
- Kick those hot flushes
- Clear the fog that lingers in your brain

What ever it is, as your coach, I am your guide on the side who will endeavour to keep you accountable, pick you up when you need it and cheer loudly for each positive step forward

To find out more you can book a free Wellness Call!

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# My Story

Hey, I'm Lou!

Welcome to The Peppermint Tree, a space where busy women can find balance and vitality so that they can wake feeling energised and positive about themselves every single day.

As a busy mum, my life has been full of challenges! I am one of those people who always tries to cram 3 days into one because I want the best for my family, myself and my tribe! I work in our family business and as well as having my own business and I love to fill my spare time with CrossFit, gardening, reading, going to the beach, cooking good food, craft and supporting my family.

This however, changed a few years ago as a result of a few family health challenges .... I began menopause in all its glory along with sleepless nights and hot flushes I was also struck with frozen shoulder!

At around the same time my daughter was admitted to hospital with several mango-sized blisters on each of her feet!

This was a result of simply applying physio tape to her feet in an endeavour to determine whether she required orthotics

Thankfully, the brilliant Professor Fiona Woods treated her with her burns protocol and her feet were as good as new

However, we were subsequently referred to an immunologist who advised us to avoid **synthetic fragrances**. He explained that my daughter, at the young age of just 13 had a toxin overload and her body had become sensitive to the synthetic chemicals found in our foods, personal care and cleaning products. What the?????



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Of course my daughter's health came first so my frozen shoulder, hot flushes and sleepless nights were put on the back burner and I devoted my time to countless hours scanning labels in health food shops, chemists and supermarkets in an endeavour to find safer products for Grace and the rest of the family

During this time I learnt about "green washing" and inaccurate and unfair labelling laws I discovered useful Apps and websites that identify potentially harmful ingredients, including hormone disruptors in common everyday products

I learnt that Australian regulatory bodies and manufacturing companies have little to no consideration for the potential side effects of many of the ingredients in their products and that over 1100 chemicals commonly used in Australia are banned overseas

Amazingly, in my quest to find low-tox products for Grace, I came to understand that many common every day products including cosmetics, skincare cleaning products, hair care and candles contain hormone disrupting chemicals and BINGO! Thanks to Grace's feet I also began to uncover answers to my menopausal challenges!

Always look for the silver lining I say!

My family was fortunate to have had guidance and advice from an amazing support group of friends and professionals

We now have a beautiful "toolbox" to support our health, we use clean products in our home and my menopausal symptoms have subsided. I realise however, that this is not the case for everybody.



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Hence, it is my passion to help other women to achieve their health and wellness goals and to navigate the challenges of peri-menopause and menopause  
I have studied with the IIN to gain my certification as both a Health Coach and a Hormone Health Coach

Through my learning I have observed that

- it is often "acceptable" for women to experience painful and troublesome periods
- peri - menopause and menopause bring with them many challenges for which modern medicine often doesn't have the answers for
- many women suffer from seemingly unexplainable weight gain
- quality sleep seems to be elusive for many
- stress and anxiety are rife
- nutrition is often overlooked because it is either overwhelming or the family is simply too busy

Through my coaching programs I guide women to make small sustainable changes so they too can live their best possible life.

If you would like

- easier, pain free cycles
- satisfying, restful sleep
- to know what to eat
- to feel unburdened
- to shift stubborn unwanted weight
- to wake feeling energised and positive every single day



**Book a free [Wellness Call](https://bit.ly/chatwithlou) to see if we can work together**  
**I look forward to supporting you in your personal journey to wellness.**  
<https://bit.ly/chatwithlou>

