

THIS IS MY STORY

Human metabolism is a VERY interesting subject. So is menopause...

At the age of 46.... I can confirm that the two are very closely related.

Post menopausal woman, obesity.... THAT'S ME!!!

Yes... the lines upon my face tells the story of my life... and yes, I do embrace it... but, No- I do not want to prematurely age!

AT the age of 21, I was diagnosed with ovarian cancer, after an emergency procedure my left ovary and two thirds of my right ovary was removed with a 40cm tumor. A few days later....I had a second operation, removing my omentum. And I had four treatments of chemotherapy.

The Omentum is a large flat adipose tissue layer nestling on the surface of the intra-peritoneal organs. Besides fat storage, omentum has key biological functions in immune-regulation and tissue regeneration.

Omentum biological properties include neovascularization (the natural formation of new blood vessels), tissue healing and regeneration and as an in vivo incubator for cells and tissue cultivation.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6700267/#:~:text=Besides%20fat%20storage%2C%20omentum%20has,for%20cells%20and%20tissue%20cultivation.>

At the age of 30 I had a FULL hysterectomy, removing the remaining portion of my right ovary as well as my uterus.

I am grateful for a full, happy LIFE with the miracle of 3 beautiful children...!

In my early thirties I realized that I had the symptoms of menopause...

The one thing that I would LOVE to change in my life is the constant increase in weight over the past years, despite a healthy lifestyle and relative levels of fitness & activity.

This is the primary reason why I discovered dōTERRA, 4 years ago.

I LOVE the holistic, integrative approach to dōTERRA lifestyle and functional medicine. Over the past 4 years my health has been supported by essential oils and I've experienced the benefits of the supplementation of dōTERRA's Lifelong Vitality Pack, while adapting a healthy lifestyle.

One of the biggest visible differences in my body over the past few years (since I've used dōTERRA products) has been the improvement in the texture and health of my skin.



On the left is a picture of my skin in September 2019 (the year that I joined dōTERRA and on the right is a picture taken after two months of using Immortelle.

I have not yet found the breakthrough for my weight challenge, however... I've been healthy and without any hormonal supplements I've had a GREAT quality of life.

During the past two years I noticed that the firmness and volume of my skin and my breast tissue was deteriorating.

MENAPAUSE & SKIN

Studies show that women's skin loses about 30% of its collagen during the first five years of menopause. After that, the decline is more gradual. Women lose about 2% of their collagen every year for the next 20 years. As collagen diminishes, our skin loses its firmness and begins to sag.

Menopause causes many changes to your skin. Your body stops making as much collagen. You lose some fat under your skin and your skin's elasticity drops. That, combined with dryness caused by hormonal changes, can cause sagging -- especially around the neck, jawline, and cheeks -- and fine lines and wrinkles. The lines and wrinkles you get with menopause are often crow's feet and lines above the upper lip.

<https://www.aad.org/public/everyday-care/skin-care-secrets/anti-aging/skin-care-during-menopause#:~:text=Studies%20show%20that%20women's%20skin,firmness%20and%20begins%20to%20sag.>

VISIBLE CHANGES DURING 30 DAY MetaPWR TRAIL

MARIONETTE LINES

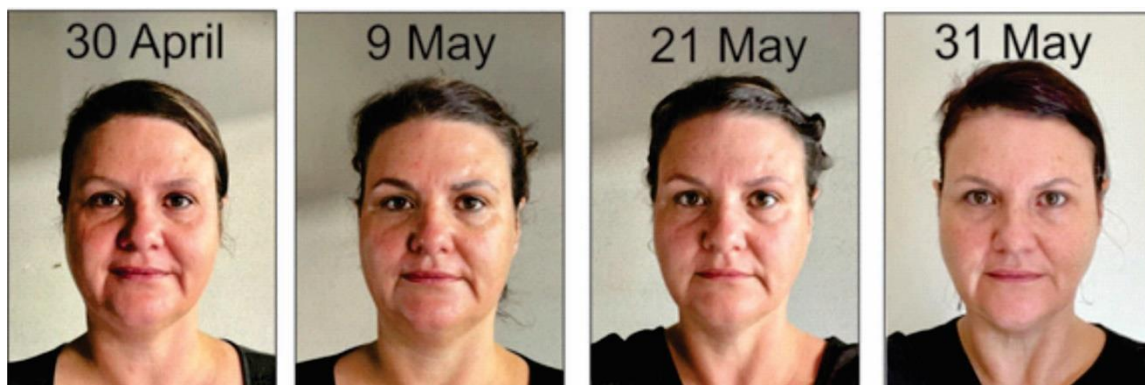
I've been using MetaPWR for a month and within a few days I could visibly see the difference in the firmness and hydration of my skin and face.



30 April 2023

4 May 2023

Within days I clearly noticed that the depth of the lines around my face has been reduced.



HAIR LOSS

Hair loss has been another one of my major concerns over the past two years. Within a week, I could see that my brows had grown and after three weeks I noticed new hair growth around my face.



30 April 2023



15 May 2023



New hair around
face **22/05.2023**



After taking this picture **on 04/06/2023**, I zoomed in to look at my face and saw my hair line.....

MY POSTURE

dōTERRA does not promote a quick fix... they advocate a healthy lifestyle and during the MetaPWR challenge I reviewed my lifestyle once again and made a few adjustments, including a standing desk.

I noticed a decrease in lower back pain as well as a visible improvement in posture:



30 April 2023



31 May 2023

ADDITIONAL NOTES:

Lines around the ear
Volume in cheeks
Definition of chin
Sagging of neck
Firmness of forehead
Corner of Eyes(volume)
Hydration

POSTURE AND WEIGHT

I lost the total amount of 2,2 kg during the period... Following a high fiber diet with whole foods, limited carbs, limited dairy, and limited meat consumption. It tried to eat within an intermitted fasting window and had a slight increase in activity and an increase of water consumption.



30 April 2023



31 May 2023

Additional Notes:

Posture Change

Flattening of upper part of the belly.

Not as visible, however I noticed an increase in the density of breast tissue.

CONCLUSION

Nicotinamide mono nucleotide, or **NMN**, is a vital precursor in the biosynthesis of nicotinamide adenine dinucleotide, or NAD⁺, which is a coenzyme found in every cell of the body. Preclinical studies suggest supplementing with NMN may increase NAD⁺, leading to more youthful functioning of cells and body systems.

MetaPWR Advantage is formulated with yeast powder NMN to help naturally increase NAD⁺ and NADH levels in your body!

NMN has been able to suppress age-associated weight gain, enhance energy metabolism and physical activity, improve insulin sensitivity, improve eye function, improve mitochondrial metabolism and prevent age-linked changes in gene expression.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7238909/#:~:text=NMN%20has%20been%20able%20to,linked%20changes%20in%20gene%20expression>

MARINE COLLAGEN

Like other sources of collagen, marine collagen may help delay some signs of aging, like [wrinkles](#), joint issues, and weakness.

Collagen is the most abundant protein in the body and performs important roles across its 28 different types. MetaPWR Advantage includes nine types of collagen:

Collagen type II is related to bone protection and is the main component of cartilage.

Collagen type IV is the main protein of the basement membrane, connecting the dermis and the epidermis and forming a network structure to make the basement membrane malleable.

Collagen type V is related to the regular arrangement of collagen fibers, stabilizing the structures of type I and type II collagen.

Collagen type VI maintains mechanical function in the cell, supporting both muscle function and cell membrane integrity. Additionally, this collagen type inhibits oxidative damage and apoptosis.

Collagen type IX is an important component of cartilage and is mainly distributed in the cartilage cells of growth plates, joints, and intervertebral discs.

Collagen type XXV inhibits the fibrillation of amyloid beta peptide.

Col1a2 protein is collagen fibrillin.

Vacuolar protein sorting 37A is involved in cell growth and differentiation.

Our collagen is sourced from sustainably harvested cold-water marine fish and has been hydrolyzed (predigested) by endopeptidases and exopeptidases. These enzymes create small tripeptide fragments of three amino acid sequences for optimal absorption. Other collagens in the market—whether from land animals or marine sources—typically contain tripeptide content of 15–35%. MetaPWR Advantage collagen contains more than 70% tripeptide fragments for superior absorption (in some cases, up to 12 times more absorbable).

Interesting Studies Articles:

[NAD Supplement Benefits, Uses, Dosage and Side Effects - Dr. Axe \(draxe.com\)](#)

[Effect of 12-Week Intake of Nicotinamide Mononucleotide on Sleep Quality, Fatigue, and Physical Performance in Older Japanese Adults: A Randomized, Double-Blind Placebo-Controlled Study - PMC \(nih.gov\)](#)

[What is NMN and Are There Any Side Effects? — youthandearth](#)

[Collagen Supplements for Aging and Wrinkles: A Paradigm Shift in the Fields of Dermatology and Cosmetics - PMC \(nih.gov\)](#)