# Midlife Journey Workshop: From Cell to Soul to Spirit

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Daniela Hess + Kim Beekman

# The Room We're Standing In

*"I just don't feel like myself anymore."*

*"I just don't care the way I used to... and that scares me."*

*"I'm tired no matter how much I sleep."*

*"It takes so much effort now to do the things that used to come easily."*

# The Stakes We Rarely Name

Muscle mass predicts longevity and independence in older age.

20 to 30 percent of hip fracture patients do not survive the first year.

One in six women lives with an autoimmune condition, known or unknown.

One in four women takes a psychotropic medication, hormones never checked.

# The Stakes



**Cognitive clarity at 75**

is built in your 40s. How she navigates perimenopause predicts her risk for dementia & Alzheimer's.



**Independence at 80**

is built in your 50s. Muscle mass is one of the strongest predictors of longevity.



**Hip fracture risk**

20–30% of people who fracture a hip in older age do not survive the first year.

*This is a conversation about whether the women we serve get to live the last third of their lives fully alive — or slowly disappearing.*

# Daniela's Story: One Cascade, Not a Flaw

Seven years of normal labs while kept getting sicker.

Fatigue, brain fog, joint pain, hair loss, constant bloating.

The gut lining is one cell thick. Damage lets particles leak into the blood.

Low stomach acid blocked protein, iron, and B12 absorption. SIBO made it worse.

Two years to recover, reading labs through optimal ranges, not normal ones.

# Kim's Story: The Iterative Spiral

20s and 30s: chronic candida, likely mast cell activation, gut issues

40s Lyme and Bartonella chronic injury w yoga
Pushed me deeper into pranayama and nervous system work

50s Labs showed estrogen, progesterone, and testosterone near zero, ferritin at 10

# Kim's Story, continued

> The Women's Health Initiative: wrong age group, wrong hormone, wrong delivery route

> Ayurvedic care alongside bioidentical estrogen, progesterone, testosterone, thyroid support

> Not a fixing process, an iterative spiral. A louder body is not a broken one.

# The Cellular Level

**88%**

have at least one marker of metabolic dysfunction

**53%**

of adult calories come from ultra-processed food

**76%**

of US adults do not meet basic physical activity guidelines

**12%**

of American adults are metabolically healthy

***Nearly 9 out of 10 people are metabolically dysfunctional***

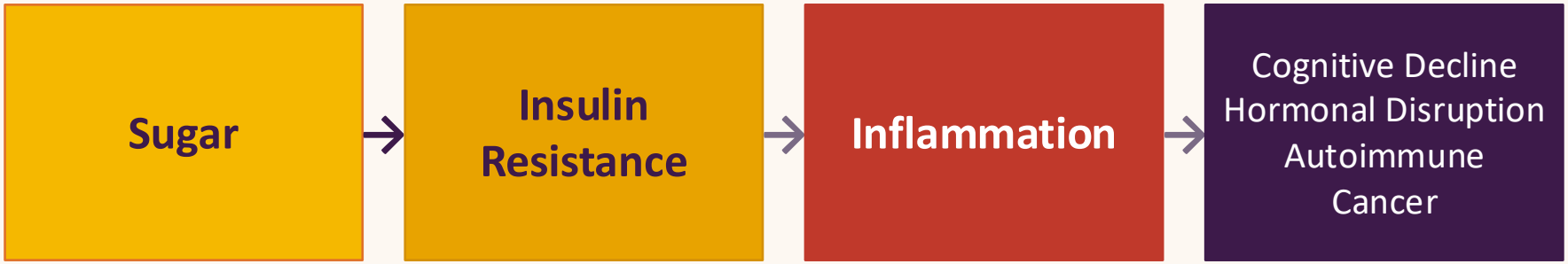
# The Physical: The Inflammation Cascade

- Five drivers: sugar, processed food, chronic stress, hormone shifts, too little movement

- Estrogen is anti-inflammatory. As it drops, that natural brake comes off

- The chain: insulin resistance, inflammation, leaky gut, autoimmunity

# What Is Driving the Inflammation?




**Sugar**

OJ alone = 23g.
Body can't distinguish added vs. natural for insulin response

**Processed Food**

Coming from Whole Foods doesn't make it food. 53% of calories are factory-made.

**Chronic Stress**

Cortisol = glucocorticoid.
Chronically stressed = chronically elevated blood sugar regardless of diet.

# Yoga Psychology Bridge

*The Gunas as a Clinical Map*

## TAMAS

*Heaviness • Depletion*

When inflammation dominates the body, tamas dominates the mind. Not a willpower problem. A physiology problem.

## RAJAS

*Agitation • Excess Heat*

Chronic rajas = chronic systemic inflammation. This isn't metaphor. This is physiology spoken in yoga's language.

## SATTVA

*Clarity • Luminosity*

Cannot be sustained in a body dominated by tamas or rajas. The nutritional & hormonal work IS sattva cultivation.

*Tamas through Dosha Lens*

**Vata:**
Anxiety, insomnia, dissociation — the nervous system fragmenting under metabolic load.

**Pitta:**
Intensity, anger, heat, inflammation in skin, gut & joints — rajas running hot.

**Kapha:**
Heaviness, withdrawal, brain fog, weight gain — tamas pulling them under.

# Break

15 minutes

Ayurvedic Dosha Quiz

# The Hormonal Unraveling

Perimenopause can start at 35. Menopause averages 52

Progesterone, the calming hormone, often declines first

Low progesterone can look like anxiety that is really biochemistry

# The Hormonal Unraveling

- Estrogen protects the brain, bone density, and the heart
- Testosterone drives motivation, strength, and mental sharpness
- The pregnenolone steal: chronic stress pulls building blocks toward cortisol
- Low estrogen plus low ferritin can look like new ADHD in midlife***

**Estrogen helps protect three major systems throughout a woman's body:**

**Brain:** Supports neurotransmitters, memory, learning, energy production, and reduces inflammation.

**Heart:** Keeps blood vessels flexible, improves cholesterol balance, supports circulation, and helps protect against cardiovascular disease.

**Bones:** Slows bone breakdown, maintains bone strength, and dramatically reduces osteoporosis risk.

Estrogen isn't simply a reproductive hormone—it is a whole-body hormone that supports the health and function of the brain, cardiovascular system, and skeleton throughout a woman's life.

**Progesterone:**

**Brain:** Promotes calm by enhancing GABA activity, supports sleep, reduces anxiety, and helps regulate mood.
**Reproductive System:** Prepares and maintains the uterine lining, supports pregnancy, and balances estrogen's effects on the endometrium.
**Bones & Breast Health:** Contributes to healthy bone formation, supports normal breast tissue development, and works alongside estrogen to maintain hormonal balance.
*Progesterone is the body's natural calming hormone, supporting sleep, emotional stability, reproductive health, and balanced hormone function.*

**Testosterone:**

**Brain:** Enhances motivation, confidence, drive, focus, and aspects of cognitive performance through effects on dopamine and other neural pathways.
**Muscles & Bones:** Helps maintain muscle mass, strength, bone density, and physical performance as women age.
**Sexual Health:** Supports libido, sexual arousal, orgasmic function, and overall sexual well-being.
*Although present in much lower amounts than in men, testosterone is an important hormone for women's vitality, strength, cognition, and sexual health.*

# Neurotransmitters and Neurodivergence

- Ferritin and Estrogen are critical in the production of dopamine and serotonin (mood and energy regulation)
- Midlife affects both
- The neuroprotective effects of iron and estrogen fall away and masking becomes impossible
- Low estrogen plus low ferritin can look like new ADHD/Autism in midlife.

# The Hormonal Unraveling

*Perimenopause can begin at 35. Menopause averages 52. That's up to 17 years of hormonal shifting — often without warning, almost always without adequate support.*

## ESTROGEN

- Protects brain, bone density, cardiovascular system.
- Window of opportunity in early perimenopause — miss it and protection diminishes.
- Decline → osteoporosis → hip fracture → death within a year.

## PROGESTERONE

- The hormone of calm. Deep sleep. Nervous system settling.
- First to decline — sometimes in her late 30s.
- Low progesterone = anxiety. She's told it's an anxiety disorder. Progesterone never checked.

## TESTOSTERONE

- Women have MORE testosterone than estrogen.
- Low T: desire gone, motivation gone, joy gone. Not spiritual crisis — biochemistry.
- 15-yr study: 35.5% reduction in invasive breast cancer with testosterone therapy.

***"More yin yoga will not reduce anxiety when it is driven by progesterone deficiency."***

# The Labs: Normal Is Not Optimal

Normal ranges come from a sick population. Optimal ranges ask where you thrive.

A ferritin of 17 can be technically normal and still leave you unable to function.

Regrowing hair generally needs a ferritin of at least 70.

# IRON

**Brain:** Essential for dopamine production, myelin formation, oxygen delivery, memory, attention, and cognitive performance.
**Energy:** Enables mitochondria to produce ATP, carries oxygen in hemoglobin, and reduces fatigue by supporting cellular metabolism.
**Immune System:** Supports healthy immune cell function, DNA synthesis, tissue repair, and overall resilience to illness.
*Iron is not just about preventing anemia—it is essential for brain function, energy production, and immune health.*

# The Ayurvedic Lens and the Energetic Body

Vata is air and space. Pitta is fire and water. Kapha is earth and water.



Vata in midlife: anxiety and insomnia. Medicine is grounding and rhythm.



Pitta in midlife: heat and burnout. Medicine is cooling and self compassion.



Kapha in midlife: heaviness and withdrawal. Medicine is gentle re-engagement.

# The Ayurvedic Lens

> Prana moves fast in Vata, runs hot in Pitta, moves slowly in Kapha.

> You cannot generate steady prana from a depleted body.

> Energy has a physical foundation. You cannot pour from an empty vessel.

# The Soul and the Spirit

> When the system is inflamed, spirit becomes a memory, not a felt experience.

> You cannot relax into your transcendent nature on empty mitochondria.

> Symptoms are often an inflamed system flushing out, not an inevitable tax of aging.

# The Mental and Emotional Layer

Perimenopause often arrives as an identity crisis.

The highest rates of divorce and suicide among women happen in this season.

Women are innocent in their not knowing. The system failed us.

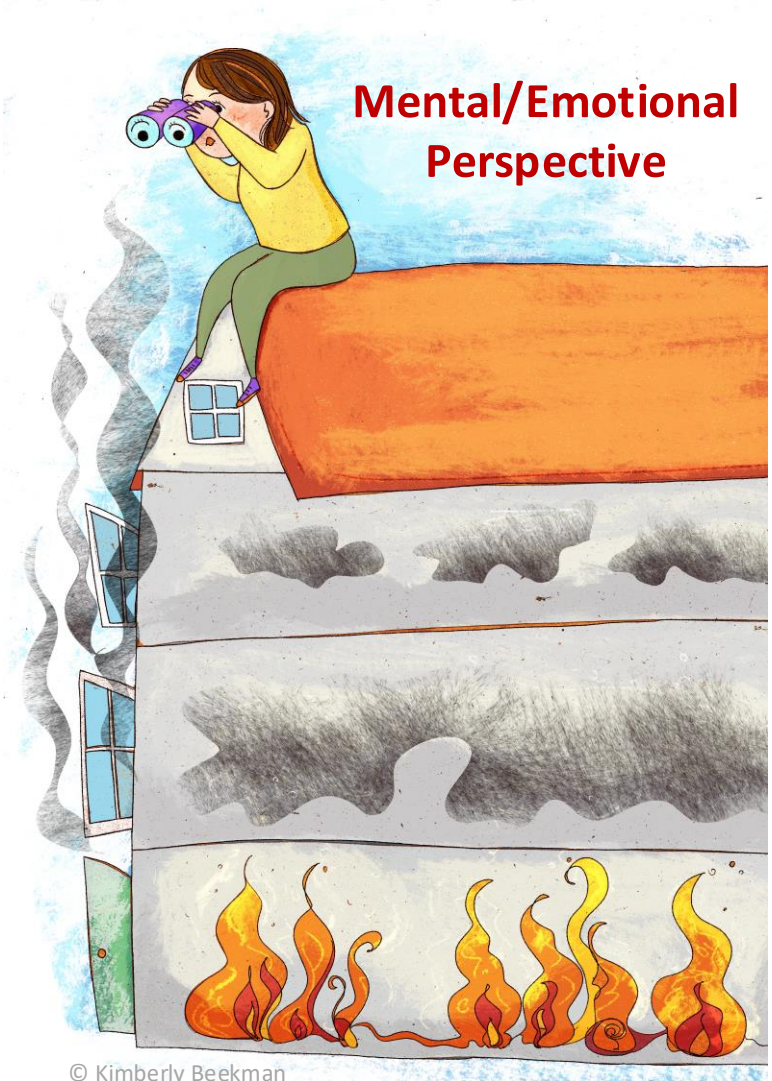
# Trauma
# 6 Layers

**Physical**
**Energetic**
**Emotional**
**Mental**
**Awareness**
**Bliss**



© Kimberly Beekman

# Trauma Packets




Effects on layers of body

Trauma

# The Nervous System

The vagus nerve is the main parasympathetic pathway back to safety.

Breath, humming, chanting, and yoga nidra interrupt the trauma loop.

We cannot meditate our way out of a ferritin of 5.

Five koshas, physical to bliss, are nested layers. Every one needs resourcing.

# What We Can Actually Do

*Not about diagnosing, it's about recognizing what you're seeing and knowing what to ask.*

1. **Have you had a full thyroid panel?**
   *Not just TSH — Free T3, Free T4, and thyroid antibodies?*
2. **Do you know your ferritin level?**
   *Not just your iron. Your ferritin.*
3. **Has anyone checked your sex hormones?**
   *Estrogen, progesterone, testosterone?*
4. **Have you had your cortisol mapped across the day?**
5. **Has anyone interpreted your labs through functional ranges?**
   *Not just 'normal' — optimal.*

# Next Steps: Get Your Labs Done

- Function Health for a full panel, run through Quest Diagnostics.
- Pros: cost effective, functional interpretations, data for your doctor.
- Cons: still Normal versus Optimal, so you must re-interpret it yourself.
- Rythm Health for at home blood draws, useful after an iron IV.

# Here's how it looks

*Take AGENCY and become the keeper of your health – A good Doctor will respect your input and participation in your health*

1. **Start with full panel and request downloadable .pdf**

2. **Enter blood test results pdf into AI with the following prompt**
   *Please analyze these results from functional medicine perspective, highlighting my levels vs optimal levels, and give me concrete actions for next steps*

3. **Review recommendations and take to your Functional Doctor/Nurse Practitioner**

4. **Take action:** Change diet, supplement deficiencies, e.g., Hormones, Thyroid, Iron, Magnesium

5. **Follow up with doctor and retest** (via Rhythm)

# The Soul and the Spirit

Kim's life insurance story

The goal is not perfection. It is fluency in the language of your own body.

Three arcade tokens, roughly 75 years each. Two are spent by midlife. The last token deserves to be used fully.

# The Path Forward

Take home: companion PDF, Midlife Lab Wish List, 5 Questions Card

Daniela’s **Autoimmune Recovery Method Course starts Aug 2**

Daniela’s **one-on-one Session**: Chart the course ahead

Kim's 1 to 1 Ayurvedic Wellness Counseling, trauma, and couples work through Inner Alignment.

# Questions and Answers

30 minutes, minimum

# The Pregnenolone Steal

**PREGNENOLONE**
**Master Precursor**

→ Estrogen
→ Progesterone
→ Testosterone

CHRONIC STRESS → CORTISOL

*Chronic stress literally steals the building blocks of the hormones that protect her brain, bones, heart, and immune system.*

## 🧘 Dosha Lens: How Hormonal Decline Manifests

### Vata

Estrogen loss amplifies Vata's dry, scattered, anxious nature. Sleep fractures. The nervous system loses its hormonal anchor.

### Pitta

Progesterone drop removes Pitta's cooling mechanism. Intensity becomes rage. Hot flashes are Pitta's fire with no dampener.

### Kapha

Testosterone loss hits Kapha hardest. Motivation, libido, and the energetic spark disappear. Weight increases. Withdrawal deepens.

# The Mimics — Hear These Slowly

*1 in 4 women uses at least one psychotropic drug. A significant portion: prescribed without checking hormones, thyroid, ferritin, or cortisol.*

Looks like: ***Depression***

Is actually: **Low Ferritin**

Looks like: ***Anxiety***

Is actually: **Low Progesterone**

Looks like: ***Burnout***

Is actually: **Hashimoto's**

Looks like: ***Early Dementia***

Is actually: **Low Estrogen**

Looks like: ***Anxiety + Insomnia + Weight Gain***

Is actually: **High Cortisol**

Looks like: ***All of the Above***

Is actually: **Thyroid Dysfunction**

***In most conventional offices, she'll leave with a prescription in under 15 minutes — without a single one of these being checked.***

# The Lab Testing Gap: Thyroid

**What Most Doctors Run**

**TSH only**

**What's Actually Needed**

Free T3 • Free T4
Reverse T3
TPO Antibodies • TgAb Antibodies

**Conventional "Normal"**
**15–200**

**Functional Optimal**
**70+ to feel functional**

# Trauma, the Nervous System & the Body

## Trauma Packets

- Trauma is not just a memory. It is stored in the body as unresolved physiological activation.
- Trauma packets keep the nervous system in a low-grade fight-or-flight state — responding to then, not now.
- Locked trauma response = chronic cortisol = blood sugar dysregulation = systemic inflammation.
- Trauma is not separate from metabolic dysfunction. It feeds it. Directly.

## Ida & Pingala — Ancient Map

| IDA NADI | PINGALA NADI |
| --- | --- |
| Lunar • Cooling | Solar • Heating |
| Parasympathetic | Sympathetic |
| (Rest & Digest) | (Fight or Flight) |

*Chronic stress = Pingala dominance. Chronically hot/ activated, sympathetic overdrive.*

## Vagus Nerve

Primary parasympathetic pathway.
High vagal tone = returns to safety after stress.
Low vagal tone = stuck in activation.

Diaphragmatic breath, slow exhales, humming, chanting, nidra — these interrupt the trauma-cortisol-inflammation loop directly.

# The Mental & Emotional Layer

*'Who am I in my well-being.' Versus 'Who am I in my weight gain, my hair loss, my fatigue, my overwhelm, my anxiety, and my bloat.'"*

Perimenopause removes the physiological scaffolding that has quietly supported the identity we built. The competence, vitality and motivation were real.
The body is no longer confirming them. That dissonance is profound.
We needs practices that stabilize identity and restore agency, not practices that bypass the body into transcendence.

*Dosha Lens: The Identity Disruption*

| Vata | Pitta | Kapha |
| --- | --- | --- |
| Existential anxiety. "Who am I if I can't think clearly?" Practices that restore groundedness and continuity. | Loss of competence is intolerable. Pushes harder, achieves more, burns out. Practices of softening and self-compassion. | Withdrawal and grief. Pulls back from life. Needs gentle warm invitation back into connection and purpose. |

# The Spiritual Layer

You cannot relax into your transcendent nature
if your mitochondria are running on fumes.

You cannot feel the Rapture of Being Alive
if your nervous system is locked in survival mode.

You cannot inhabit your Soul
if your body is drowning in inflammation.

"Concentration consists in freeing the attention from distractions and in focusing it on any thought in which one may be interested. Meditation is that special form of concentration in which the attention has been liberated from restlessness and is focused on God. Meditation, therefore, is concentration used to know God." -Yogananda

*"A relaxed system can embody the transcendent. Divinity itself can settle comfortably inside of you." - unknown*

**The body is not a footnote to the spiritual life. The body IS the spiritual life.**

# The Kosha Model — Nested Layers That Must ALL Be Resourced




*She will keep touching the ceiling and falling back down.*

**This is not a failure of practice. This is physics.**

*You cannot sustainably access the upper koshas when the lower ones are restless.*

# The Healer Gap

| | |
|---|---|
| **Sound Bath** | *cannot raise her ferritin.* |
| **Yin Yoga** | *will not reduce anxiety when it is hypothyroid-induced.* |
| **Mindset Work** | *cannot reach a woman with flat affect because her testosterone is on the floor.* |
| **Breathwork** | *cannot stabilize blood sugar when cortisol is dumping glucose from the inside.* |
| **Meditation** | *cannot clear brain fog when her thyroid is barely functioning.* |

***None of what we do is wrong. All of it helps at the level it touches.***
***But the physical layer is often left unaddressed — not because we don't care.***
***Because we were never taught.***

# Work with Kim Beekman

*Yoga Psychology Wellness Counselor Certification (300hr YTT)*

- Yoga Psychology framework: a clinical map of which layer is imbalanced and which practices will help balance
- Trauma-informed approach to creating mental and emotional balance by working the layers of the body
- Sacred spiritual community based on the eightfold path of yoga, Ayurveda, and Yogananda's lineage teachings (pure guru path)
- Apply to the practices to yourself, then learn to hold your own clients through a one-on-one program toward their mental/emotional wellbeing

**300hr Advanced Yoga Teacher Training | go.inneralignment.yoga | KimberlyBeekman.com**

# Midlife Physiology for Healers & Helpers

MINI-COURSE • COMING SOON

GREAT ENERGY

## What You'll Learn

- What is actually happening in the bodies of women in your classes — from cellular to hormonal
- Signs of metabolic dysfunction, hormonal decline, and thyroid imbalance
- The 5 questions every healer can ask — without stepping outside their scope
- How to hold space for the whole woman: physical, energetic, emotional, spiritual
- When and how to refer clients toward functional medicine support

*Built by Daniela Hess (Great Energy) • Details coming soon*

# 1:1 Work with Daniela Hess

Midlife Mentor • Autoimmune & Functional Wellness Coach • Qigong Teacher • greatenergy.org/work-with-daniela-hess

## Autoimmune Recovery Method (ARM)

- For women with autoimmune, chronic inflammation, or mystery symptoms
- 73% of IBD patients in clinical remission after 6 weeks AIP (2017)
- Elimination → Reintroduction → Stabilization — fully supported
- Lab review, nervous system coaching, Qigong, breathwork & supplements

## Midlife Mentorship Cell to Soul

- Perimenopause, menopause & beyond — the full initiatory arc
- Physical + mental + emotional + spiritual — every layer addressed
- Keys for Inspired Living™ + somatic awareness + Qigong
- Free 20-min discovery call — no pressure, real conversation

## Nervous System & Spiritual Mentorship

- Grief coaching grounded in thanatology — the science of death & loss
- Relationship guidance for individuals & couples
- Mentorship for Gen Z women before self-abandonment patterns take root
- Workshops & keynotes: conscious living, midlife vitality, emotional intelligence

*"Having Daniela as a coach is like downloading all the best-known modern teachers into one human being, wholly devoted to using her wisdom to help you heal, grow, and find happiness." — Jamie K*

*Free Discovery Call: greatenergy.org/coaching-direction-healing-1*

# *Cell to Soul to Spirit.*

*From the mat to the mitochondria —*

***we serve the whole woman.***

Daniela Hess • greatenergy.org
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