

Managing weight with Dr Purity

Purity Health Patient Information Leaflet

What is the 10:10 Program?

The 10:10 Program is hosted on Skool and is designed to support women through menopause, weight changes, and hormone imbalance in a structured, supportive way.

It is not just a course.

It is a **community, an education platform, and a lifestyle reset.**

What you get inside the 10:10 Skool

1. Community Support

You are not doing this alone.

Inside the community, you can:

- ask questions
- share your experience
- learn from other women going through the same journey

This is where things start to make sense and feel normal again.

2. Weekly Live Sessions

There is a **live session once a week** focused on troubleshooting.

This is where we:

- answer real questions

- adjust your approach
- simplify what feels overwhelming

It keeps you on track.

3. Histamine and Immune System Education

A significant number of women in the 10:10 program show features of histamine dysregulation or mast cell activation patterns.

This is not always formally diagnosed as Mast Cell Activation Syndrome, but the pattern is very recognisable.

What this means is that the immune system is more reactive than it should be.

When mast cells are overactive, they release histamine and other inflammatory chemicals, creating symptoms across multiple systems such as:

- anxiety
- sinus issues
- IBS
- skin changes
- palpitations

Histamine, in this context, is not just about food. It becomes a marker of immune dysregulation.

And once histamine is dysregulated, it can drive further inflammation, creating a cycle:

- immune activation
- histamine release
- inflammation
- further immune dysregulation

4. Histamine Kitchen

This is the practical side.

You are shown:

- what to eat
- how to prepare food
- how to reduce histamine load without overcomplicating things

A clean diet reduces the load, but it is not the whole solution.

5. Metabolic Health Class

This is where weight, insulin, and energy are addressed.

You will learn:

- why weight gain happens in menopause
- how insulin and inflammation drive it
- how fasting and food structure help reset metabolism

6. Hormones and Whole-Body Health

Hormones are a key part of the picture.

Hormonal changes, especially in perimenopause, influence:

- mast cell behaviour
- histamine release
- mood and sleep
- fat distribution

This is why symptoms often worsen at this stage of life.

The Key Principle Behind 10:10

A healthy diet is important.
It reduces the load.

But this is not just a food problem.

This is an **immune system regulation problem.**

To improve symptoms, we need to address:

- underlying inflammation
- hormonal balance
- lifestyle factors such as sleep and stress

The Key Message

There is **something for everyone inside the 10:10 Skool**.

Whether your main issue is:

- weight
- hormones
- histamine
- or feeling overwhelmed

You will find a pathway that fits you.

Best Wishes

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10:10 Metabolic Reset

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 No. 1 Best seller - *Low Histamine Living* – [Available on Kindle](#)


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Dr Purity Carr GPs Menopause Doctor, 10:10 Women's Health & Wellbeing. A Transformative reset for Weight, Hormones, MTHF, Inflammation & Mindset.
33 Members • 999/year

Weight Management and Metabolic Reset

Skool: <https://www.skool.com/menopause-momentum-network-3083/about>