

# MENOPAUSE

## **INTRODUCTION TO MENOPAUSE**

Menopause typically lasts about seven years. It occurs as your ovaries gradually decrease estrogen production, leading periods to become less frequent until they eventually stop altogether. However the adrenal gland can help produce a form of estrogen called estrone (E1) to compensate, we can also produce estrogen from fat cells.

There are 3 common stages:

1. **Perimenopause:** Begins around age 45-50, when hormonal changes start affecting menstrual cycles and causing initial symptoms.
2. **Menopause:** Between ages 50-52. Actual cessation of periods
3. **Post-menopause:** From 55 onwards When no more periods occur

## **SYMPTOMS:**

As estrogen levels decline, various symptoms can emerge, including mood swings, anxiety, depression, tiredness, vaginal dryness, skin dryness and itching, reduced libido, heart palpitations, headaches, sleep disturbances, urinary tract infections, and difficulty concentrating.

## **RISK FACTORS**

**Heart Health:** Lower estrogen levels can increase your risk of cardiovascular disease (CVD), affecting your heart and blood vessels.

**Osteoporosis:** Osteoporosis risk increases after menopause due to the lack of estrogen

- Monitor bone density carefully, and levels of calcium, magnesium, boron, Vitamin K and Vitamin D
- Increase weight bearing exercise to build bone density
- Smoking is associated with an increased risk of osteoporosis

## **THERAPEUTIC AIMS:**

The main goal is to help your body naturally adjust to hormonal changes by supporting estrogen production from your adrenal glands and fat stores.

## **SUPPORT ADRENAL GLANDS**

Once the body has to rely on the adrenal glands to produce the sex hormones once the ovaries stop producing the majority, and conversion happens in the muscle and adipose tissue.

**AIM:** Support balancing blood sugar, cortisol and adrenal with reproductive and endocrine support



## NUTRITION

Each woman's body has unique needs, but certain dietary choices can commonly help manage menopausal changes effectively.

Eating whole 'natural' and unprocessed foods with an emphasis on **vegetables whole grains beans, seeds, nuts, fruits, lean low-fat proteins, and healthy fats** can help alleviate symptoms, while at the same time decreasing the risk of diseases such as breast cancer, cardiovascular disease and osteoporosis.

### Phytoestrogens

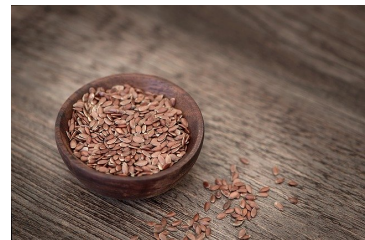
Phytoestrogens can be found in Soya. Which contains two flavonoids, genistein and daidzein, and studies have shown that they are chemically similar to Tamoxifen, which is the drug used to prevent a recurrence of breast cancer. They can stop powerful carcinogenic that causes breast cancer, as well as help balance hormones, and lower cholesterol which has protective effects on heart disease, particularly important around the menopause.

#### Phytoestrogens Foods

Fermented Soya, Dandelion, Red Clover, Sage, Chickpeas, Lentils , Kidney Beans, Sunflower Seeds

### FLAXSEEDS

Is a significant source of Phytoestrogens and lignans, which have estrogenic activity meaning they gently mimic estrogen in your body, and can help balance estrogen levels which will help any symptoms that are due to a drop in estrogen levels. Keep in the fridge to prevent oxidation, or even the freezer like I do!



### VITAMIN E

Vitamin E protects cells from damage caused by free radicals, especially important during menopause.

#### VITAMIN E FOODS

Wheat Germ, Sunflower Seeds, Sunflower Seed Oil, Almonds, Sesame Oil

### VITAMIN C

Along with Vitamin E and B, Vitamin C helps reduce blood clotting and protects the cardiovascular system. Supports immune system, strengthens blood vessels and contains an antioxidant called bioflavonoids that help reduce hot flashes. Vitamin C supports collagen production, essential for healthy bones, reducing vaginal dryness, and maintaining elasticity in the urinary tract to prevent leakage.

#### VITAMIN C FOODS

Acerola Cherries, Guava, Red Chilli Peppers, Red Peppers, Kale, Parsley, Broccoli

### VITAMIN B

B vitamins are water-soluble and can be depleted quickly during stress. It's good to ensure they are replenished daily as they can help with stress, irritability, poor concentration and low energy. They are super important in supporting the adrenal glands also

#### VITAMIN B FOODS

Green leafy vegetables, nuts and seeds, eggs, bee pollen, legumes poultry



### **MEDICAL MUSHROOMS**

Truffle, Reishi, Cordyceps boost your internal energy, helps immune function, helps shut down menopause symptoms. Boosts overall vitality. Use as supplement or powder form.

### **OMEGA 3 FATTY ACIDS**

Omega-3 fatty acids are essential building blocks for hormones. They help ease inflammation, reduce joint pain, support metabolism, and alleviate symptoms such as vaginal dryness.

<b>OMEGA 3 FOODS</b>	Oily fish (Sardine Mackerel Anchovies Salmon Herring) Flaxseeds, Chia Seeds
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### **CALCIUM**

<b>CALCIUM FOODS</b>	Sardines, collard greens, kale, broccoli, figs, almonds, Sesame and chia seeds, Kidney beans,
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Helps to support the healthy heart and blood pressure and proper nervous system function, as well as essential for our bones, teeth, hair and nails.

### **VITAMIN D**

Needed for proper absorption of calcium. Its also helpful for preventing breast cancer, heart disease, Type 2 diabetes and osteoporosis which are particularly heightened risk during menopause.

<b>VITAMIN D FOODS</b>	Salmon, Sardines, Herring, Mackerel, Trout, Beef liver, Eggs, Cod liver oil, Mushrooms,
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### **ADAPTOGENS**

Adaptogens help the body deal with stress and brings you back into balance naturally.

### **BLACK COHOSH**

It is said to have similar estrogen type effects. They can help block stimulation in the womb and breast, where it's not safe to have cells over-stimulated.

### **ANNUS CASTUS**

Can help balance hormones, especially in the premenopausal stage.

### **SAGE**

Helps with hot flashes and night sweats

Sage Tea: Chop about 6 fresh sage leaves and soak overnight in fresh lemon juice. In the morning, strain and drink the lemon juice diluted in water to taste. This should be drunk before food as it also aids digestion. And helps circulation.

### **CORINADER SEEDS**

Crush a teaspoon of coriander seeds - soak them in a small amount of water overnight in a sealed jar. In the morning then drain away the seeds and drink the infused water. This has been shown to help within 1 week.



**MILK THISTLE** Whilst going through the menopause, the liver is working over time to detoxify the hormones. Milk Thistle has shown to be useful in helping relieve the liver from the additional stress.

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## **LIFESTYLE**

### **DRINK WATER**

Water helps every system in the body including helping to eliminate toxins. Aim to drink about 1.5 to 2 litres of water every day.

### **REDUCE EXPOSURE TO TOXINS**

We are now exposed to far more environmental toxins than ever before, put on 80,000 a day, which can cause an earlier menopause from the age of 40.

- Pesticides, heavy metals, and food additives
  - Eat organic when possible
  - Consume little amounts of animal fat (meat, eggs, cheese, and milk), which contain pesticides
  - Try to eat seasonal produce
  - Eat smaller wild caught fish rich and avoid eating larger species and farmed fish (Best choices are sardines, anchovies, small mackerel, salmon, and small tuna)
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### **EXERCISE REGULARLY**

The health benefits of regular exercise in menopause include relief from: hot flashes, decreased bone loss, improved heart function, improved circulation, reduced blood pressure, decreased blood cholesterol levels, improved ability to deal with stress, improved oxygen and nutrient utilization in all tissues, increased self-esteem, mood, and frame of mind, and increased endurance and energy level.

With respect to **hot flashes**, regular exercise may reduce them, but vigorous exercise may actually exacerbate them, so keep that in mind as you explore what types of exercise work best for your body. at least 30 minutes, for a minimum four times per week regularly.

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### **STRESS MANAGEMENT**

It can be a very stressful time with the body going through so many hormonal changes. The ability to manage stress can be enhanced by meditation, yoga, breathing exercises, being out in nature, and getting regular exercise

- Take time for yourself - even 5 minutes to centre, reset and give your body a break
  - Get outside - fresh air, sunlight, a change of scenery, and connection with nature
  - Get enough sleep
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## EPSOM SALT BATHS

A bath before bed can be relaxing and help get rid of stress from the day that may otherwise affect your sleep. Epsom salts contain magnesium sulfate which is anti-inflammatory magnesium and well absorbed by skin activates enzymes to help regulate various nutrients vital for the health such as zinc, potassium and vitamin D. It helps flush out toxins apart from helping in proper absorption of nutrients

- Add 1-2 cups of Epsom salts to running warm bath water.
- Soak in the bath for no more than 25 mins, minimum 15mins
- Don't use bath foam or any other soap or chemical in this bath water
- Add lavender oil to also relieve stress
- After this Epsom salt bath, you should drink a lots of water as it can dehydrate you

## THINGS TO AVOID / REDUCE

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### ANIMAL MEAT

Lacks the antioxidants and phyto-chemicals in plants that protect the body. Meat contains lots of saturated fat and other potentially carcinogenic compounds, including pesticide residues, and toxic chemicals formed when it is cooked at high temperatures. Packed with hormones, antibiotics, steroids and are fed genetically modified ingredients. The hormones you ingest can affect your hormones too! Causing low energy, hot flashes, low libido.

The more well-done the meat, the higher levels of these chemicals as well cured or smoked meats are especially harmful due to sodium nitrate/nitrite as they dramatically increase the risk of cancer. Go for grass fed, organic wherever possible

### ARTIFICIAL SWEETNERS

Play havoc on hormones

### GLUTEN

Causes inflammation in gut lining that can lead to auto-immune disease

### ALCOHOL

The liver deals with the detoxification of hormone and alcohol is toxic to the liver causing a burden during this hormonal transitional stage of life

### CAFFEINE

Causing a rise in blood sugar affecting energy level. Causes blood vessels to expand increasing sweating and hot flashes

### SUGAR

Refined sugars are empty calories and carries no nutritional value. It causes a rapid and high rise in blood sugar, the higher it goes the lower it crashes down afterwards. At this drop, hormones adrenaline and cortisol are released from your adrenals to release your own sugar stores to correct the low level. You can end up on a perpetual roller coaster of highs and lows affecting mood, stress levels and causing weight gain, especially around the middle

**It can cause yeast and candida in your gut, which is also responsible for hormone production**





## SUMMARY

Adopt sound eating habits such as:

- Increase fruit and vegetables to increase antioxidants Two pieces of fruit and five vegetables (increase antioxidants) specific **berries, pomegranate**
- **Cruciferous vegetables** - contain indole-3-carbinol that gets rid of excess hormones its like a hormonal detox!
- **Flaxseeds** ( 2 tablespoons a day) use in smoothies, yogurts, sprinkle on salads
- Proteins – more vegetarian than animal to reduce sources of endocrine disruptors (Organic if possible). It stabilizes blood sugar as well as healthy fats (chia seeds, **avocado**, walnuts, **will salmon, grass fed beef**)
- Cook with coconut oil
- **Bone broth** (hand out attached)
- Limit alcohol intake and caffeine at a minimum e.g. Less than 250mg a day
- Look after the gut, where serotonin is made and plays a major part in its function. Eat probiotics foods or supplement
- Drink at least 2 litres of **water** a day and camomile tea

SUPPLEMENTS	QUANTITY PER DAY	BRAND	REASON
B Vitamins	1 cap per day	Cytoplan Multi B Extra (included Magnesiums and Vitamin C)	mood swings, irritability, tension, depression, low energy
Vitamin D	2 sprays per day (1 spray delivers 1000IU of vitamin D)	Better You spray	Suport immune system, healthy bones and teeth, aids calcium absorption, helps maintain normal muscle function.
Vitamin E	300mg ( 1 cap per day)	Cytoplan Tocopherol & Tocotrienol Complex	Reduce night sweats and hot flashes. Vaginal dryness, antioxidant to reduce stress on body
Magnesium	Take 3/4 capful or 3/4 tsp twice daily in water or juice with food or Epsom baths	ReMag The Magnesium Miracle	Calming effect on the body, easy anxiety, insomnia and tension
Vitamin C	1000mg (1 cap per day with food)	Nutri Advanced Vitamin C time released	Reduces hot flashes and helps produce collagen needed for strong bones
Omega 3 fish oils	1 tsp a day (5ml)	Lion Heart Omega 3 Fish Oil Liquid	For dry skin, nails, hair, vagina. Also anti-inflammatory for aching joint.
Probiotic	1 cap per day	ProVen Probiotics For Women - With Cranberry And Vitamin B6	Gut function and bacteria balance
Mix combination	Take 1 scoop (approx 12g) daily, mixed in juice or blended into a smoothie	Terranova Life Drink	Freeze dried berries (antioxidants) freeze dried greens and super greens. Omega 3, 6, 9 Pre and Probiotics, Freeze dried, digestive enzymes



HERB	QUANTITY PER DAY	BRANDS	REASON
Agnus castus	15-20 drops in a little water twice daily	Vogel drops	Hormone balancing, mood swings
Sage	Tea or supplement 1 cap per day	Vogel Menoforce tabs	Night sweats, Hot flashes
Milk thistle	1 x cap per day	Cytoplan	Hormone removal, liver function
<b>Dong Quai &amp; Soya sprout complex</b>	<b>1 capsule per day</b>	<b>Terra Nova</b>	<b>Hormone balancing</b>
Lion's Mane mushroom (H.erinaceus) for sleep	3-5mg / day	MycoNutri Organic Lions Mane Powder (Heridium Erinaceus)	Sleep disturbance, anxiety, hot flashes
Ashwagandha Gingseng	1 cap per day	Swanson ashwagandha ginseng complex	Ashwagandha balances your emotion-regulating hormones like serotonin and Dopamine. These hormones make you calmer, which enables you to gain better control of your emotions. This is helpful in managing mood swings, anxiety and depression during menopause.
<b>A good multi herb supplement</b>	<b>2 capsules daily, for best results take 1 capsule twice a day with food</b>	<b>Meno Herb Support found at NaturalHealthPractice.com</b>	<b>Mix of soya, red clover, hops, sage, alfalfa and flaxseeds</b>

## TESTING

### Blood Follicle-stimulating hormone (FSH) and estrogen (oestradiol)

Because FSH levels increase (above 40 iu/L) and oestradiol levels decrease as menopause occurs. In case of early signs, more than one testing could be done within 6 to 8 weeks.

### Thyroid-stimulating hormone (TSH)

Because an under-active thyroid (hypothyroidism) can cause symptoms similar to those of menopause

### Dutch Test

A comprehensive look at adrenal and sex hormones

### Genova One Day Hormone Test

Which covers cortisol, and adrenal stress test

### Genova Complete Hormone

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