

Overview:

- Menopause is a natural transition, where the ovaries stop producing the vast amount of oestrogen that is made in the body.
- Oestrogen is a vital hormone in the body and is found in every tissue of the body.
- Post menopause other organs and tissues tack up some of the “slack” and can produce small amounts of oestrogen – these include the adrenal glands, the liver, heart, brain and fat cells.
- Xenoestrogens can have an impact on oestrogen levels as they can bind to the hormone receptors.
- Food is a safe and viable way to support a reduction of menopause symptoms and ease the transition.

Symptoms:

- loss of skin elasticity
- mood changes (anxiety & depression)
- headaches and migraines
- hot flushes/ flashes
- night sweats
- insomnia
- fatigue
- vaginal dryness
- urinary incontinence/ increase in UTI's
- heart palpitations

Test, don't guess!

Hormonal imbalance can contribute towards symptoms such as hot flushes, low libido, low mood, and changes in weight.

Whether you are on HRT or not it is suitable to get your hormones tested. Ask your GP to include the following or seek private testing from myself.

GP

- Female hormones: FSH, LH, Oestradiol
- Full thyroid panel
- Full iron panel
- B12 and Folate
- HbA1C

Private

- DUTCH test



Nutrition Support for Menopause

Supporting the Transition



Diet and Lifestyle:

Reduce stress levels – this is not a time to run a marathon or take on a new high-powered job. Think of it like you think of your pension.

Support your adrenals with the correct nutrients including foods high in vitamin C, E, magnesium and B vitamins. Vitamin C rich foods include strawberries, kiwi fruit, tomatoes, red pepper and citrus. Vitamin E rich foods include nuts and seeds, avocado and green leafy vegetables. Magnesium is found in green leafy vegetables, nuts and seeds. B vitamins are found in red meat, poultry, fish, nuts and seeds, beans and lentils.

Reduce alcohol and caffeine intake, these can be contributing to hot flushes and night sweats.

Follow an anti-inflammatory diet. Inflammation may be contributing to hot flushes. Include whole foods, oily fish, olive oil, nuts and seeds in your diet daily.

Follow a diet that is filled with phytonutrients help support the reduction of hot flushes and help balance hormones. Phytonutrients are found in deep coloured fruit and vegetables such as beetroot, red peppers, pomegranate, leafy greens, tomato, blueberries and more.

Follow a blood sugar balancing diet, including protein and fat.

If you are taking HRT extra support for the liver may be needed, include protein, cruciferous vegetables, sweet potato, beetroot and avocado in your diet.

Reduce your toxic load – go through all of your home cleaning products as well as cosmetics, body and face soaps and creams. Choose natural versions of these that don't contain phthalates, parabens and sulphates.

Nutrients & Herbs:

- **Red clover:**
has been shown to reduce hot flushes and vaginal atrophy
- **Sage:**
may increase alertness, calmness and feeling of content. Studies have shown it reduces hot flushes by 64% within 8 weeks
- **Saffron:**
has been proven to protect mood and brain function, it also has anti-inflammatory properties
- **Collagen and Vitamin C:**
can support connective tissue
- **Vitamin D and K2:**
for bone health
- **Magnesium:**
contributes to a reduction of tiredness and fatigue, reduces hot flushes and promotes relaxation as well as aiding sleep.
- **Omega 3:**
reverses oxidative stress. Oxidative stress may lead to premature aging, poor cognition and decreased cardiovascular function

Supporting Weight Management:

Post menopause the female body doesn't digest glucose in the way that it used to. So you may find it useful to follow a lower carbohydrate, higher fat diet. When you reduce carbohydrate intake make sure you increase your fat intake to help you feel satiated and fuller for longer.

Good sources of fat include avocado, nuts and seeds, olive oil, coconut and coconut oil and grass-fed butter. A lower carbohydrate diet will also help you balance your blood sugar levels which may reduce the number of hot flushes you experience.

Supporting Anxiety and Depression

During perimenopause women can be in a state of oestrogen excess. This is because we don't necessarily ovulate every month. With ovulation comes the production of progesterone, which is what I like to refer to as the calm to the oestrogen storm. Because you do not have as much of the calming progesterone you may experience heightened anxiety.

To support progesterone production during perimenopause, focus on including good quality carbohydrates into your diet the week before your bleed. Reduce intensive exercise during this time and include more calming exercise such as yoga and Pilates.