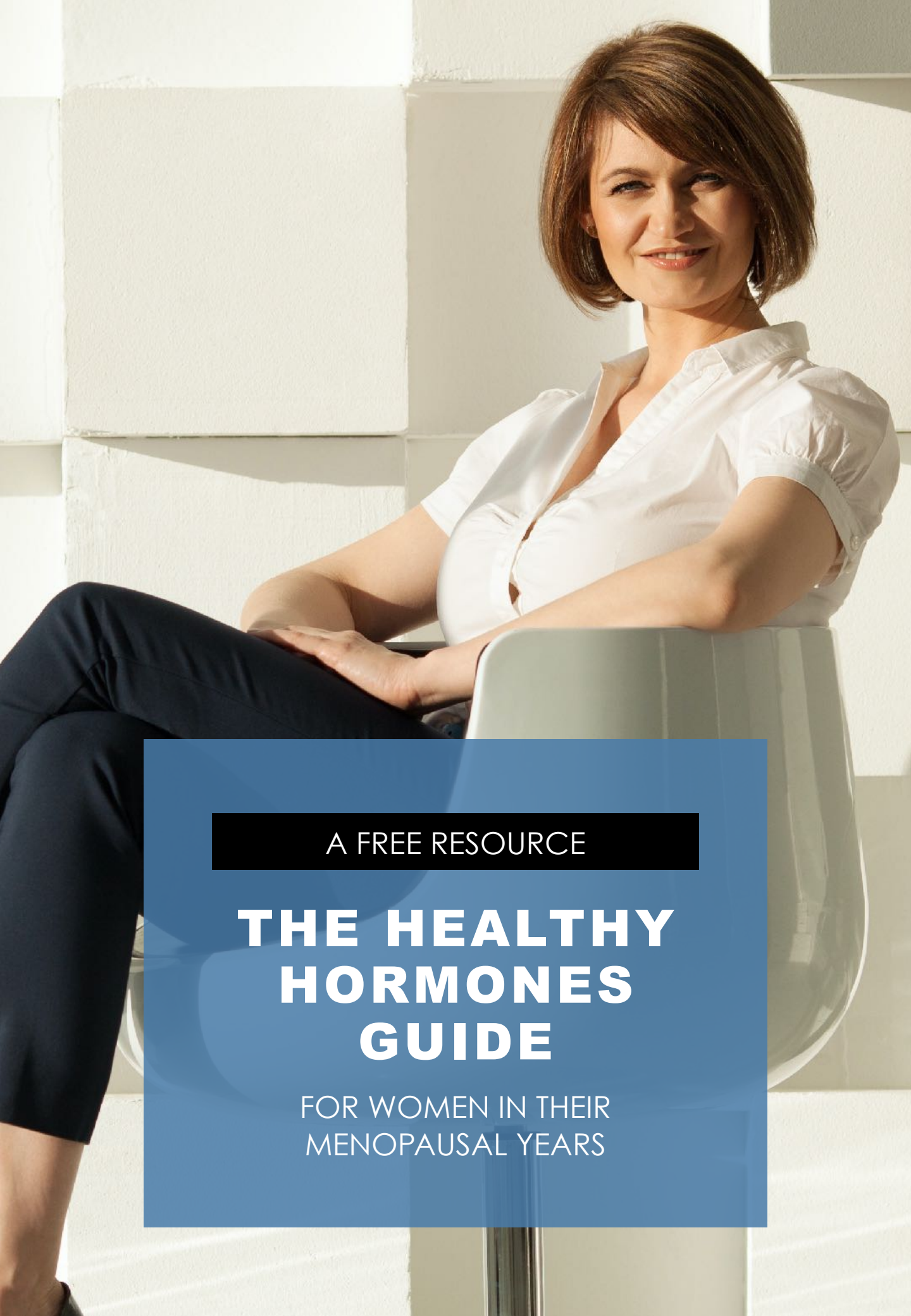




A FREE RESOURCE

THE HEALTHY HORMONES GUIDE

FOR WOMEN IN THEIR
MENOPAUSAL YEARS

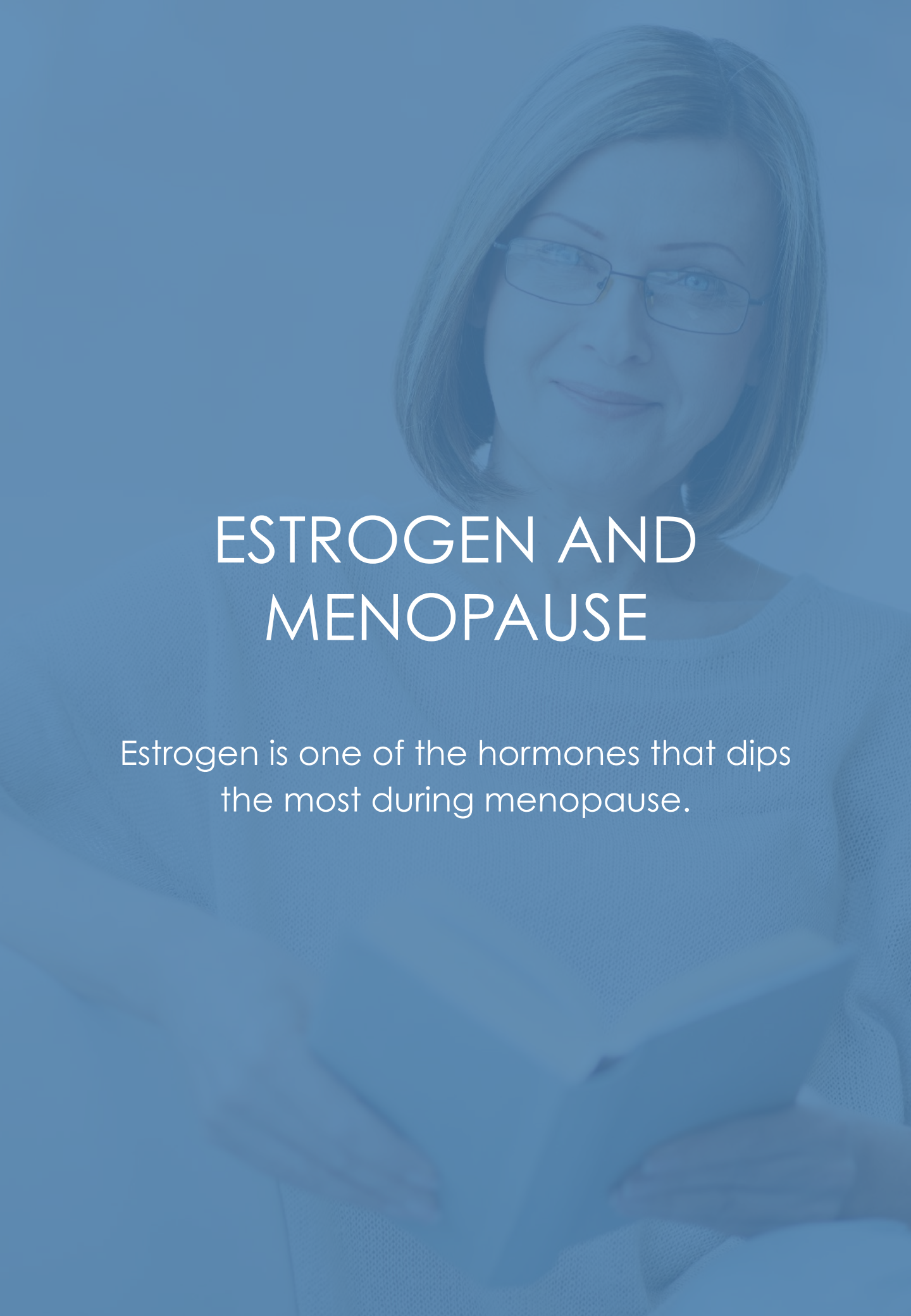
HEALTHY HORMONES: WOMEN IN THEIR MENOPAUSAL YEARS

Your levels of female sex hormones decline, typically between the ages of 40 and 55. It can sometimes happen earlier than this or if your ovaries are removed and you suddenly enter surgical menopause.

The years leading up to menopause are known as perimenopause. A whole heap of changes can happen during this period, including an irregular menstrual cycle, hot flashes, night sweats, mood swings, weight gain, and vaginal dryness.

How do you know when you're in menopause? The big sign is that you haven't had a period for 12 months.

Let's talk about some of the most important hormones for menopausal women and how to balance them for hormone health.

A woman with short blonde hair and glasses is smiling while reading a book. The image is overlaid with a semi-transparent blue filter. The text is centered over the image.

ESTROGEN AND MENOPAUSE

Estrogen is one of the hormones that dips the most during menopause.

ESTROGEN

Estrogen isn't just one hormone. It refers to a class of hormones: estradiol, estriol and estrone. The latter is the form of estrogen that is produced after menopause. The other forms are no longer produced at this point in your life.

Despite estrogen being wildly important during your fertile years, this doesn't mean that estrogen isn't just as important during menopause and beyond!

Estrogen levels fluctuate unpredictably during menopause which causes a range of hot flashes and mood swings. This is why it's important to keep your levels in check.





How Estrogen Levels Affect Your Health and Wellbeing

Before perimenopause kicks in, estrogen levels are usually consistent. They become much more irregular during perimenopause and drop off significantly during menopause.

Estrogen is a key hormone for the menstrual cycle, which is why most women have erratic periods once estrogen levels start to change.

Estrogen is super important for healthy bones. This is one of the reasons why many women have lower bone density after menopause and can be at risk of osteoporosis.

Heart disease is another health condition that may be linked to low estrogen levels.

Lower estrogen levels can also be a factor in hot flashes, night sweats, Urinary Tract Infections (UTIs), vaginal dryness, dry skin and hair loss.

How to Balance Estrogen During Menopause

Given estrogen's many functions in the body, it's super important to know how to balance your levels during perimenopause and menopause.

A woman with blonde hair and glasses is smiling and looking down at a tablet computer. She is wearing a dark blue sweater over a patterned top. The background is blurred, showing what appears to be an office or meeting room setting. The entire image has a blue overlay.

PROGESTERONE AND MENOPAUSE

Another hormone that drops during
menopause

Progesterone doesn't get as much attention as estrogen but it's another hormone that drops during menopause. The effects can be exaggerated by the changing estrogen levels. Progesterone and estrogen work together for a healthy menstrual cycle and to help keep your skin and bones in good condition.

Why Is Progesterone Important During Menopause?

Before menopause, progesterone is produced in the ovaries. When your periods stop completely, this no longer happens. The end result? An imbalance in the levels of progesterone and estrogen, which causes a whole heap of symptoms.





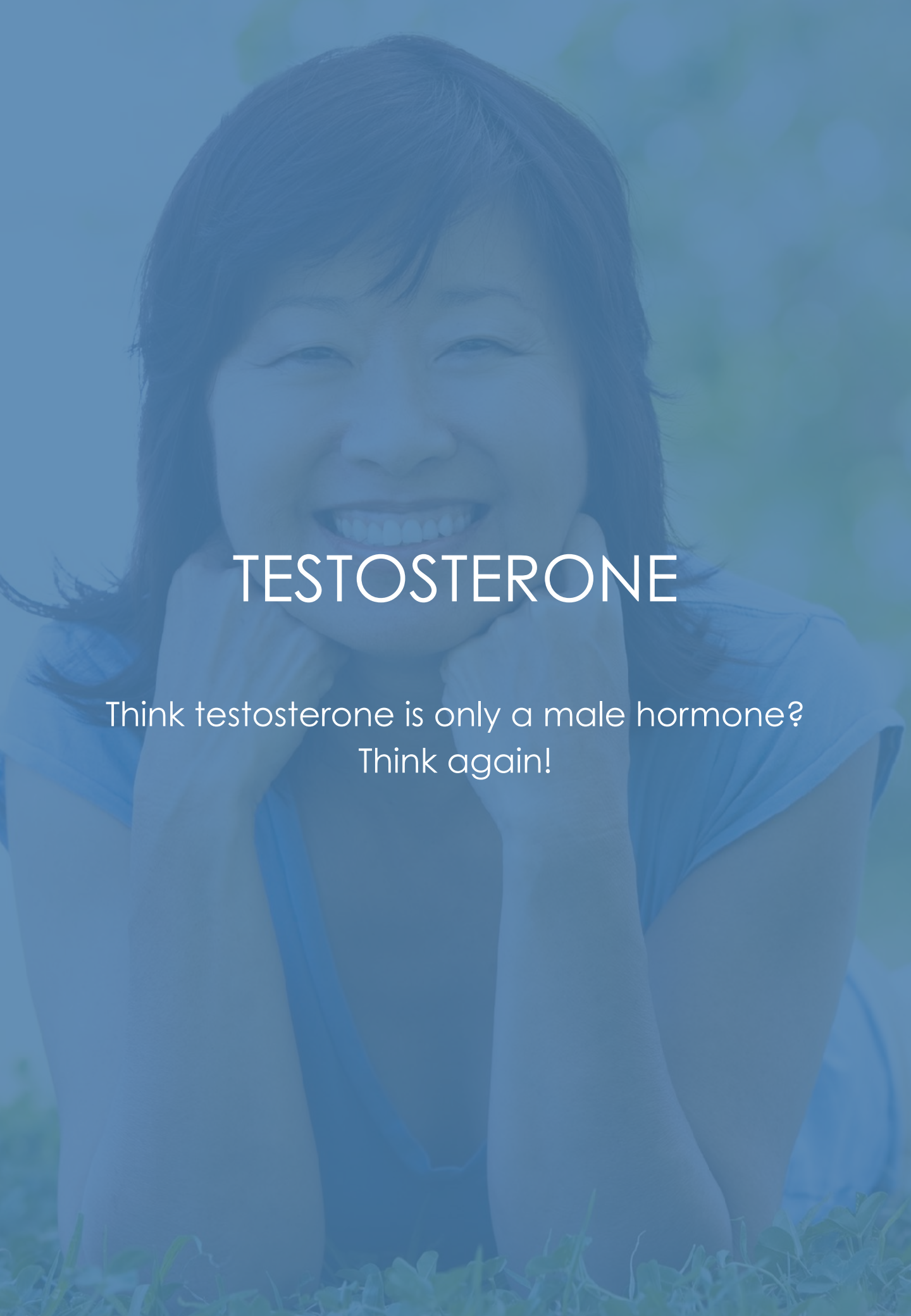
How to Balance Progesterone Levels During Menopause

Progesterone is another hormone that drops during perimenopause and remains low during and after menopause.

Although estrogen levels are dropping too, low progesterone can be bad news — your body needs progesterone to counteract the effects of estrogen. In the early stages of menopause, your body may still be producing relatively normal amounts of estrogen and estrogen dominance can become a problem.

A few ways you can look to balance low progesterone levels:

- Cut back on sugar and unrefined carbs. If your diet is heavy in both, you're more likely to have an estrogen-progesterone imbalance.
- Some herbal supplements can balance low progesterone levels. Chasteberry is one example.
- Eating a healthy, balanced diet that helps regulate hormone levels.
- Vitamin B6 can also be super helpful for low progesterone.
- Omega-3 fatty acids can boost progesterone production.

A smiling woman with dark hair, resting her chin on her hands, with a blue overlay.

TESTOSTERONE

Think testosterone is only a male hormone?
Think again!



Women have it too and it's produced in the ovaries, along with estrogen. Relatively small amounts of testosterone are released by the ovaries and adrenal glands. It plays a part in regulating your moods, absorbing fats, keeping bones healthy and muscles toned.

How to Balance Testosterone Levels During Menopause

Most women will see a decrease in their testosterone levels during menopause. You can address these decline by taking steps to reduce the negative effects of low testosterone:

- Resistance training can boost testosterone levels and helps to keep muscles and bones healthy. Compound exercises and squats can work great for this.
- Moderate cardio exercise can keep estrogen levels in check. If estrogen gets chance to dominate, it can hinder testosterone production.
- Eating healthy fats, healthy carbs and protein can encourage your body to increase testosterone levels. Drinking pomegranate juice has also been shown to increase testosterone levels.
- Getting plenty of sleep and reducing stress is super important for balancing hormones and testosterone is no exception!



HOW TO MAINTAIN HEALTHY HORMONES DURING MENOPAUSE



- A healthy, balanced diet is super important for healthy hormones. Your body can find it a lot harder to maintain hormone health if your lifestyle is unhealthy.
- Do moderate intensity exercise and weight bearing exercises to improve heart health and bone strength.
- Some foods contain phytoestrogens, which mimics the effects of estrogen. This is only a weak effect but it can help increase estrogen levels. Fruits, vegetables, whole grains, legumes, soy products, nuts and seeds can be useful for this.
- Getting plenty of vitamins A, C and E and zinc can help promote estrogen production.
- Avocado, chia and flax seeds, cinnamon, coconut oil, beans, legumes and leafy green veggies can help balance hormones.
- Yoga and meditation can be really helpful for reducing stress and balancing hormones.
- Some women find it super helpful to use herbal supplements that increase estrogen levels and balance hormone levels. They can also help balance progesterone levels too. There hasn't been a ton of research into this and the effects aren't fully known yet but it's one of the options to promote healthy hormones during menopause.

It's time your hormones hit a healthy level!

There are so many layers to hormone health, but these tips will help you balance your levels using nature's finest.

Need a little extra boost?

Join a supportive group of others just like you who are looking for a vibrant life in the Group class or 1-1 coaching sessions tailored to your needs

<https://foodlifeandnutrition.com/work-with-me/>

I'd love to learn more about your health journey to get you feeling vibrant again! Book your free healthy hormones consultation here:

<https://foodlifeandnutrition.com/contact/>

Talk to you soon!

Caroline Payne
Board Certified Health Coach
foodlifeandnutrition.com