



EMBRACE CHANGE

MASTERING MENOPAUSE

This season of life is not to be dreaded, but to be enjoyed.

WHAT YOU MIGHT EXPERIENCE DURING MENOPAUSE

Know Your Body

Menopause is a natural transition in a women's life. Though the symptoms that come along with this change can be difficult at times, there are ways embrace this change and and feel your best throughout the transition.

Most common symptoms:

- Hot flashes
- Weight gain
- Fatigue
- Hair loss
- Low libido
- Dryness
- Bone loss
- Cholesterol
- Decreased muscle mass
- Night sweats
- Difficulty sleeping

The good news, most of these symptoms can be made better by shifts in your diet and lifestyle.

TOP FOODS TO REDUCE SYMPTOMS OF MENOPAUSE

Enjoy and Benefit



SOY BEANS

SOY CONTAINS PHYTOESTROGENS THAT CAN HELP RESTORE HEALTHY ESTROGEN LEVELS. THESE HAVE BEEN SHOWN TO REDUCE HOT FLASHES. HIGHLY PROCESSED SOY DOES NOT CARRY THE SAME BENEFITS AS WHOLE SOY. EDAMAME, TEMPEH, AND NATO ARE HEALTHY SOY CHOICES.



CHIA SEED AND FLAX SEED

CONTAIN PHOSPHORUS, MAGNESIUM AND CALCIUM ALL OF WHICH ARE EXCELLENT FOR BONE DENSITY. THEY ALSO CONTAIN OMEGA 3 FATTY ACIDS FOR IMPROVED BRAIN HEALTH, HEART HEALTH, AND SKIN QUALITY.



CRUCIFEROUS VEGETABLES

-->**COOKED OR FERMENTED** ESPECIALLY FOR THYROID HEALTH. THESE VEGETABLES CAN AID IN ESTROGEN METABOLISM AND BALANCE. THEY ALSO HAVE CALCIUM TO IMPROVE BONE HEALTH. EXAMPLES ARE: BROCCOLI, CABBAGE, BRUSSELS SPROUTS, BOK CHOY, CAULIFLOWER, COLLARD GREENS.



QUALITY PROTEIN

THIS IS NECESSARY TO MAINTAIN MUSCLE MASS WHICH CAN DECREASE MORE RAPIDLY AFTER MENOPAUSE. THE RECOMMENDED DAILY AMOUNT FOR WOMEN AFTER MENOPAUSE IS 1-1.2 GRAMS PER KG OF BODY WEIGHT. EXAMPLES ARE: ORGANIC CHICKEN, WILD CAUGHT FISH, ORGANIC EGGS, GRASS FED BEEF, NUTS, AND SEEDS.



FATTY WILD CAUGHT FISH

FOODS RICH IN OMEGA 3 FATTY ACIDS HAVE BEEN SHOWN TO REDUCE HOT FLASHES AND NIGHT SWEATS. THESE FOODS ALSO HELP MAINTAIN BRAIN HEALTH AND SKIN QUALITY. EXAMPLES OF HEALTHY FATTY FISH ARE: SALMON, MACKEREL, SARDINES, AND HERRING.



DARK BERRIES

THESE LITTLE POWERHOUSES ARE LOADED WITH ANTIOXIDANTS WHICH CAN BLUNT THE EFFECTS OF AGING. THEY CONTAIN A UNIQUE COMBINATION OF FIBER, FLAVONOIDS, AND PHYTONUTRIENTS THAT CAN REDUCE RISK FOR HEART DISEASE AND HAVE BEEN SHOWN TO LOWER LEVELS OF LDL CHOLESTEROL. THEY HELP PROTECT AGAINST CELLULAR DAMAGE THAT CAN CAUSE CANCER AND COGNITIVE DECLINE. GREEN TEA ALSO HAS MANY OF THESE SAME BENEFITS.

MEAL IDEAS TO HELP REDUCE SYMPTOMS OF MENOPAUSE

Better Breakfasts



EGGS AND GREENS

EGGS COOKED YOUR WAY WITH ARUGULA, AVOCADO, AND GROUND FLAXSEED.



CHIA SEED PUDDING

1 CAN FULL FAT COCONUT MILK, SPLIT INTO TWO CONTAINERS, + 3 TBSPS CHIA SEEDS EACH, ADD IN SCOOP OF COLLAGEN OR PROTEIN POWDER, STIR AND REFRIGERATE OVERNIGHT.

IN MORNING ADD: FRESH BERRIES OF CHOICE, OPTIONAL 1 TBSP UNSWEETENED COCONUT SHREDS, 1 TBSP OF NUTS/SEEDS OF CHOICE AS WELL



ROOT CAUSE GREEN SMOOTHIE

1 CUP MIXED BABY GREENS, 2 LARGE CARROTS
1 RIPE AVOCADO, 1 STICK CELERY, 1 CUCUMBER
1 BUNCH BASIL LEAVES, 1 CUP COCONUT MILK
1 SCOOP PEA PROTEIN POWDER SEA SALT TO TASTE →CAN SKIP AVOCADO AND ADD 1 TABLESPOON OF CHIA SEEDS, CAN ADD JUICE OF ONE LEMON TO MAKE IT MORE TROPICAL, CAN ADD BERRIES OR ½ BANANA FOR TASTE BLEND WITH A CUP OF ICE CUBES TO MAKE IT COLD AND NICE MILKY CONSISTENCY.

Easy Lunches and Dinner



BAKED CHICKEN AND VEGGIES

ORGANIC CHICKEN, CHOPPED BROCCOLI, SLICED RED ONION, SLICED CARROTS, AND SLICED RED CABBAGE COATED WITH AVOCADO OIL, GARLIC POWDER, AND SEA SALT. COOK IN OVEN ON 350 DEGREES FOR 20 MINUTES (UNTIL CHICKEN IS COOKED THROUGH).



BERRY SALAD TOPPED WITH ORGANIC PROTEIN

ARUGULA, WALNUTS, MIXED BERRIES, GOAT CHEESE, SLICED RED ONION, OLIVE OIL, AND LEMON. TOP WITH LEAN PROTEIN SUCH AS SHRIMP, CHICKEN, TURKEY, OR FISH.



SALMON, BROCCOLI, AND BRUSSELS SPROUTS

BAKED OR GRILLED SALMON WITH LEMON AND GARLIC. SERVE WITH STEAMED BROCCOLI AND BRUSSELS SPROUTS.

REMOVE OR LIMIT - APPROACHING AND DURING MENOPAUSE

Pass on These



SPICY FOODS

THESE FOODS CAN MAKE HOT FLASHES AND NIGHT SWEATS WORSE. SPICY FOODS CAN MAKE SYMPTOMS OF GASTRIC REFLUX WORSE, A COMMON CONDITION IN AGING ADULTS.



ALCOHOL

ALCOHOL CAN CAUSE MORE DIFFICULTY WITH SLEEP, HEALING, AND THE ABILITY FOR THE LIVER TO CLEAR OUT HARMFUL ESTROGENS. ALSO ALCOHOL CAN INTERFERE WITH NUTRIENT ABSORPTION, WORSEN LEAKY GUT, AND HAS BEEN SHOWN TO HAVE A NEGATIVE IMPACT ON BONE DENSITY.



ADDED SUGARS

SUGAR INTERFERES WITH OUR GUT HEALTH AND CAUSES IMBALANCES OF THE GUT MICROBIOME. IT CAN LEAD TO POOR NUTRIENT ADSORPTION, IMPAIR OUR IMMUNE HEALTH, AND CAUSE INCREASED INFLAMMATION. THIS CAN LEAD TO WORSE HOT FLASHES AND WEIGHT GAIN.



PROCESSED CARBOHYDRATES

THESE FOODS INTERFERE WITH OUR HORMONE BALANCE AND CAN LEAD TO INSULIN RESISTANCE. THIS CAN FURTHER LEAD TO MANY ISSUES SUCH AS DIABETES, CHRONIC ILLNESS, FATIGUE, BRAIN FOG, LOW LIBIDO, HIGH CHOLESTEROL, AND MORE. EXAMPLES ARE: BREADS, PASTA, CHIPS, GRANOLA BARS, CRACKERS, PRETZELS, ETC.



FRIED FOOD

FRIED FOODS CAN CAUSE GASTRIC UPSET AND POOR GUT HEALTH. THEY CAN INCREASE SYMPTOMS OF HOT FLASHES, NIGHT SWEATS, HIGH CHOLESTEROL LEVELS, BRAIN FOG, AND LOW LIBIDO. PLUS THE DAMAGING SEED OILS TAKE MONTHS TO CLEAR OUT OF YOUR SYSTEM, IF EVER. AVOID AT RESTAURANTS AT ALL COSTS! CAN DO AIR FRYER POTATOES AT HOME IF YOU'RE WANTING FRIES.



CAFFEINE

TOO MUCH CAFFEINE CAN INTERFERE WITH OUR HORMONAL BALANCE AND LEAD TO IMPAIRED SLEEP AND INCREASED HOT FLASHES. FOR MOST PEOPLE ONE CUP PER DAY DOES NOT INCREASE SYMPTOMS BUT AVOIDING MORE THAN THIS CAN BE HELPFUL.

TOP SUPPLEMENTS

Get The Boost You Need

Be sure to speak with your functional medicine doctor before incorporating new supplements to your regimen.



MAGNESIUM

MAGNESIUM IS IMPORTANT FOR BALANCED ENERGY PRODUCTION. IT CAN HELP WITH SLEEP, STRESS REDUCTION, AND MUSCLE PERFORMANCE. MOST PEOPLE HAVE BELOW OPTIMAL LEVELS OF MAGNESIUM. USE CITRATE IF YOU HAVE CONSTIPATION, GLYCINATE FOR SLEEPING HELP



QUALITY COLLAGEN POWDER

AS WE AGE, OUR COLLAGEN LEVELS DECREASE AT A RAPID RATE (HENCE OUR SKIN BEGINNING TO SAG). COLLAGEN CAN HELP IMPROVE THE QUALITY OF OUR SKIN, HAIR, NAILS, AND BONES.

[CLICK LINK TO PURCHASE GOOD QUALITY](#)



VITAMIN D3 WITH K

VITAMIN D3 IS CRUCIAL FOR A HEALTHY IMMUNE SYSTEM, TO KEEP INFLAMMATION DOWN, AND FOR COGNITIVE HEALTH. IT HAS BEEN SHOWN TO IMPROVE MOOD AND ENERGY IN MENOPAUSAL WOMEN.



OMEGA 3

OMEGA 3 FATTY ACIDS ARE THE BUILDING BLOCKS FOR OUR CELLULAR MEMBRANES. THEY KEEP COMMUNICATION BETWEEN CELLS FUNCTIONING AND REDUCE INFLAMMATION. SUPPLEMENTATION WITH OMEGA 3 HAS BEEN SHOWN TO REDUCE NIGHT SWEATS, MOOD SWINGS, AND JOINT PAIN DURING MENOPAUSE.

DR POMPAS - MEMBRANE R2



PROBIOTICS

GUT HEALTH IS AN IMPORTANT ASPECT OF OVERALL HEALTH. A HEALTHY GUT MICROBIOME IMPROVES NUTRIENT ABSORPTION, REDUCES FOREIGN INVADERS THAT CAUSE ILLNESS, AND IMPROVES OUR ENERGY LEVELS. THE QUALITY OF YOUR PROBIOTIC SUPPLEMENT IS VERY IMPORTANT AND NEEDS TO INCLUDE A SOIL BASED PROBIOTIC AS WELL AS PREBIOTICS AND THEY NEED TO BE CYCLED.

DR POMPA - GUT ENHANCER

MEGASPOREBIOTIC AND MEGA MUCOSA



GINSENG AND CHASTEBERRY

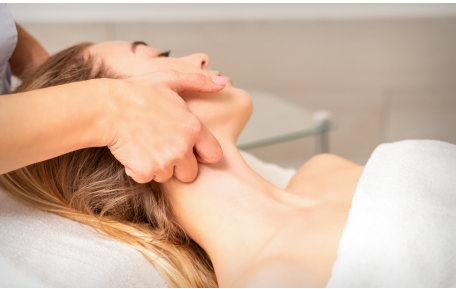
GINSENG HAS BEEN SHOWN TO IMPROVE SLEEP AND REDUCE MOOD SWINGS DURING MENOPAUSE. IT CAN ALSO HELP REGULATE BLOOD SUGAR AND IMPROVE IMMUNE HEALTH. TO MAKE GINSENG TEA, SLICE FRESH GINSENG AND STEEPED IN HOT WATER FOR SEVERAL MINUTES.

CHASTEBERRY OR CHASTE TEA BERRY TINCTURE AND/OR SUPPLEMENTS CAN HELP WITH PMS, MENOPAUSE, FIBROCYSTIC BREASTS, HEADACHES AS WELL

TOP DETOX METHODS

Take care of YOU

To help detoxifying extra harmful estrogens and toxins



LYMPHATIC DRAINAGE MASSAGE HAS BECOME A POPULAR FORM OF MASSAGE DUE TO ITS POTENTIAL HEALTH BENEFITS. IT'S A GENTLE FORM OF MASSAGE THAT FOCUSES ON THE LYMPHATIC SYSTEM, WHICH IS PART OF THE IMMUNE SYSTEM. YOUR LYMPH SYSTEM INCLUDES ORGANS, VESSELS, AND TISSUES THAT MOVE OR DRAIN A WATER-LIKE FLUID CALLED LYMPH FROM OTHER PARTS OF YOUR BODY INTO YOUR BLOODSTREAM



YOGA/PILATES/STRETCHING

THIS SHOULD BE DONE 2-3X A WEEK FOR MOVEMENT FOR BONES, MUSCLES, JOINTS AND FLEXIBILITY. NOT JUST MAINTENANCE OF BODY FOR LONGEVITY, BUT MOVEMENT OF TOXINS THROUGH THE BODY. GENTLE AND EASY IS OK. CAN EVEN DO CHAIR YOGA OR STRETCHES IF MOVEMENT IS LIMITED



EPSOM SALT BATHS

EPSOM SALTS CONTAIN MAGNESIUM, A MINERAL THAT HELPS YOUR MUSCLES RELAX AND IS CRITICAL FOR DETOX. SOAKING IN AN EPSOM SALT BATH HELPS FLUSH OUT HARMFUL TOXINS WHILE EASING STRESS AND PROMOTING RELAXATION. SIMPLY ADD 2 CUPS OF EPSOM SALTS TO A WARM BATH AND FEEL YOUR STRESS MELT AWAY.



DRY BRUSHING

DRY BRUSHING EXFOLIATES YOUR SKIN AND REDUCES THE APPEARANCE OF CELLULITE. BUT IT ALSO STIMULATES YOUR LYMPHATIC SYSTEM, WHICH HELPS YOUR BODY REMOVE WASTES AND TOXINS. IF THE LYMPHATIC SYSTEM GETS SLUGGISH, IT CAN LEAD TO A BUILD-UP OF ESTROGEN. NEW TO DRY BRUSHING? THIS POST WILL WALK YOU THROUGH IT. AND HERE'S A GREAT SET. DO 3X WEEK AT LEAST. BRUSH TOWARDS HEART, EASY TO DO BEFORE SHOWER.



INFRARED SAUNA AND SWEAT

SWEATING HELPS YOUR BODY REMOVE TOXINS VIA YOUR SKIN. THIS LIGHTENS THE LOAD ON YOUR LIVER, WHICH HELPS YOUR BODY DETOX HORMONES. YOU CAN SWEAT IT OUT VIA EXERCISE OR EVEN TAKE IN A SAUNA SESSION. AT HOME PORTABLE SAUNAS THAT CAN TURN YOUR BEDROOM INTO AN AT-HOME SPA AND INFRARED SAUNA BLANKETS ARE AMAZING! TAKE TWO BIND/GUT CLEAR BEFORE HAND AND DO ON DETOX CYCLE. DO 2-3 X WEEKLY



LYMPHATIC TAPPING

RESOURCE LIBRARY - DETOX SUPPORT & ALTERNATIVE THERAPIES VIDEOS UNDER LINKS

[CLICK --> THIS VIDEO IS HELPFUL TOO](#)

ON HOW AND WHY OPEN UP DIFFERENT AREAS OF YOUR BODY. THIS SHOULD BE DONE 3X A WEEK