

Better Way to Wellness

- Get Nourished... Be Well

Supporting the Body Through Menopause

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- Overview
- Symptoms
- Contributing Factors
- Conventional Approach
- Holistic Approach

Whole Body Health – the Holistic You

You can have a positive effect on your health:

“You control 75% of your health outcome depending on the lifestyle and diet you choose” -- Drs. Roizen and Oz authors of “You: The Owner’s Manual”

Holistic Approach

- Lifestyle
 - Reduce Stress - Support Adrenal Function
 - Exercise - Combination of walking, high intensity and resistance (weights or bands)
 - Sleep 8-10 hours per night
 - Do not smoke
- Reduce Exposure to Toxins, especially Xenoestrogens
 - Personal Care Products, Cleaning Products, Pesticides, Plastics
- Whole Food Diet
 - Stabilize Blood Sugar
 - Normalize Digestive Function
 - Support Liver Detoxification
- Herbs and Supplements for Support

Eating Basics

- Eat Real Food – Local, Seasonal, Fresh
 - The further a food has to travel and the more a food is processed the less nutrients it will have
 - Naturally raised meats & produce to avoid xenohormones
- Enjoy 5-9 servings of fresh colorful vegetables and fruits – emphasize green leafy vegetables
 - Soy or other beans including the fresh green beans and all types of peas
 - Enjoy vegetables from cabbage family: broccoli, Brussels sprouts,

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- collards, kale, turnips, cauliflower
 - Flax Seed - high in lignans and phytoestrogen; excellent source of fiber
- Eat Foods Rich in Probiotics
 - Sauerkraut, yogurt, kefir, kombucha, kim chi
- Include a protein, carbohydrate and fat with every meal or snack
- Drink filtered water or green or herb teas
- Eat while in a relaxed state...Enjoy your food in good company!

Avoid List

- Alcohol
- Caffeine
- Sugar & Sugar substitutes
- Trans Fats - hydrogenated and partially hydrogenated oils
- Heavily Processed Foods – packaged foods with more than five ingredients or things you can't pronounce.
- Food additives, preservatives, artificial colors

Herbs

- **Black Cohosh** - used for hot flashes. Not to be taken for longer than 6 months
- **Dong Quai** - adaptogenic. Used for hot flashes and depression. Can make your skin sensitive to sun light
- **Chastetree Berry** (Vitex) - promotes progesterone production. May alleviate excess bleeding during peri-menopause
- **Licorice Root** - adaptogenic and supports adrenals. Do not use with high blood pressure
- **Red Clover, Nettles** - rich in phytoestrogens and supportive minerals

Supplements

Basic Support

Multivitamin / mineral from wholefood source
 Calcium / Magnesium
 Omega 3 and 6

Symptom Relief

Vitamin C with Bioflavonoids
 Wheat Germ Oil (vitamin E)
 Gamma Oryzanol
 Calcium d-glucarate

Teas / Infusions

Basic Method: Put 1 oz dried organic herbs in a 1 quart glass jar. Pour hot boiled filtered water into jar. Let steep for at least 4 hours or overnight. Strain out herbs and drink hot or cold. Refrigerate any leftovers.

Nettles will provide approximately 2000 mg of calcium per quart of tea along

with other minerals and vitamins

Also try, equal parts of Nettles, Red Clover and Oat Straw - a blend rich in phytoestrogens, can be very calming

Recipe for Relaxing Bath

Fill tub with hot water and 2 cups each of Epsom Salt and Baking Soda. Add a few drops of your favorite essential oil - rosemary, lavender, eucalyptus or jasmine. Soak about 20 minutes.

Resources

California Seasonal Produce Calendar:

www.rockridgemarkethall.com/produce/index_produce.html

Dadd, Debra Lynn. Home Safe Home. New York: Putnam, 1997.
Also debraslist.com

Environmental Working Group:

Produce Shopping Guide “The Dirty Dozen”: www.foodnews.org

Cosmetics Shopping Guide: www.cosmeticsdatabase.com

Gittleman, Ann Louise. Before the Change – Taking Charge of Your Perimenopause. San Francisco: Harper Collins, 1998.

Love, Susan. Dr. Susan Love’s Menopause & Hormone Book. New York: Three River’s Press, 2003.

Monterey Bay Aquarium **Seafood Watch:** www.mbayaq.org/cr/seafoodwatch.asp

mountainroseherbs.com – online source for organic herbs, spices, sea vegetables, cosmetics

Murray, Michael and Pizzorno, Joseph. The Encyclopedia of Healing Foods. New York: Atria Books, 2005.

Nestle, Marion. What to Eat. New York: North Point Press, 2006.

Northrup, Christiane, MD. The Wisdom of Menopause. New York: Bantam Dell, 2003.

Oz, Mehmet and Roizen, Michael, MDs. You: The Owner’s Manual. New York: HarperCollins, 2005.

World’s Healthiest Foods: www.whfoods.com/whoweare.php

Be advised that any nutritional program suggested is not intended as a treatment for any disease. The intent of any nutritional recommendation is to support the physiological and biochemical processes of the human body, and not to diagnose, treat, cure, prevent any disease or condition. Always work with a qualified medical professional before making changes to your diet, prescription medication, lifestyle or exercise activities.