

Peri-menopause & Menopause

Food for Thought

Anti-inflammatory
Healthy Fats
Ample Protein
Support detox
Blood sugar regulation
Rainbow of veggies

What does this mean?
6-9 veggies per day
1-2 grains per day, GF if possible
2 fruits per day
Healthy fats every day
Lots of water
Protein with every meal
Limit: Alcohol, caffeine

Support Detox

Pomegranate, rosemary, dandelion all help with healthy elimination of estrogen.

Cruciferous vegetables, yams and grapefruit all support estrogen metabolism

Celery, artichokes, asparagus and beets support healthy liver and kidney function

Onions, shallots, garlic, leeks support oxidative stress

Support phase II Glucuronidation: UDP-glucuronic acid found in apples, oranges, Brussel sprouts, broccoli and cabbage.

Nutrition

Ample Protein: Helps stabilize insulin levels and reduce sugar cravings, plant sources, avoid processed meats.

Rainbow of veggies: Support hormone production, fiber supports elimination, start meals with greens, support gut microbiome.

Healthy Fats: Cholesterol building block of hormones. Omega-3 decrease inflammation and promote healthy cholesterol production. EVOO, avocado, coconut oil, fish.

Water: Flush to remove toxins.

Unwind

Sleep: Aim for 7 to 8 hours of quality sleep per night. Lack of sleep is associated with Alzheimer’s disease and can activate the stress response (which negatively impacts insulin). Sleep also helps regulate the gut microbiome, immunity.

Stress: Imperative to reduce additional stress on the body so that we are not in a constant state of flight or flight. Reduce stress on the adrenals. Improves digestion.

Exercise

Weight bearing: Helps increase bone density and strengthens bones. Walking is good but not enough. Short periods of dynamic strain have the most effect. Weight training and/or resistance training is key.

Relaxation: Include exercise that helps calm and relax the body such as yoga and meditation..

Cognitive Function: How can you exercise your brain and induce change? Learn something new, emotional stimulation aerobic exercise.

Endocrine Disruptors

What: Bind to our hormone receptors and interfere with balance. .

Xenoestrogens: Found in many household, and personal care products, plastic bottles and tupperware, food dye, preservatives, artificial sweeteners. They mimic estrogen. Cleared via phase II glucuronidation

Detoxification Pathways: Need to ensure detoxification pathways in body are healthy so endocrine disruptors can be eliminated. Water, healthy gut microbiome, fiber, organic.

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Adrenal Support

VITAMIN B, C, CALCIUM,
MAGNESIUM, POTASSIUM AND
ZINC

Green leafy vegetables, avocado,
sweet potatoes, spinach, coconut
water, pumpkin seeds, dairy, animal
products (vitamin B and zinc),
seafood (zinc)

Reduce Stress!

Cognitive Function

CHOLINE, B-VITAMINS, OMEGA-3

Eggs, liver, mushrooms, animal
products, fish (choline)

Animal products, green leafy
vegetables, fish (vitamin B)

Cold water fatty fish, chia, flax and
hemp seeds (Omega-3)

Exercise your brain, sleep

Bone Health

VITAMIN D, CALCIUM, VITAMIN K,
MAGNESIUM

Dairy, green leafy vegetables, red
peppers, sardines with bones
(calcium)

Leafy vegetables, nuts, legums,
seeds, whole grains (magnesium)

Green leafy vegetables (vitamin K)

Weight bearing exercise

Blood Sugar

HIGH FIBER, WHOLE FOODS,
HEALTHY FATS

Leafy greens, cruciferous
vegetables, whole grains, beans,
legumes (high fiber)

Avocado, olives, olive oil, nuts, nut
butters (healthy fats)

Exercise, sleep, Unwind