



Menopause Health Tips

Menopause is a natural part of a woman's life. It's time for transition, & is when menstruation has stopped for at least 12 months. Menopause occurs naturally between 45-55 years old, with the average age being 50-51 years old. Hormonal changes can be noticed ten or more years prior to cessation of menstruation. Body weight tends to influence the age & severity of menopause symptoms - with thinner women more likely to have earlier & more menopausal symptoms than heavier women. Being heavier may actually delay menopause till way into their fifties also.

There's lots evidence to suggest that a woman's pre-menopausal health habits will influence her transition. Everything from your exercise routine, dietary preferences, stress management & social interactions will affect your health status & severity of symptoms. Keeping these in check *before* peri-menopause will help you in the long run. Peri-menopause can be thought of like puberty...only instead of the time before onset of menstrual cycle, it's the time before menopause. Like puberty, hormones & emotions are fluctuating & your menstrual cycle becomes irregular - which are related to fluctuating oestrogen, rather than the low levels of oestrogens in menopause.

Self Help Tips

- Give up smoking as it increases your risk of developing cancer & osteoporosis. It depletes the body of essential nutrients whilst increasing the load of heavy metals & toxic chemicals within your body.
- Restrict your intake of saturated fats....particularly fried foods. Use cold-pressed olive oil & flax/linseed for salads & low temp cooking. Use a little sesame or coconut oil for stir fries or high temp cooking. And little bit of butter is a whole better than margarine.
- Add 1-2Tbsp ground flax/linseed to smoothies, muesli, yoghurt, salads or stir fries each day to help reduce hot flushes & vaginal dryness – packed with phytoestrogens & omega 3 & 6 fatty acids.
- Increase fruit & veggies with each meal. Cruciferous veggies (cabbage, cauliflower, broccoli, Brussel sprouts etc) are particularly good for balancing hormones & are packed with nutrients.

- Include legumes such as peas, dried beans, chickpeas & lentils in your diet – high in protein, calcium & magnesium.
- Soy beans boast iron, amino acids & omega 3 fatty acids, & are also considered phytoestrogens - which have also shown to decrease hot flushes & vaginal dryness. So try adding tofu, tempeh, & soya beans in moderation to your diet.
- Include alfalfa sprouts & sunflower seeds into your salads – also contain phytoestrogens plus calcium, magnesium & zinc.
- Reduce consumption of red meat, pork & processed meats. Organic chicken/turkey or fish is better, though vegetarian meals should be increased.
- Drink at least 8-10 glasses of pure water per day. We need it for hydration, but also waste removal & keep everything working properly within your body. Add a squeeze of lemon/lime juice or fresh mint to aid digestion.
- Keep up with exercise – doing some weight bearing exercise regularly to help with maintaining bone density & weight maintenance is important. Try a Step class, Zumba, running, skipping, tennis or dancing!
- Keep your stress levels in check. Balance is the key....try to include an Epsom salt bath, massage, yoga, long walks, reading a favourite book, enjoying herbal tea, music or meditation as part of your lifestyle.

Drinks to Try:

- Sage has been shown to help decrease hot flushes & you can make a simple drink to enjoy. Simply chop about 6 sage leaves & soak them overnight in lemon juice. In the morning strain & drink the juice. Drinking this 7-10days can help to lower flushing & sweating – with the bonuses of aid concentration & digestion.
- Fennel is high in calcium, magnesium, folic acid & rich in phytoestrogens to fight off osteoporosis. The chicory aids kidney & liver function. Try x2 apples, x2 carrots, x1 head chicory & ½ bulb of fennel & throw in through the juicer/‘bullet’.
- Another bone building juice to try packed with magnesium, calcium, potassium, iron, folic acid & phosphorus. Juice x3 apples, x2 celery stalks, x1 beetroot & ½ cabbage.

Visit: www.everlasting-health.com.au for more healthy recipes!!!

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