

THE WOMEN'S HEALTH GUIDE

NUTRITION FOR MENOPAUSE



What is Menopause?

Menopause is described as the point in time (2 months after a woman's period) it is the end of your menstrual cycles. During this time, a woman's body produces less hormones specifically less estrogen and progesterone. This typically happens during the ages of 45-55. Menopause can result from naturally declining reproductive hormones. Common symptoms include fatigue, hot flashes, mood changes, weight gain, slower metabolism, night sweats, vaginal dryness, and osteoporosis.

Supplements to Help

****Always consult with your doctor before adding these to your diet.**

- Calcium: When estrogen decreases, there becomes more calcium loss in the body. Calcium is necessary for bone health.
- Vitamin D: It assists in calcium absorption, bone health & brain function.
- B-12: As we age, our ability to absorb B-12 decreases.
- Hemp seeds/oil (1 tsp of seeds/1/2 tsp of oil may help with dryness and hot flashes).
- Ginger juice: Can help with nausea and abdominal pain. Start with 1/2 tsp and go up to 1 tsp.
- Ashwagandha - Magnesium: Taking these at night can help with symptoms. Start with 500 mg of Mg and increase slowly to 600 mg to reduce progesterone. Pumpkin seeds and olive seeds are high in magnesium. Don't take ashwagandha on thyroid medications, take magnesium 2 hours away from medications.
- Blood volume may help reduce night sweats, hot flashes, and other symptoms.
- Adding creatine can help reduce the decline in muscle and bone.

Lifestyle Factors to Help

- Smoking and excessive alcohol can increase rates of bone loss.
- Caffeine and spicy foods may worsen hot flashes.

Aim for 7 ounces of water per pound for hydration. Try coconut water for an extra hydration boost.

Nutrition & Menopause

- Combine carbohydrates with protein in order to get adequate energy throughout the day while managing your mood, make sure your snacks and meals have a source of carbs and protein in them. Snacks such as fruits with nuts or cheese. Meals such as potatoes and chicken, fish with rice, or beans with veggies.
- Aim for 20-25 grams of protein per meal.
- Consume more complex carbohydrates: Nutrient dense carbs like fruits, veggies, and whole grains, are great because our bodies can't handle carbohydrates as well compared to before. Incorporate more oats, sweet potatoes, berries, veggies, and quinoa.
- Incorporate healthy fats: Estrogen is cardioprotective, so when our estrogen decreases with menopause, we need to protect our heart health even more by adding healthy fats such as fish, nuts & seeds.
- Consume foods that promote bone health: As we age, we don't build our bones anymore, so it's imperative to consume a diet that has enough calcium, vitamin K and vitamin D. Adding foods such as fish, chicken, yogurt, tofu, milk, and dark leafy greens can increase calcium and vitamin D levels.
- Increase your physical activity, specifically strength training: Exercise can slow muscle loss and weight gain and increase your bone density.
- Decrease your caloric intake: Since our metabolism slows down as we age, to maintain or decrease your weight, it is best to slightly reduce your caloric intake while incorporating physical activity.

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MERISA MARTINEZ, REGISTERED DIETICIAN

DIGITAL WORKBOOK FOR WELLNESS

Ebential Womens Health Guide 2001

Jesse M. Klostranec, Klostranec



Essential Womens Health Guide 2001:

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150 medical topics of interest to women **New Books on Women and Feminism** ,2002 **The Essential Med Notes**
Jesse M. Klostranec,Klostranec,2012 This text presents the most comprehensive resource available that focuses on exam preparation for the MCCQE Part 1 and the USMLE Step 2 Written in a concise easy to read style this annually revised text includes relevant clinical information on 29 medical subspecialties **Library Journal** ,2004 [Botanical Medicine for Women's Health E-Book](#) Aviva Romm,2017-01-25 Use herbal medicines to treat women at any stage of life Botanical Medicine for Women s Health 2nd Edition provides an evidence based patient centered approach to botanical interventions for many different medical conditions More than 150 natural products are covered showing their benefits in gynecologic health fertility and childbearing and menopausal health This edition includes new full color photos of herbal plants along with a discussion of the role of botanicals in healthy aging Written by Aviva Romm an experienced herbalist midwife and physician this unique guide is an essential resource for everyday practice of herbal medicine Winner of the 2010 American Botanical Council s James A Duke Excellence in Botanical Literature Award Current evidence based information covers more than 150 botanicals for over 35 different conditions Case studies provide realistic scenarios and help you apply the content to the real world Treatment and formula boxes summarize the most important information Color illustrations and photographs of plants enable you to identify herbs visually as well as by substance make up Logical chapter organization begins with the principles of herbal medicine and then covers women s health conditions organized chronologically by lifecycle from teen and reproductive years to midlife and mature years Appendices include practical at a glance information on common botanical names chemical constituents of medicinal plants and a summary table of herbs for women s health NEW Updates reflect the latest research and the most current information NEW Full color design and detailed professional color photos of plants make this a unique essential resource NEW Coverage of the role of botanicals in healthy aging for women features phytoestrogens Ayurvedic Chinese herbs and discussions of health promotion **Women** Robin Hartley,2002 This comprehensive guide to women s health includes vital information from a health care professional on how to take better care of yourself body mind and spirit Subjects include perimenopause menopause PMS osteoporosis and libido among others The overall theme of the book is how to balance a career with family life while maintaining or improving your health *Books in Print Supplement* ,2002 **Wellness** David J. Anspaugh,Michael H. Hamrick,Frank D. Rosato,2003 [Women's Health](#) Ellis Quinn Youngkin,Marcia Szmania Davis,2004 Text provides comprehensive coverage of women s health information Reflects the latest research and discusses pregnancy hormone replacement therapy and frequently encountered medical problems **Canadian Books in Print 2002** Marian Butler,2002-02 **Textbook of Basic Nursing** Caroline Bunker Rosdahl,Mary T. Kowalski,2003 Now in full color this comprehensive Eighth Edition nursing text continues to meet the needs of practical vocational nursing curriculum as one coherent source Broad coverage includes anatomy and physiology nursing process growth and development nursing skills and pharmacology A solid foundation is also provided for medical surgical

maternity pediatric and psychiatric mental health nursing Step by step procedures are formatted in two column presentation with rationale and numerous illustrations to show clearly all aspects of nursing procedures Appendixes provide English Spanish healthcare phrases key abbreviations and acronyms and more Other new features include a section on study skills and home health care mentioned throughout the text Now with three multimedia CD ROMs an audio pronunciation CD ROM a clinical simulation of wound care of the diabetic patient a bonus CD ROM containing a simulated NCLEX PN exam a clinical simulation on whistleblowing a full video on treatment of pressure ulcers and six animations cell cycle congestive heart failure hypertension immune response nerve synapse and stroke

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