

NATURAL WAYS TO SUPPORT THE TRANSITION THROUGH MENOPAUSE

Menopause is a natural part of any woman's life. The symptoms associated with the hormonal changes that take place during this time can be uncomfortable and unpleasant. Fortunately, there are a variety of dietary, herbal, and lifestyle modifications that you can discuss with your doctor that can naturally support the body through this transition and help minimize symptoms.

The following is a list of natural remedies that have generally been found to be helpful for managing the symptoms of menopause. You'll quickly notice patterns of certain recommendations that can have far-reaching effects across several symptoms! Just remember: These are not magical solutions. All individuals are unique, and results may vary.

Be sure to consult your healthcare provider before taking any herbs or supplements. It's very important that these be approved by a doctor as many have contraindications with certain medications or medical conditions.

DRY SKIN

Dietary Recommendations:

- Consume bone broth.
- Minimize consumption of caffeine and alcohol.
- Seeds (pumpkin, sesame, sunflower)
- Wild-caught fatty fish (mackerel, tuna, salmon)
- Walnuts

Herbs and Supplements:

- Collagen peptides
- Fish oil
- Geranium essential oil

Lifestyle Modifications:

- Apply sunscreen with SPF 15 or higher when exposed to sun.
- Avoid smoking.
- Drink lots of water to stay well hydrated.
- Moisturize with coconut oil or other organic lubricant after bathing.
- Use gentle soaps free of harsh chemicals and scents.

ESTROGEN BALANCE

Dietary Recommendations:

- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Non-GMO whole soy (tofu, tempeh, miso, natto, edamame)

Herbs and Supplements:

- Dong quai
- Vitex (also known as chasteberry)

Lifestyle Modifications:

- Avoid plastics and toxic chemicals with known endocrine disruptors.
- Maintain a healthy weight.

HOT FLASHES AND NIGHT SWEATS

Dietary Recommendations:

- Experiment with eliminating gluten.
- Flaxseeds
- Maca
- Minimize consumption of caffeine, alcohol, and spicy foods.
- Non-GMO whole soy (tofu, tempeh, miso, natto, edamame)
- Pomegranate seeds and oil

Herbs and Supplements:

- Black cohosh
- Clary sage oil
- Red ginseng tea

Lifestyle Modifications:

- Acupuncture
- Balanced breathing exercises
- Dress in loose-fitting, layered clothing.
- Regularly engage in moderate exercise.
- Practice restorative yoga.

JOINT PAIN

Dietary Recommendations:

- Cherries
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Experiment with eliminating gluten.
- Healthy oils (avocado, olive, safflower, walnut)
- Wild-caught fatty fish

Herbs and Supplements:

- Cayenne
- Citrus essential oil
- Nettle
- Turmeric root

Lifestyle Modifications:

- Acupuncture
- Low-impact exercise

LOW LIBIDO

Dietary Recommendations:

- Avocados
- Avoid excess alcohol consumption.
- Bananas
- Brazil nuts
- Dark chocolate
- Figs
- Vitamin C—rich foods (broccoli, citrus, red peppers)

Herbs and Supplements:

- Ashwagandha
- Citrus essential oil
- Maca
- Red ginseng tea
- Sandalwood essential oil

Lifestyle Modifications:

- Kegel exercises
- Moderate exercise
- Engage in sensual and sexual pleasure.

MOOD SWINGS

Dietary Recommendations:

- Experiment with eliminating gluten.
- Flaxseeds
- Leafy greens
- Organic eggs
- Organic yogurt
- Sardines
- Walnuts
- Wild-caught fatty fish

Herbs and Supplements:

- Fish oil
- St. John's Wort

Lifestyle Modifications:

- Acupuncture
- Meditation
- Moderate exercise

POOR SLEEP

Dietary Recommendations:

- Crowd out sugar.
- Limit caffeine; avoid altogether in the afternoon and evening.

Herbs and Supplements:

- Black cohosh
- Lavender tea or essential oil
- Melatonin
- St. John's Wort

Lifestyle Modifications:

- Ban electronics from the bedroom.
- Create a bedtime routine.
- Limit exposure to blue light from electronics in the evening.
- Practice restorative yoga before bedtime.

PROTECTION AGAINST OSTEOPOROSIS

Dietary Recommendations:

- Almonds
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- High-quality protein (plant or animal)
- Leafy greens
- Oranges
- Sweet potatoes

Herbs and Supplements:

- Calcium supplements
- Clary sage oil
- Vitamin D

Lifestyle Modifications:

- Avoid smoking.
- Limit alcohol consumption.
- Regularly engage in low-impact exercise.

VAGINAL DRYNESS

Dietary Recommendations:

- Pomegranate seeds
- Seeds (pumpkin, sesame, sunflower)
- Walnuts
- Wild-caught fatty fish

Herbs and Supplements:

- Black cohosh
- Pomegranate oil
- Tea tree oil

Lifestyle Modifications:

- Avoid using soaps with harsh chemicals or scents in the vaginal region.
- Drink lots of water to stay well hydrated.
- Practice moderate cardio several times a week.
- Use organic lubricant.

LEGAL DISCLAIMER

This information is provided for educational purposes only. It's not intended to cure or treat any medical conditions. This protocol is not a substitute for medical advice. Consult with a doctor or medical professional before taking any herbs or supplements.