



EMBRACE CHANGE

GRACEFUL MENOPAUSE

This season of life is not to be dreaded, but to be enjoyed.

A Graceful Reframe

Know Your Body

Menopause is a natural transition in a women's life. Our culture often teaches women to fear aging—to view it as something to fix, hide, or mourn.

But this season of life is not a failure; it is a badge of honor.

Your body was never meant to look or function exactly as it did at 25, because you are not the same woman you were then.

You carry wisdom, resilience, and lived experience.

Caring for your body now is not about chasing youth or staring into a mirror with criticism—it's about honoring the body that has carried you through decades of love, work, motherhood, and service.

When we nourish and support our bodies in this season, we do so not out of self-loathing, but out of respect—so we can thrive in our purpose, show up fully for our children and grandchildren, and live with strength, clarity, and joy for the years ahead.

This is not a season of decline—it is a season of becoming.

“She is clothed with strength and dignity; she can laugh at the days to come.”

Proverbs 31:25

WHAT YOU MIGHT EXPERIENCE DURING MENOPAUSE

Though the symptoms that come along with this change can be difficult at times, there are ways to embrace this change and feel your best throughout the transition. Symptoms are common but they are not a given – and you were created to **THRIVE** even during this season!

Most common symptoms:

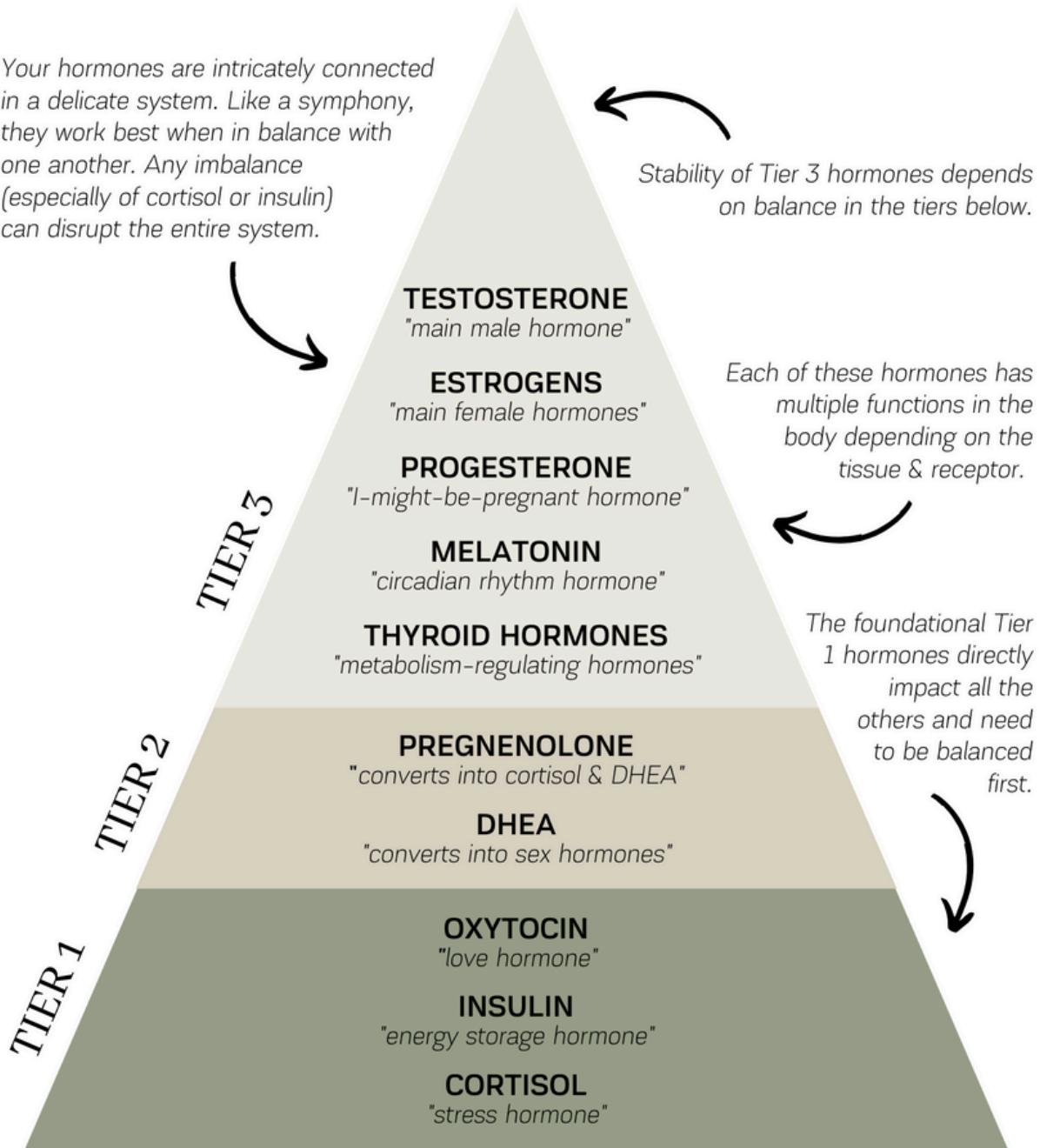
- Hot flashes
- Weight gain
- Fatigue
- Hair loss
- Low libido
- Dryness
- Bone loss
- Cholesterol
- Decreased muscle mass
- Night sweats
- Difficulty sleeping

The good news, most of these symptoms can be made better by a few little shifts in your diet and lifestyle!

Let's start here - Making sure stress (cortisol) and blood sugar (insulin) is balanced and under control. Because as you can see, it's foundational for all other hormones.

Hormone Hierarchy

Your hormones are intricately connected in a delicate system. Like a symphony, they work best when in balance with one another. Any imbalance (especially of cortisol or insulin) can disrupt the entire system.



- Blood sugar balance (Insulin) **BEGINS** with watching amount of sugar and processed foods and unnecessary starchy carbs you might be ingesting.
- Having enough **good fats** and **protein** in your diet. When you have those, you will by default crave less of the bad.
- Setting daily blood sugar up for success by eating a fuel filled meal **within 60 minutes** of rising! A great goal for most women is 30-40 grams of protein - three times a day.
- We want blood sugar to be a nice wave - not a rollercoaster of peaks and valleys!

TOP FOODS TO REDUCE SYMPTOMS OF MENOPAUSE

Enjoy and Benefit



QUALITY PROTEIN

PROTEIN IS ESSENTIAL FOR PRESERVING MUSCLE MASS, WHICH TENDS TO DECLINE MORE RAPIDLY AFTER MENOPAUSE. PROTEIN ALSO SUPPORTS METABOLISM, BLOOD SUGAR BALANCE, HELPING MAINTAIN STRENGTH AND ENERGY. MOST POSTMENOPAUSAL WOMEN BENEFIT FROM APPROXIMATELY 1–1.2 GRAMS PER KILOGRAM OF BODY WEIGHT PER DAY.

EXAMPLES: ORGANIC CHICKEN, WILD-CAUGHT FISH, ORGANIC EGGS, GRASS-FED BEEF, NUTS, AND SEEDS.



WILD CAUGHT FISH

FOODS RICH IN OMEGA 3 FATTY ACIDS HAVE BEEN SHOWN TO REDUCE HOT FLASHES AND NIGHT SWEATS. THESE FOODS ALSO HELP MAINTAIN BRAIN HEALTH AND SKIN QUALITY.

EXAMPLES OF HEALTHY FATTY FISH ARE: SALMON, MACKEREL, SARDINES, AND HERRING.



CRUCIFEROUS VEGETABLES

THESE VEGETABLES ARE RICH IN FIBER, WHICH SUPPORTS HEALTHY DIGESTION, HELPS THE BODY CLEAR EXCESS ESTROGEN, AND SLOWS BLOOD SUGAR SPIKES WHICH IMPROVES INSULIN BALANCE. CERTAIN CRUCIFEROUS VEGETABLES—ALSO PROVIDE BIOAVAILABLE CALCIUM THAT SUPPORTS BONE HEALTH DURING MENOPAUSE. EXAMPLES: BROCCOLI, CABBAGE, BRUSSELS SPROUTS, BOK CHOY, CAULIFLOWER, COLLARD GREENS



DARK BERRIES

THESE LITTLE POWERHOUSES ARE LOADED WITH ANTIOXIDANTS WHICH CAN BLUNT THE EFFECTS OF AGING. THEY CONTAIN A UNIQUE COMBINATION OF FIBER, FLAVONOIDS, AND PHYTONUTRIENTS THAT CAN REDUCE RISK FOR HEART DISEASE AND HAVE BEEN SHOWN TO LOWER LEVELS OF LDL CHOLESTEROL. THEY HELP PROTECT AGAINST CELLULAR DAMAGE THAT CAN CAUSE CANCER AND COGNITIVE DECLINE. GREEN TEA ALSO HAS MANY OF THESE SAME BENEFITS.



HEALTHY FATS

ESSENTIAL FOR HORMONE PRODUCTION, BLOOD SUGAR STABILITY, AND NERVOUS SYSTEM SUPPORT—THREE AREAS THAT OFTEN BECOME DYSREGULATED DURING PERIMENOPAUSE AND MENOPAUSE. INCLUDING ADEQUATE HEALTHY FATS CAN HELP REDUCE HOT FLASHES, IMPROVE SATIETY, SUPPORT BRAIN HEALTH, AND CALM CORTISOL-DRIVEN SYMPTOMS.

EXAMPLES: AVOCADO, OLIVE OIL, COCONUT OIL, GRASS-FED BUTTER OR GHEE, OLIVES, NUTS, AND SEEDS.



MAGNESIUM RICH FOODS

MAGNESIUM SUPPORTS RELAXATION, SLEEP QUALITY, MUSCLE HEALTH, AND BLOOD SUGAR REGULATION—AREAS COMMONLY IMPACTED DURING MENOPAUSE. ADEQUATE MAGNESIUM INTAKE MAY HELP REDUCE ANXIETY, IMPROVE SLEEP, AND SUPPORT BONE DENSITY.

EXAMPLES: PUMPKIN SEEDS, ALMONDS, SPINACH, SWISS CHARD, DARK CHOCOLATE (70%+), AND AVOCADO.

MEAL IDEAS TO HELP REDUCE SYMPTOMS OF MENOPAUSE

Enjoy and Benefit



SALMON SALAD

LEAFY GREENS, SMOKED OR RAW SALMON, RADISHES, ARUGULA OR SEAWEED, AVOCADO, CHERRY TOMATOES, RICE (OPTIONAL), OLIVE OIL, LEMON, AND SEA SALT. COOKED WITH COCONUT AMINOS, AND GINGER FOR AN ASIAN FLAIR.

CHIA SEED PUDDING

1 CUP ALMOND MILK OR COCONUT MILK, $\frac{1}{2}$ TEASPOON ORANGE OR LEMON ZEST, $\frac{1}{8}$ TEASPOON VANILLA EXTRACT, 3 TABLESPOONS CHIA SEEDS, 1/8 CUP FRESH BERRIES OF CHOICE, 1 TBSP UNSWEETENED COCONUT SHREDS. Mix top 4 ingredients together and refrigerate overnight. Top with berries and coconut shreds.

BAKED CHICKEN AND VEGGIES

CHICKEN BREASTS, CHOPPED BROCCOLI, SLICED RED ONION, SLICED CARROTS, AND SLICED RED CABBAGE COATED WITH AVOCADO OIL, GARLIC POWDER, AND SEA SALT. COOK IN OVEN ON 350 DEGREES FOR 20 MINUTES (UNTIL CHICKEN IS COOKED THROUGH).



EGGS AND GREENS

EGGS COOKED YOUR WAY WITH ARUGULA, AVOCADO, AND GROUND FLAXSEED.

SALMON, BROCCOLI, AND BRUSSELS SPROUTS

BAKED OR GRILLED SALMON WITH LEMON AND GARLIC. SERVE WITH STEAMED BROCCOLI AND BRUSSELS SPROUTS.

BERRY SALAD TOPPED WITH LEAN PROTEIN

ARUGULA, WALNUTS, MIXED BERRIES, AVOCADO, SLICED RED ONION, OLIVE OIL, AND LEMON. TOP WITH PROTEIN SUCH AS SHRIMP, CHICKEN, TURKEY, OR FISH.

FOODS TO LIMIT DURING MENOPAUSE

Pass on These



SPICY FOODS

THESE FOODS CAN MAKE HOT FLASHES AND NIGHT SWEATS WORSE. SPICY FOODS CAN MAKE SYMPTOMS OF GASTRIC REFLUX WORSE, A COMMON CONDITION IN AGING ADULTS.

ALCOHOL

ALCOHOL CAN CAUSE MORE DIFFICULTY WITH SLEEP, HEALING, AND THE ABILITY FOR THE LIVER TO CLEAR OUT HARMFUL ESTROGENS. ALSO ALCOHOL CAN INTERFERE WITH NUTRIENT ABSORPTION AND HAS BEEN SHOWN TO HAVE A NEGATIVE IMPACT ON BONE DENSITY.

ADDED SUGARS

SUGAR INTERFERES WITH OUR GUT HEALTH AND CAUSES IMBALANCES OF THE GUT MICROBIOME. IT CAN LEAD TO POOR NUTRIENT ABSORPTION, IMPAIR OUR IMMUNE HEALTH, AND CAUSE INCREASED INFLAMMATION. THIS CAN LEAD TO WORSE HOT FLASHES AND WEIGHT GAIN.



PROCESSED CARBOHYDRATES

THESE FOODS INTERFERE WITH OUR HORMONE BALANCE AND CAN LEAD TO INSULIN RESISTANCE. THIS CAN FURTHER LEAD TO MANY ISSUES SUCH AS DIABETES, CHRONIC ILLNESS, FATIGUE, BRAIN FOG, LOW LIBIDO, HIGH CHOLESTEROL, AND MORE. EXAMPLES ARE: BREADS, PASTA, CHIPS, GRANOLA BARS, CRACKERS, PRETZELS, ETC.

FRIED FOOD

FRIED FOODS CAN CAUSE GASTRIC UPSET AND POOR GUT HEALTH. THEY CAN INCREASE SYMPTOMS OF HOT FLASHES, NIGHT SWEATS, HIGH CHOLESTEROL LEVELS, BRAIN FOG, AND LOW LIBIDO.

CAFFEINE

TOO MUCH CAFFEINE CAN INTERFERE WITH OUR HORMONAL BALANCE AND LEAD TO IMPAIRED SLEEP AND INCREASED HOT FLASHES. FOR MOST PEOPLE ONE CUP PER DAY DOES NOT INCREASE SYMPTOMS BUT AVOIDING MORE THAN THIS CAN BE HELPFUL.

TOP SUPPLEMENTS

Get The Boost You Need

Be sure to speak with your doctor before incorporating new supplements to your regimen.



MAGNESIUM

MAGNESIUM IS IMPORTANT FOR BALANCED ENERGY PRODUCTION. IT CAN HELP WITH SLEEP, STRESS REDUCTION, AND MUSCLE PERFORMANCE. MOST PEOPLE HAVE BELOW OPTIMAL LEVELS OF MAGNESIUM.

[CLICK FOR MAGNESIUM SUPPLEMENT.](#)



QUALITY COLLAGEN POWDER

AS WE AGE, OUR COLLAGEN LEVELS DECREASE AT A RAPID RATE (HENCE OUR SKIN BEGINNING TO SAG). COLLAGEN CAN HELP IMPROVE THE QUALITY OF OUR SKIN, HAIR, NAILS, AND BONES.

[CLICK FOR COLLAGEN/PROTEIN SUPPLEMENT.](#)



VITAMIN D3 WITH K

VITAMIN D3 IS CRUCIAL FOR A HEALTHY IMMUNE SYSTEM, TO KEEP INFLAMMATION DOWN, AND FOR COGNITIVE HEALTH. IT HAS BEEN SHOWN TO IMPROVE MOOD AND ENERGY IN MENOPAUSAL WOMEN.

[CLICK FOR VITAMIN D3 SUPPLEMENT.](#)



OMEGA 3 (EFA)

OMEGA 3 FATTY ACIDS (EFS's) ARE THE BUILDING BLOCKS FOR OUR CELLULAR MEMBRANES. THEY KEEP COMMUNICATION BETWEEN CELLS FUNCTIONING AND REDUCE INFLAMMATION. SUPPLEMENTATION WITH OMEGA 3 HAS BEEN SHOWN TO REDUCE NIGHT SWEATS, MOOD SWINGS, AND JOINT PAIN DURING MENOPAUSE.

[CLICK FOR EFA SUPPLEMENT.](#)

PROBIOTICS

GUT HEALTH IS AN IMPORTANT ASPECT OF OVERALL HEALTH. A HEALTHY GUT MICROBIOME IMPROVES NUTRIENT ABSORPTION, REDUCES FOREIGN INVADERS THAT CAUSE ILLNESS, AND IMPROVES OUR ENERGY LEVELS. THE QUALITY OF YOUR PROBIOTIC SUPPLEMENT IS VERY IMPORTANT.

[CLICK FOR PROBIOTIC SUPPLEMENT.](#)

FEMALE BALANCE

THE OHS FEMALE BALANCE COMPLEX CONTAINS ALL THE KNOWN NUTRIENTS THAT SUPPORT HORMONAL BALANCE. TO IMPROVE SLEEP AND REDUCE MOOD SWINGS DURING MENOPAUSE. IT CAN ALSO HELP REGULATE BLOOD SUGAR AND IMPROVE IMMUNE HEALTH.

- INCLUDES PRE-DIGESTED GLANDULARS FOR HORMONAL BALANCE
- HELPS WITH MENSTRUAL IRREGULARITY
- EASES CRAMPING AND REDUCES BLOATING
- HELPS WITH MENOPAUSAL POST SYMPTOMS

[CLICK FOR FEMALE BALANCE SUPPLEMENT.](#)