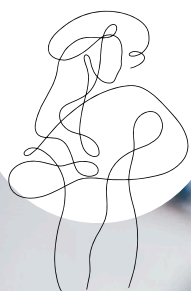


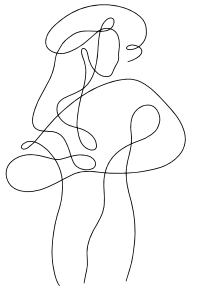


THYME FOR NUTRITION

MENOPAUSE



UNDERSTANDING *hormone changes*

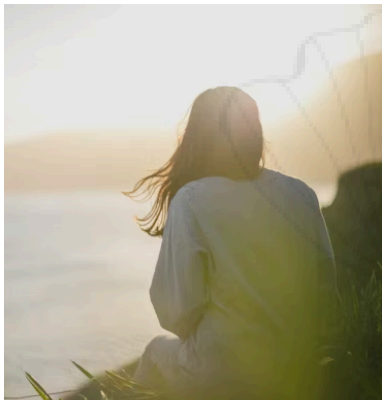


The transition from perimenopause to menopause brings significant hormonal changes that impact a woman's physical and emotional health. These changes to hormones involved include



ESTROGEN

Primarily produced in the ovaries, estrogen regulates menstrual cycles, supports bone density and maintains cardiovascular health. Levels decline during peri-menopause, contributing to symptoms like hot flashes and bone loss.



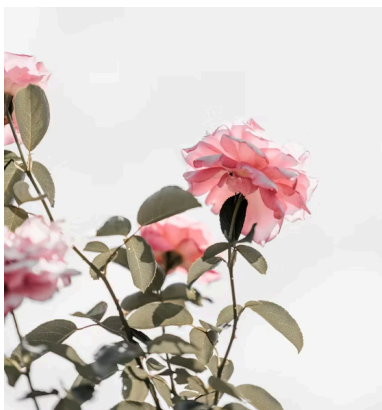
PROGESTERONE

This hormone balances estrogen and supports the menstrual cycle. It's fluctuations during menopause can lead to irregular periods, mood swings and sleep disturbances.



TESTOSTERONE

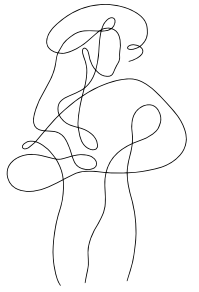
Though in women it is in smaller amounts, testosterone supports libido, bone health and muscle mass. Its levels also decrease during menopause.



CORTISOL

the stress hormone, cortisol can become dysregulated during this phase, exacerbating symptoms like fatigue, anxiety and weight gain

SUPPORTING hormone balance



To manage hormonal changes and reduce symptoms, there are some basic things you can do in nutrition to fuel the body and lifestyle modifications.



PROGESTERONE LEVELS

consume foods rich in vitamin B6, magnesium and zine to support progesterone production poultry, lean meats, fish, spinach, nuts and seeds

STABALISE BLOOD SUGAR

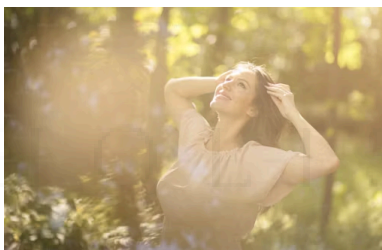
maintain your levels through eating lean protein, healthy fats and fibre to avoid insulin spikes, which can worsen cortisol dysregulation.
complex carbohydrates like Quiona and sweet potato help sustain energy



PROMOTE ESTROGEN METABOLISM

incorporate cruciferous vegetables to support liver detoxification of estrogen - this includes broccoli, kale, Brussel sprouts, cauliflower, turnips

Include flaxseeds and sesame seeds, which contain lignans that mimic estrogens positive effects.



BOOST CALCIUM AND VITMAIN D

ensure adequate intake of calcium. these include fortified plant milks, dairy and leafy greens, while also getting your daily dose of sun for Vitamin D to help metabolise calcium



COMBAT INFLAMMATION

this can be in digestive issues, skin changes, joint pain to just name a few.

omega 3 fatty acids from walnuts, chia seeds and fatty fish help reduce inflammation and ease pain.

MY FAVOURITE RECIPES *to support hormonal health*

THE HORMONE PUDDING

2 tbsp chia seeds and 2 tbsp flaxseed
1 cup almond milk
1/2 tsp cinnamon

combine chi and flaxseed with the almond milk and let sit for 30min to thicken. Stir in cinnamon and top with 1tbsp of almond butter and your favourite mixed berries OR add crushed almonds and walnuts, omit butter for coconut yoghurt.



CRUNCHY HORMONE SUPPORT TRAIL MIX

1/2 cup almonds
1/2 cup walnuts
1/4 cup pumpkin seeds
1/4 cup sunflower seeds
1/4 cup unsweetened dried cranberries
1/2 teaspoon sea salt

Mix all ingredients in a large bowl. Store in an airtight container.
Enjoy as a snack to boost magnesium, zinc, and omega-3 intake.

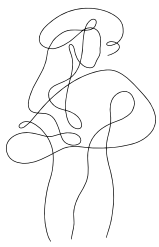


MEDITERRANEAN ROASTED VEGETABLE WITH TAHINI DRIZZLE



1 zucchini, sliced
1 bell pepper, chopped
1 red onion, sliced
1 cup cherry tomatoes
2 tablespoons olive oil
2 tablespoons tahini
1 teaspoon lemon juice
1 tablespoon sesame seeds
Salt and pepper to taste

Preheat oven to 400°F (200°C). Toss zucchini, bell pepper, onion, and tomatoes with olive oil, salt, and pepper. Roast for 25-30 minutes. Mix tahini, lemon juice, and a splash of water to create a drizzle. Plate the vegetables, sprinkle with sesame seeds, and drizzle with the tahini mixture.



LIFESTYLE TIPS *to live well*

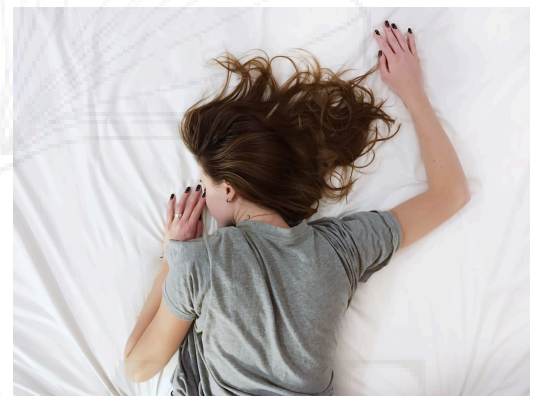
Light, gentle exercise preserves muscle mass, supports bone health and boosts metabolism, while helping to maintain blood sugar levels.

- strength training helps maintain physical strength, while prevents muscle wasting
- Practice stress-reduction techniques such as mindfulness or yoga to manage cortisol levels.
- it reduces the risk of osteoporosis and boosts metabolism and aging effects.
- muscle mass improves how the body uses glucose and reduces the risk of type 2 diabetes.



Prioritize sleep by maintaining a consistent schedule and creating a calming bedtime routine.

- dim the lights to signal the body to wind down
- avoid stimulating activities like scrolling your phone
- keep the room cool to reduce night sweats and improve comfort
- avoid alcohol and caffeine - as they disrupt sleep stages
- lavender, valerian or chamomile tea can help calm the mind and help induce sleepiness. At Thyme I make special blends for women - so let's chat!
- and have a consistent bedtime to regulate your body's internal clock.



Stay hydrated to alleviate symptoms like dryness and fatigue.

- drink up to 2.5 litres daily ensuring you adjust to activity levels and climate
- incorporate foods like fruit and vegetables with high water content - cucumbers, watermelon or oranges are just a few.
- monitor for signs - dry skin, dark urine or fatigue are signs you are dehydrated.



By combining tailored nutritional strategies with lifestyle adjustments, women can navigate the transition to menopause with greater ease and vitality

EFFECTS ON THE BODY



During menopause, the decline in hormone levels affects multiple systems in the body. Below is a breakdown of how menopause impacts vaginal health, skin, hair, and overall physical well-being:

VAGINAL HEALTH

Changes:

- **Vaginal Atrophy:** Thinning, drying, and inflammation of the vaginal walls due to reduced estrogen.
- **Decreased Lubrication:** Less natural moisture, leading to discomfort or pain during intercourse.
- **pH Changes:** The vagina becomes less acidic, increasing susceptibility to infections like bacterial vaginosis or urinary tract infections.

Support Strategies:

- **Hydration:** Drink plenty of water to promote general moisture balance.
- **Foods Rich in Phytoestrogens:** Soy products, flaxseeds, and chickpeas may help mimic estrogenic effects.
- **Topical Solutions:** natural oils are gentle and can assist in prevent dryness, at Thyme there is assistance in this area with oils designed to match the vaginal pH - email me for details.

SKIN

Changes:

- Loss of Collagen: Skin becomes thinner, less elastic, and more prone to sagging and wrinkles.
- Increased Dryness: Sebum (oil) production decreases, contributing to dryness and irritation.
- Slower Wound Healing: Reduced blood flow and regenerative capacity.

Support Strategies:

- Vitamin C and Antioxidants: Support collagen production and fight oxidative stress. Include foods like citrus fruits, bell peppers, and berries.
- Hydration: Incorporate hydrating skincare with ingredients like hyaluronic acid and ceramides.
- Omega-3 Fatty Acids: Improve skin elasticity and reduce inflammation; sources include walnuts and salmon.

HAIR

Changes:

- Thinning Hair: Hormonal imbalances, especially reduced estrogen and progesterone, lead to slower hair growth and thinning.
- Increased Hair Loss: Higher sensitivity to androgens can trigger hair loss, particularly around the crown.
- Dry, Brittle Texture: Decreased scalp oil production results in fragile hair.

Support Strategies:

- Protein-Rich Diet: Hair is made of keratin, a protein; consume eggs, legumes, and lean meats.
- Biotin and Zinc: Nutrients like biotin (found in nuts) and zinc support healthy hair growth.
- Avoid Harsh Treatments: Limit heat styling and chemical treatments to reduce damage.

BODY

Changes:

- Weight Redistribution: Estrogen decline leads to fat accumulation around the abdomen rather than hips and thighs.
- Bone Loss: Lower estrogen accelerates bone density loss, increasing osteoporosis risk.
- Muscle Mass Decline: Reduced testosterone and aging contribute to muscle loss.
- Increased Cardiovascular Risk: Estrogen's protective effects on blood vessels diminish, raising the risk of heart disease.

Support Strategies:

- Strength Training: Helps maintain muscle mass and bone density.
- Calcium and Vitamin D: Essential for bone health. Include fortified plant milk, leafy greens, and fatty fish.
- Heart-Healthy Fats: Prioritize omega-3s and avoid trans fats to support cardiovascular health.



OVERVIEW

Hormone Regulation

- **Facilitates Hormonal Transport:** Water helps carry hormones, such as estrogen and progesterone, through the bloodstream to target tissues. Dehydration can slow this process, affecting hormone functionality.
- **Supports Cellular Function:** Proper hydration ensures that hormone-producing glands (e.g., adrenal glands) work efficiently.

Reduce Common Menopausal Symptoms

- **Hot Flashes and Night Sweats:** These symptoms increase fluid loss, which can lead to dehydration. Staying hydrated helps the body recover and may reduce the severity of these episodes.
- **Fatigue:** Dehydration worsens fatigue and low energy, already common due to fluctuating hormone levels.
- **Headaches:** Hormonal changes can trigger headaches, and dehydration is a common exacerbating factor.

Supports Skin and Vaginal Health

- **Skin Elasticity:** Declining estrogen levels contribute to dry, less elastic skin. Hydration helps maintain moisture and supports skin barrier function.
- **Vaginal Moisture:** Water intake supports overall mucosal hydration, reducing dryness and irritation in vaginal tissues.

Enhances Detoxification

- **Hormone Metabolism:** The liver and kidneys require adequate water to metabolize and excrete excess hormones and waste products efficiently. This is especially important during menopause, as the body adjusts to hormonal shifts.

Balances Electrolytes

- **Hydration and Cortisol:** Menopausal women are prone to increased cortisol levels due to stress and hormonal changes. Proper hydration helps regulate electrolyte balance, which supports adrenal gland function and reduces cortisol-related stress on the body.



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