

MENOPAUSE...

A LIFE STAGE, NOT A DISEASE TO BE TREATED

When faced with all forms of quality of life issues, including sleep disturbances, irritability, hot flashes, anxiety, night sweats, depression, vaginal dryness, weight gain and fatigue, any menopausal woman would surely want a quick fix. The question is, in which direction should we head for help? We could look to the conventional ob/gyn community, have bloodwork and receive HRT (hormone replacement therapy) in the form of a pill or a patch. We could also look to Functional Medicine Doctors (clinical nutritionists, integrative docs), have bloodwork and saliva hormone testing to look at current and stored levels of hormones. Whichever mode of treatment we feel comfortable and confident with, it's important to know that our own hormones or replaced hormones need to be broken down effectively and eliminated efficiently. If not, we put ourselves at risk for autoimmune disease, cancers, heart disease and worsening of our menopausal symptoms.

This is the part where we discuss the most important organ to take care of during the perimenopause and menopause years... your GUT. If we don't have a properly functioning gut (digestive system), we cannot metabolize, breakdown and eliminate hormones. This also means having an optimally functioning liver to eliminate toxins and hormone metabolites. The brain-gut axis or neuroendocrine system is of primary importance during perimenopause and menopause. The gut microbiome or gut flora secretes hormones which influence the hypothalamus and pituitary gland of the brain. The pituitary gland then regulates hormones and adrenal function and ultimately, the aging/menopausal process. So, how important is it to have a healthy eating (and living) lifestyle?

Since menopause is a whole body issue, it's important to look at how we can best support our bodies through these somewhat tumultuous years. Let's look at some areas where we can improve.

** Supplementation with high quality probiotics and digestive enzymes for slow motility. In other words, we have to poop*

every day, if not we have to figure out why that's not happening.

** Proper sleep hygiene. For some people, sleep can be very elusive, so try anything and everything until you figure out why you cannot sleep!*

** Exercise - at least 3 times a week, even if it's just 15 minutes a day to start.*

** Eat locally grown, organic food.*

** Clean up your diet, eliminate processed foods, refined sugar and minimize fruit!*

** Handle your body's inflammation with turmeric (my personal favorite).*

** Investigate proper supplementation with Vitamin D, omega-3 fatty acids (fish oil), black cohosh and green tea (polyphenols) just to name a few.*

** Include high quality fats in your diet, like nut butters, avocados, coconut and olives (of, don't overdo it!).*

** Include adaptogenic herbs for support of the adrenal glands (stress).*

So, remember that menopause is not a disease but more of an "aging indicator" or a "life stage". The symptoms of menopause, although frustrating, are not out of our control! Get educated or get some help, but don't give up or give in!



**IMPROVE YOUR HEALTH...
IMPROVE YOUR LIFE!**

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|-----------------------|----------------------|
| ↓ Body Fat | ↓ Metabolic Syndrome |
| ↓ Diabetes | ↓ Gluten Allergies |
| ↓ Cholesterol | ↓ Chronic Fatigue |
| ↓ Hormonal Imbalances | ↓ Gut Imbalances |

Longevity is not a gift, it has to be earned.
Discover a medication-free approach to better health, better energy and longevity. **ARE YOU READY?**

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