



Knowledge is
your secret
weapon to good
health.

WOMEN'S HEALTH

Menopause

Menopause is a natural shift in hormones that occurs as women age. It begins with perimenopause, about 10-15 years before menopause actually occurs. During this time, the body is preparing for menopause. The ovaries gradually slow down in production of estrogen and progesterone and the adrenal glands begin to take over production of these hormones.

Symptoms can include reduced libido, weight gain/bloating, headaches, heavy periods, irregular periods, hot flashes/night sweats, insomnia and acne. Once estrogen has dropped to a certain level, the menstrual cycle stops and menopause is reached. One year without menstrual periods is considered menopause. Symptoms can include anxiety/irritability, fatigue, low libido, weight gain, hot flashes/night sweats, painful intercourse, incontinence, memory issues, insomnia, UTI's, yeast infections, and dry skin.

Contributing Factors

While menopause is a natural life stage, certain factors can contribute to a transition period with more symptoms:

Weak adrenals/chronic stress, sluggish liver, overexposure to xenoestrogens (plastics, pesticides, etc.), insulin resistance, excess weight, thyroid imbalance, digestive issues (leaky gut, dysbiosis, candida), nutrient deficiencies (especially magnesium, Vitamins B, D, E)

Lifestyle Recommendations

- Ensure adequate protein intake. Choose healthy sources such as grass fed/organic animal products or plant-based proteins such as quinoa, chia seeds, avocados, hemp seeds or beans. As a bonus, many plant-based proteins also contain healthy fats!
- Include plenty of vegetables in the diet, especially the cruciferous vegetables such as broccoli, cauliflower, brussels sprouts, cabbage and kale. These types of veggies help the liver to detoxify excess and mutated hormones, allowing for greater hormone balance.
- Get your thyroid tested. An imbalance in the thyroid can exaggerate menopause symptoms. If your TSH is above 2.0, you should be on a natural supplement for the thyroid.

Product Recommendations

For Peri and Post Menopause: An estrogen balancing formula with a blend of some of the following herbs: Indole 3 Carbinol, Sulforaphane, Calcium D-Glucarate, DIM, Turmeric, Milk Thistle, Rosemary, Chasteberry (Vitex)

For Menopause Symptoms (hot flashes, night sweats, mood swings): A menopause formula with a blend of some of the following herbs: Black Cohosh, Chasteberry (Vitex), Dong Quai, Gamma Oryzanol, Hesperidin, Sage, Angelica Root, Soko-Dan Root, Rhapontic Rhubarb (for hot flashes specifically)

Strengthen adrenal glands: Ashwagandha, Rhodiola, Siberian Ginseng, Suma Root, Schisandra, Holy Basil

Improve digestion: Probiotics, Enzymes, Betaine Hydrochloride (if stomach acid is low), Fibre, L-Glutamine

Important nutrients for hormones: Vitamins B, C, D, E, Omega 3&6 (EPA, GLA), Multivitamin, Magnesium, Protein

Libido support: L-Arginine, Tribulus Terrestris, Ginkgo Biloba, Maca, Tongkat Ali, Damiana, Ashwagandha, L- Theanine

Natural sleep aids: Melatonin, Passionflower, Chamomile, Valerian, Magnolia Bark, Jujube Date Seed, Loquat, Skullcap

Mood Support: St. John's Wort, Holy Basil, 5-HTP, Magnesium, L- Theanine, GABA

Book a free 15 minute consult with a GNN Product Advisor!

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