

# BALANCING *hormones* NATURALLY

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AN EDUCATIONAL HANDOUT FOR WOMEN OVER FORTY



*Common symptoms  
associated with  
perimenopause and  
menopause:*

MOOD SWINGS  
FATIGUE  
HEADACHES  
HOT FLASHES  
VAGINAL DRYNESS  
PALPITATIONS  
JOINT PAIN  
IRREGULAR PERIODS  
INSOMNIA  
DEPRESSION

In America we tend to regard aging with horror. Perimenopause and menopause is something that most American women fear as if it were a disease. Unfortunately too many women associate menopause with illness, discomfort and degeneration. In contrast, many other countries regard this time of life with reverence and respect.

The truth is that if we could adopt a different attitude, one that sees menopause as a time of change, simply as a transition that can be accompanied by good health and personal growth, it could be a completely different experience.

By achieving optimal health you can retain your vigor, love of life and attractiveness. You CAN grow older and feel even younger than you did when you were young.

## *Recommended Reading:*

*Get of the Menopause Roller Coaster* by Shari Lieberman

*The Natural Menopause Handbook: Herbs, Nutrition and Other Natural Therapies* by Amanda McQuade Crawford

*The Wisdom of Menopause* by Christine Northrup, MD

The goal of optimal health is to feel younger while growing older!

# UNDERSTANDING *the stages of* MENOPAUSE

As you approach the end of your reproductive years the number of eggs in your ovaries begin to diminish. As the eggs in our ovaries die off and estrogen begins to drop, the changes of menopause begin. This change can be very gradual and take as long as ten years. This phase is called perimenopause and can begin in the thirties or forties.

During this phase it is extremely likely to experience fatigue, irregular periods, spotting or staining between periods or an unusually heavy period. Cycles can change as well. They can become shorter or longer, they may get lighter or heavier. You may also experience headaches, hot flashes, night sweats, vaginal dryness, palpitations, joint pain insomnia, depression, bloating and digestive changes. Your body is setting the stage for the more dramatic changes that lie ahead. Menopause is the actual cessation of the menses.



**A smile erases  
more wrinkles  
than any cosmetic  
on earth!**



## *Hot Flash Relief Tea*

(liquid herbal extracts)  
**2 parts black cohosh**  
**1 part ginseng**  
**1 part licorice**  
**1 part wild yam**



Prepare as a tea and drink 3 times a day or as needed. Combine all extracts to make a tincture. Store in a dark glass bottle and use  $\frac{1}{4}$  teaspoon at a time to make your tea.

## **EAT YOUR VEGGIES!**

Women who eat large quantities of wholesome foods, vegetables, fruits, whole grains and legumes, have a more balanced hormonal system.



# common POSTMENOPAUSAL *changes*



Osteoporosis  
Dental and Periodontal changes  
Cardiovascular disease  
Urinary incontinence



## What about Hormonal Replacement Therapy?

There is a firestorm of controversy about synthetic hormone replacement. The threat of breast and uterine cancer is dramatically increased with HRT and the risk increases as the woman ages. There is also greater risk for heart disease, stroke and pulmonary embolism. Beyond the increased disease effects, HRT also has unpleasant side effects. Weight gain, heavy bleeding, PMS type pain, migraine headaches, leg cramps, uterine and breast fibroids and low libido are among the most common! A natural menopause is the best way to go unless you have extenuating circumstances, which only 6 % of the population does.

## *Foods to limit or eliminate for menopausal health!*

- Dairy Products
- Refined Sugar
- Refined Grain Products
- Animal Fats (cheese and red meat)
- Chemicals
- Pesticides
- Additives
- Caffeine



## *Six Essential Supplements for Menopause*



1. **Calcium**-helps prevent osteoporosis and other bone problems. Good sources are almonds, dark green leafy vegetables, seaweed and sesame seeds.
2. **Dong Quai**- a powerful uterine tonic and hormonal regulator. It is high in minerals and iron. 1/4 tsp of extract 2-3 times a day.
3. **Iron**- Essential for robust health & energy. Keeps the blood oxygen rich. good sources are alfalfa, beets, molasses, bran, oats, spinach and wheat germ.
4. **Ginseng**- Produces steady flow of grounded energy. 1/4 tsp extract 2x day.
5. **Spirulina**-Strengthens the nervous system. 1-2 tbs daily in shake or soup.
6. **Vitamin E**- Helps with hot flashes, muscle cramps, skin elasticity, and vaginal dryness. Good sources are whole grains, nuts, dark leafy greens, and bee pollen.

10 tips

## TO BALANCE HORMONES

*naturally*



Adapted from *The New Optimum Nutrition Bible* by Patrick Holford

- Exercise**- According to research the more vigorous physical exercise you do the less likely you are to suffer from hot flashes.
- Controlling blood sugar**- If you allow your blood sugar to roller coaster up and down you are much more likely to experience fatigue, irritability, depression and hot flashes. The best way to control your blood sugar is to eat a whole food balanced diet with low glycemic carbohydrates and protein. Eat several times a day and don't skip meals.
- Vitamins C and E**- Vitamin C helps your hormones work, 1 to 2 grams a day is recommended. Vitamin E is also an all around hormone helper, 900IU a day also helps prevent vaginal dryness and discomfort.
- Essential Fats**-Essential for balancing hormones and mood. Eating flax, sesame, sunflower and pumpkin seeds daily can be helpful.
- Soy, Isoflavones and Red Clover**- Isoflavones found in soy and red clover can halve the incidence and severity of hot flashes. Eating soy or tofu every other day is probably sufficient.
- Black Cohosh**- (up to 500 mg a day) Shown to help with hot flashes, sweating, insomnia and anxiety. It also helps raise serotonin, which relieves depression.
- St. John's Wort**-(300mg a day) Shown to help with depression, irritability, fatigue, headaches, palpitations, lack of concentration and decreased libido.
- Dong Quai**- (600mg a day) Shown to reduce hot flashes in 80% of menopausal women.
- Progesterone Cream**- Menopausal symptoms are caused by a drop in both estrogen and progesterone. A small amount of cream every night may help.
- Combined Remedies**- a combination of all these herbs, nutrients and a whole food diet with little processed or refined food as well as an active lifestyle should yield the best results.

## LIFESTYLE *changes for* BETTER BODY BALANCE:



Healthy4Life 

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- ~ Exercise regularly
- ~ Stretch deeply morning and night
- ~ Weight train 3 times a week
- ~ Get a massage once a month
- ~ 20 minute sauna reduces night sweats