

Perimenopause & Menopause Nutrition *Guide*

**Foods for Thriving Through
Perimenopause & Menopause**





Empowering Nutrition: Foods for Thriving Through *Perimenopause & Menopause*

FEEL GREAT FOR MID AGE



Empowering Nutrition:

Foods to Nourish and Thrive During
Perimenopause & Menopause



As the seasons change, so do the phases of a woman's life.



Perimenopause and menopause mark significant transitions that bring forth a cascade of physical and emotional changes. Picture this: A woman, navigating her daily routine, suddenly finds herself grappling with sleep disturbances, mood swings, and the unwelcome companionship of hot flashes. It's a journey met with discomfort, confusion, and, at times, a sense of isolation.

In the midst of this transformative period, we often overlook the crucial role that nutrition plays in easing the transition and promoting overall well-being. This guide is crafted with the intention of being a guiding light in the midst of these challenges. Here, we delve into the pain points that many women experience during perimenopause and menopause, offering not only empathy, but practical solutions rooted in the power of food.

The purpose is clear: to empower women with knowledge about nourishing their bodies in a way that not only eases the discomfort of this phase but helps them thrive. As you read this guide, be open to exploring a holistic approach to health, nutrition, and resilience during perimenopause and menopause. It's time to embrace this chapter with strength, vitality, and the right foods for a flourishing future.

Thriving Through Menopause & Beyond

How Nutrition Influences Perimenopause & Menopause

Perimenopause and menopause come with physiological and emotional shifts, many of which can be challenging. While hormonal changes are inevitable, the associated symptoms don't have to be unbearable.

Optimal nutrition becomes even more vital during these years. The right foods can help with common symptoms like hot flashes, mood swings, weight gain, as well as help support bone health, heart health, and cognitive function.

As estrogen levels fluctuate and eventually decline, our bodies become more susceptible to bone loss, cardiovascular disease, and metabolic changes. Therefore, targeting specific nutrients can be a natural and holistic option to ensure you thrive during this phase of life.

This guide will help you understand some foods to consider adding to your diet to help equip your body with the nutrients it needs.

Instead of viewing perimenopause and menopause as a time to fight your symptoms, use your diet as a powerful tool to find balance.





Flaxseed

Whole flaxseeds tend to pass through the digestive system largely intact due to their hard shell, making it difficult to absorb their beneficial nutrients.

Ground flaxseed ensures better digestion and absorption of its valuable omega-3s, lignans, and fiber.



Benefits

Hormone Friendly: Flaxseeds are a rich source of lignans, which can act as phytoestrogens. *These plant compounds can mimic estrogen's action in the body and may help with those fluctuating hormones during perimenopause and menopause.*

Healthy Weight Support: Ground flaxseed is a **high-fiber food, making it fantastic for satiety.** This means you feel fuller for longer, which may reduce unnecessary snacking or overeating.

Low Cholesterol Levels Naturally: Flax seeds **may help to reduce total blood cholesterol** and LDL (BAD) cholesterol levels.

Mood Elevator: Flaxseeds have omega-3 fatty acids, primarily in the form of ALA (alpha-linolenic acid). **Omega-3s play a role in brain health and have been associated with better mood and reduced risk of anxiety and depression.**

Bone Health: Flaxseed's **omega-3 fatty acids and lignans** might offer some support for bone health.

Heart Health: Ground flaxseed is a soluble and insoluble fiber source. **Soluble fiber can help in reducing cholesterol levels,** and that's a big benefit for heart health.

Digestive Support: The fiber content of flaxseed is also a blessing for the digestive system. It ***promotes regular bowel movements and can alleviate some of those bloating issues*** women often face in perimenopause and menopause.

Help Protect Against Breast Cancer: It's thought that the lignans in flaxseed might offer some protective effects against breast cancer. This could be ***due to their antioxidant properties and ability to influence hormone metabolism.***

How To Use Ground Flax Seed

Sprinkle in some ***ground flaxseed next time you're whipping up a smoothie, oatmeal, or salad.*** Your body will surely thank you for it.



Frozen Berries

Frozen berries are a fantastic alternative when fresh local berries aren't in season or available. They're ***picked and frozen at peak ripeness, preserving their nutrient content and flavor.*** This means you can enjoy the health benefits and taste of berries all year round, even when they're not in season locally. They are a wonderful addition to your perimenopausal and menopausal journey nutrient needs.

Benefits

Healthy Weight: Berries are low in calories yet bursting with flavor and nutrients. Their fiber content helps keep you full, reducing the chances of those sneaky mid-day snack attacks. Frozen berries can help curb those sweet, unhealthy cravings and are still as nutritious as fresh.

Nutrient Dense: Berries, especially blueberries, ***contain antioxidants like resveratrol,*** which could positively affect hormone health.

Supports Mood: Rich in flavonoids, berries have been studied for their ***potential mood-enhancing properties.*** Blending them into a smoothie or sprinkling them on a salad might give you a cheerful mood boost.

Bone Health Benefits: Berries like strawberries contain ***vitamin K and manganese, essential nutrients for maintaining strong bones.*** As bone density concerns creep in during perimenopause and menopause, it's good to know that berries offer essential nutrients.



Heart Health: The *anthocyanins* (giving berries their vibrant colours) are not just there for the looks. They've been **linked to improved heart health, reducing the risk of cardiovascular diseases**. A berry a day keeps the heart doctor away? Worth a try!

Digestive Divas: The fiber in berries works wonders for digestion, helping to keep things **moving smoothly and preventing constipation**, which some of us unfortunately know all too well during these years.

Skin Glow: The **water content and antioxidants packed in these frozen gems** can help to combat dehydration and oxidative stress.

Breast Cancer: Some berries, especially black raspberries, have been researched for **potential protective effects against breast cancer**. Anything that adds a layer of protection and peace of mind is a welcome addition to our diets during perimenopause and menopause.

How To Use Frozen Berries

Add frozen berries to **salad dressings, smoothies, oatmeal and smoothie bowls** for vibrant colour, flavour and nutrients.



Eggs

Eggs are more than just a breakfast staple. For women in perimenopause and menopause, eggs offer a unique combination of proteins, healthy fats, and essential vitamins that can be especially beneficial.

From supporting hormonal health to bone health and mood regulation, eggs might just be the unsung heroes of your dietary toolkit for some.



Benefits

Hormone Health: Eggs, ***rich in protein and essential fats***, can help to support hormone health.

Mood Elevator: With choline and omega-3 fatty acids, ***eggs can affect brain health and mood regulation***.

Bone Support: Vitamin D found in eggs is a ***crucial vitamin for calcium absorption***, giving your bones the love they deserve during these transformative times.

Weight Management: The protein in eggs can make you feel fuller, reducing those sudden hunger pangs. Plus, starting your day with ***eggs might help balance blood sugar levels, preventing those energy crashes later in the afternoon***.

How to Use Eggs

Whether you like them ***boiled, scrambled, or poached***, embrace eggs and all the nourishing goodness they bring to your menopausal journey!



Please Note: It's always a good idea to ***consult your healthcare professional regarding individual dietary needs***, especially if specific health concerns or conditions exist. For ***most people***, enjoying eggs is part of a balanced diet.

Balsamic Vinegar

Balsamic vinegar has a rich flavor profile and has a host of health benefits during perimenopause and menopause, including digestive health, blood sugar balancing and satiety.

Benefits

Digestive Health: Its acidic nature can stimulate the production of digestive enzymes, making meal breakdown a little easier. ***This may help to reduce post-meal bloat!***

Blood Sugar Balance: Balsamic vinegar has been ***shown to improve insulin sensitivity***, which can benefit those watching their blood sugar levels.

Weight: A splash of balsamic on your salads can ***elevate the taste and potentially help you to feel fuller***, reducing overeating might give you a cheerful mood boost.

Insulin Resistance: Navigating perimenopause comes with its unique challenges, one of which can be increased ***insulin resistance, leading to fluctuations in blood sugar levels.***

These fluctuations can intensify perimenopausal symptoms such as mood swings, fatigue, and weight gain. ***Balsamic vinegar offers a tasty solution that may help stabilize blood sugar.***



Reduce Cholesterol Levels: One of the **benefits of balsamic vinegar is its positive impact on cholesterol levels.** Rich in antioxidants, balsamic vinegar may actively address harmful "scavenger cells" that elevate LDL (bad cholesterol).

How To Use Balsamic Vinegar

Use it as a **glaze, salad dressings, marinades, desserts or drizzle** over roasted vegetables.





Leafy Greens

Leafy greens undoubtedly steal the spotlight for the best nutrients during perimenopause and menopause. Kale, spinach, and arugula are just a few greens that bring color and many health benefits to mealtimes. Whether you toss them in a salad, blend them in a smoothie, or sauté as a side, these greens are a testament to the saying: great things often come in small packages!

Packed with Nutrients: During perimenopause and menopause, your body changes significantly. ***Leafy greens like spinach, rocket (arugula), and Swiss chard come to the rescue by being rich in essential vitamins and minerals.*** These micronutrients can help ensure you get the nourishment your body craves during this transition.

Magnesium: Feeling those muscle cramps or struggling with sleep? The magnesium in these greens may help. ***This vital mineral can aid in muscle relaxation and potentially improve sleep patterns,*** both of which can sometimes be challenging during menopause.

Digestive Support: Constipation or bloating got you down? Adding these leafy veggies to your diet can easily ***increase your fiber intake, assisting in regular bowel movements and helping to prevent uncomfortable digestive issues like bloating.*** Plus, a happy gut often means better overall well-being.

Cognitive Benefits: Menopause can sometimes come with its set of brain fog moments. Greens like spinach are rich in nutrients such as lutein, vitamin K, folate, and beta-carotene. These are linked to ***supporting brain health and could potentially act as a buffer against cognitive decline.***

Benefits

Hormone Health: Cruciferous veggies, like kale, arugula, and mixed greens, **can help support liver function**, aiding in detoxifying excess hormones.

Mood Improvement: Let's face it, mood swings can sometimes be part and parcel of this life phase. But the folate found in leafy greens might offer a gentle lift. **Folate plays a role in producing neurotransmitters that regulate mood**, making these greens a natural ally in maintaining emotional equilibrium.

How To Include Greens

Incorporate greens effortlessly into your diet by adding a handful to smoothies, tossing them into salads, or sautéing them for a quick, nutritious side dish. Including greens of all sorts in your diet will **help to support overall health during perimenopause and menopause**.



Chia Seeds

Chia seeds are packed with **essential nutrients and are the perfect addition to cater to your body's unique needs during perimenopause and menopause.** They might be tiny, but they offer many benefits for overall health and can be easily added to mealtimes.

Benefits

Digestion: Chia seeds are your tummy's best friend! Rich in fiber, they help to keep things moving smoothly, helping to **reduce bloating and bowel irregularities.** Your gut will thank you for including these in your diet!

Satiety: These seeds absorb up to 12 times their weight in liquid, making you **feel satiated. This may help to curb hunger and cravings.**

Hormonal Health: Omega-3 fatty acids in chia seeds can be quite helpful during perimenopause and menopause and have several benefits, including heart and brain health. Their **fiber, omega-3s, and antioxidants work together for overall hormonal health.**

Mood: Besides harmonizing hormones, the **Omega-3s in chia seeds can help uplift mood** and ward off those occasional blues



Stronger Bones: Who knew? These tiny seeds are packed with calcium, which is vital for bone health. ***This is especially key as you navigate this stage,*** where maintaining bone density becomes all the more essential.

Brain Health: Those Omega-3s don't stop! They're great for heart health, and mood and play a part in ***keeping your brain sharp and agile.***

Better Sleep: Ever had one or many sleepless nights? Chia seeds have ***tryptophan, an amino acid that promotes better sleep.*** Just what you need during perimenopause.

How To Add Chia Seeds To Your Diet

The next time you make a delicious smoothie, remember to throw in a generous spoonful of chia seeds. Alternatively, add them, make a variety of ***chia puddings, and use them as a topping to cereal, smoothie bowls and salads.***



Hemp Seeds

During perimenopause, it's crucial to support the body with nutrient-rich foods, and hemp seeds can be an excellent addition to the diet.



Benefits

Heart Health: Hemp seeds contain **arginine and gamma-linolenic acid**, which are linked to a decreased risk of heart disease.

Healthy Fats: Skin can become incredibly itchy, sensitive and dry during perimenopause and with a balance of omega-6 to omega-3, **hemp seeds may benefit skin health.**

Rich in Protein: Approximately 25% of the calories in hemp seeds come from protein. They contain all the **essential amino acids, making them a complete protein source.**

Mineral Content: They are an **excellent source of essential minerals**, including vitamin E, phosphorus, potassium, magnesium, iron, and zinc.

Menopause Symptom Relief: The gamma-linolenic acid (GLA) in hemp seeds might help alleviate certain **menopausal symptoms like hot flashes and morning stiffness.**

Digestive Health: Whole hemp seeds are high in both soluble and insoluble fiber, promoting digestive health. However, it's worth noting that **shelled hemp seeds have a reduced fiber content.**

How To Include Hemp Seeds

Incorporating hemp seeds into meals, whether by adding them to dishes or consuming them on their own, can offer numerous health benefits during perimenopause. ***Sprinkle them onto salads, into smoothies, yogurt or baking.***



Asparagus

Packed with vital nutrients, asparagus doubles as a powerful prebiotic that nurtures the good bacteria in your gut. After eating asparagus, you might detect a distinct smell in your urine. This is because of a substance in asparagus called asparagusic acid, which our bodies break down into compounds that contain sulfur, giving it that recognisable aroma.

Please Note: Our bodies digest foods differently, and some individuals may not pick up on the unique scent at all.

Benefits

Nutrient Content: *Asparagus is packed with vitamins A, C, E, K, and B vitamins*, along with essential minerals like copper, iron, and calcium.

Heart Benefits: Asparagus contains potassium, which is known to **help regulate blood pressure**. Furthermore, the soluble fiber in asparagus can help lower cholesterol.

Digestive Support: Asparagus is known for its high content of inulin, a type of fiber that acts as a prebiotic. It promotes the growth of beneficial gut bacteria, which can be **essential for digestive health**.

Bone Health: With its vitamin K content, *asparagus plays a role in supporting bone health*.



Natural Diuretic: Asparagus can help rid the body of excess salt and fluid, making it a *natural diuretic*. ***This can be beneficial for women experiencing water retention.***

Antioxidant Properties: Packed with antioxidants, *asparagus can help combat oxidative stress in the body.*

Immune Boost: The vitamin E content in asparagus can help **strengthen the immune system.**

How To Include Asparagus

Asparagus can be used in various ways, including *roasted, as a side dish, in stews, casseroles, soups and salads.*





Lentils

Lentils come in various colors, from green, brown, and red, and have become a staple in many global cuisines, especially in the Mediterranean. They are a nutritional powerhouse packed with protein, fiber, and essential minerals. They provide a hearty base for soups, stews, salads, and more, making them a versatile and nourishing addition to any diet.



Benefits

Rich in Nutrients: Lentils are an **excellent source of B vitamins, iron, magnesium, potassium, and zinc**. They're also a great source of plant-based protein and fiber.

Heart Health: The fiber, folic acid, and potassium in lentils all **support heart health**. Including them in your diet can help to reduce the risk of heart disease and maintain healthy blood cholesterol levels.

Digestion: The **dietary fiber found in lentils helps to prevent chronic constipation and promotes regular bowel movements**. This can be particularly helpful, as many women experience digestive issues during perimenopause.

Stabilize Blood Sugar: Due to their fiber content, lentils can help **stabilize blood sugar levels**, making them an ideal food for those with cravings, mood swings or general fatigue.

Weight Management: Lentils are **low in calories but high in nutrients**, making them an excellent addition to a weight management diet. Their protein and fiber content helps to satiate hunger, potentially reducing overall caloric intake.

Bone Health: As women approach menopause, ***bone health becomes increasingly crucial due to a decline in estrogen.*** Lentils provide a good amount of calcium and magnesium, which are vital in maintaining bone structure and strength.

Mood Regulation & Energy Production: Lentils are rich in B vitamins, especially folate and B6. These vitamins play a vital ***role in mood regulation and energy production.*** This can be particularly beneficial as mood fluctuations and fatigue are common concerns during perimenopause.

Red Blood Cell Formation: The ***iron in lentils supports red blood cell formation*** and helps to prevent conditions like anemia.

How To Use Lentils

Lentils are a versatile food, effortlessly fitting into many dishes. Their mild flavor absorbs other tastes well, making them perfect for ***soups, salads, and even as a meat substitute in dishes like tacos.***



Kimchi

Kimchi is a traditional Korean dish made of fermented vegetables, primarily napa cabbage and radishes, combined with a mix of seasonings like chili pepper flakes, garlic, and ginger. Beyond its tangy and spicy flavor, kimchi is also renowned for its health benefits. Rich in vitamins, minerals, and beneficial probiotics from the fermentation process, kimchi has been hailed as a flavorful condiment and a powerful ally for gut health and overall well-being. Buy kimchi from a reputable source, and ensure it is from the refrigerator section in the store and not off the shelf.

Benefits

Gut Health: Kimchi is loaded with **beneficial probiotic bacteria** as a traditional fermented food. These help to improve digestion and maintain a healthy balance of gut flora.

Boosting Immunity: A balanced gut is directly linked to overall health and immunity. The beneficial bacteria in kimchi help **strengthen the gut barrier, which may help to reduce perimenopausal symptoms like chronic inflammation.**

Nutrient Absorption: The lactic acid bacteria in kimchi can enhance the bioavailability of nutrients. **This means better digestion and absorption of vitamins and minerals.**



Anti-inflammatory: Kimchi has anti-inflammatory properties, which can help reduce inflammation in the body, potentially easing symptoms related to ***inflammatory conditions like joint pain.***

Vitamin Rich: A good source of essential vitamins like vitamins ***A, C, and B's.***

Heart Health: Kimchi might have heart-protective properties. Some studies suggest it can ***help reduce LDL (bad) cholesterol levels and boost HDL (good) cholesterol.***

Using Kimchi

While the benefits of kimchi are numerous, ***it's important to start with small amounts, especially if you're new to fermented foods.*** Introducing too much probiotic food too quickly can lead to temporary digestive issues, such as bloating, gas, or an upset stomach. Gradually increasing your intake allows your gut to adjust and can help prevent these symptoms. Remember, it's always a good idea to consult with a healthcare provider or nutritionist when making significant dietary changes.



Soy

Soy products come in various forms, including tofu, tempeh, soy milk, and edamame. They are rich in essential nutrients like protein, fiber, vitamins, and minerals.

Moreover, soy contains phytoestrogens, which are **estrogen-like compounds derived from plants** - isoflavones. These may mimic the effects of estrogen in the body, potentially offering relief from certain perimenopausal symptoms.

When purchasing soy products, choose organic, non-GMO soy products to reap the maximum benefits.

Benefits

Hormone Health	The phytoestrogens in soy may help with hormone health, which can be particularly beneficial during perimenopause when estrogen levels fluctuate.
Bone Health	Soy isoflavones may help maintain bone density, potentially reducing the risk of osteoporosis, a common concern during perimenopause.
Heart Health	Consuming soy protein may help lower LDL (bad) cholesterol levels.
Protein Source	Soy is a good source of protein, which is essential for muscle maintenance and overall body function.
Reduced Hot Flashes	Some studies suggest that soy isoflavones can help reduce the frequency of hot flashes, a common symptom of perimenopause.

Cautions

Soy foods include:

- Edamame
- Miso paste
- Tempeh
- Tofu
- Soy milk

Thyroid Function	Individuals with thyroid issues should exercise caution with soy consumption as it may interfere with thyroid hormone absorption.
Allergies	Soy is a common allergen. If you have a soy allergy or sensitivity, it's best to avoid soy products.
Breast Cancer Concerns	It's advisable to discuss with a healthcare provider if you have a history of breast cancer or other hormone-sensitive conditions.

Using Soy

Incorporating soy into your diet can be beneficial, **but moderation is key.** It's advisable to start with small amounts and observe how your body reacts, especially if you're new to soy products. As with any dietary change, consulting with a **healthcare provider or nutritionist is wise to ensure it aligns with your personal health needs and conditions.**





Nutrition Supplements to Consider



Increased Energy: Wave goodbye to those mid-afternoon slumps! Matcha provides a ***sustained energy boost*** without the jitters or crashes of other caffeine sources.

How to Enjoy Matcha

It can be enjoyed as a hot or cold beverage, including ***latte, smoothies, iced tea, energy balls, and even baking.***





Matcha Powder

Matcha is a bright green tea powder originating from Japan. It contains antioxidants to provide health benefits and may be helpful in combating perimenopause symptoms.

Benefits

Reduced Stress & Anxiety: Matcha is rich in L-theanine, a unique amino acid that promotes relaxation. This means ***matcha powder may be a natural way to find calm amidst the perimenopause and menopause storm.***

Lower Cholesterol: As we age, keeping an eye on cholesterol becomes more crucial. Matcha may help with its ***natural compounds that assist in reducing LDL (the "bad" cholesterol).***

Improved Concentration & Memory: Ever walked into a room and forgotten why? Or misplaced those keys again? ***Matcha's combination of caffeine and L-theanine provides a balanced energy boost, helping with focus and clarity.***

Improved Cognitive Abilities: Beyond just concentration, the antioxidants in matcha may ***help protect against neural damage,*** ensuring better overall cognitive function.

Acai Berry Powder

Acai berry powder comes from the acai palm tree in South America. This dark purple fruit is dried and turned into powder, packed with antioxidants, essential fatty acids, and fibre. It's often added to smoothies, yogurt and oatmeal. Besides its unique taste, acai powder is recognized for its health benefits, which include helping support heart health and weight management, making it a beneficial supplement addition during perimenopause. An alternative would be to use goji berries or pomegranate seeds.

Benefits

Rich in Antioxidants: Acai berries are incredibly *rich in antioxidants*, especially anthocyanins, which help to fight free radicals in the body.

Weight Management: Acai berry powder may help suppress appetite, boost metabolism, and reduce fat deposits, but *more substantial research is needed for this area.*

Brain Health: The compounds in *acai might protect the brain from damage* as it ages and influence cognition and memory.



Energy Boost: Some people report a burst of energy after consuming acai, *which could benefit those experiencing fatigue*. However, this affects every person differently.

Hormone Health: Some preliminary studies suggest that *acai might benefit hormone health*, though more research is needed.

How To Use Acai Berry Powder

Mix it into **smoothies, yogurt bowls, baking and oatmeal**.





Collagen Powder/Liquid

Collagen is the most abundant protein in our body, crucial for skin elasticity, joint health, and other bodily functions. As we age, collagen production decreases, resulting in noticeable wrinkles, joint pain, and other age-related issues.

Collagen powder is derived from animal connective tissues and hydrolysed to improve its digestibility.

Benefits

It may help with skin hydration and elasticity. It is also thought to help reduce the appearance of fine lines/wrinkles and improve hair and nail strength.

Skin Health: Regular intake can support skin hydration and elasticity.

Bone and Joint Health: *It may help with bone health and relieve joint pain,* but more research is needed.

Hair and Nails: *May promote stronger nails and hair,* which can become brittle or thin during perimenopause.



UNIMATE – A Yerba Mate Supplement

Yerba mate, a traditional South American herbal tea, may offer some benefits during perimenopause and menopause. It contains several compounds that can positively impact women experiencing these life stages. Yerba mate is loaded with antioxidants that combat oxidative stress, potentially aiding in the management of symptoms related to aging and hormonal changes. Providing a natural energy boost, this can be beneficial for combating fatigue, a common complaint during perimenopause and menopause.

The combination of compounds within yerba mate may contribute to improved mood and mental alertness, helping alleviate some of the mood swings associated with hormonal fluctuations. Yerba mate contains minerals like calcium and magnesium, which are crucial for bone health.

Maintaining bone density becomes especially important during menopause when the risk of osteoporosis increases. The yerba mate leaves in Unimate undergo a unique five-step process—handpicking, fire roasting, extracting, concentrating, and purifying. As a result, Unimate is a proprietary extract that boosts the benefits of yerba mate (mood-enhancing, brain-stimulating and feel-good elements). Some studies suggest that yerba mate may have thermogenic properties, potentially aiding in weight management, which can be challenging during menopause.

Will this product create any sort of dependency?

It does not create any dependency. You only need to take them for as long as you want to keep Feeling Great!



BALANCE – A Soluble and Insoluble Fiber Blend

Fiber plays a crucial role during menopause and perimenopause for several reasons. Firstly, it aids in managing weight, which can be particularly challenging during this phase due to hormonal changes. A high fiber intake daily provides a feeling of comfortable fullness, promoting satiety and potentially reducing overeating.

Secondly, fiber helps regulate blood sugar levels, minimizing energy slumps and mood swings, common companions during menopause. Stable blood sugar levels contribute to sustained energy and emotional well-being.

Furthermore, fiber supports digestive health, alleviating issues like constipation that can become more prevalent during menopause. This is especially important as hormonal fluctuations can impact bowel regularity.

Lastly, certain types of fiber, like soluble fiber, can assist in managing cholesterol levels, and promoting heart health—an area of concern that tends to DRAMATICALLY increase post-menopause. Heart Disease is known as the "silent killer" amongst women and anything you can do to safely and nutritionally address reducing your risk of heart disease will add quality years to your life.

BALANCE is a medically endorsed pre-meal drink consisting of 5 different sources of unique fibers not found in your everyday foods that include bioactive plant compounds, polysaccharides, and micronutrients. In essence, incorporating BALANCE into your daily diet during menopause and perimenopause is a smart choice for managing weight, stabilizing mood and energy, supporting digestion, and maintaining and improving overall cardiovascular health.



Protein Powder

Protein intake is vital during perimenopause to support muscle mass, bone health, metabolism, weight and overall health.

Protein powders are available from ingredients like whey, soy, pea, or hemp. They **offer a convenient way to supplement your protein intake**, especially if you struggle to meet your daily protein requirements.

Whey Protein is considered a complete protein, which means it contains all nine essential amino acids the human body cannot produce on its own. These essential amino acids are:

- **Histidine**
- **Isoleucine**
- **Leucine**
- **Lysine**
- **Methionine**
- **Phenylalanine**
- **Threonine**
- **Tryptophan**
- **Valine**

Having all of these in a quality protein powder ensures optimal muscle repair, growth, and overall health benefits, which are ALL particularly important during perimenopause and menopause.



Vegan/Plant-Based Protein Powders: What to Check

Not all vegan or plant-based protein powders are complete proteins, meaning **they don't always contain all nine essential amino acids**.

Most plant sources lack one or more of the essential amino acids, but this doesn't mean they're inferior. However, it does mean that **if you rely solely on a single plant source** for protein, you might not get all the essential amino acids your body requires.

When choosing vegan or plant-based protein powders, it's not just the protein content that matters. **Texture and flavor can also play significant roles** in ensuring you have an enjoyable and beneficial protein experience.

Here's what to look out for:

Combination of Plant-Based Sources	Many quality plant-based protein powders combine different plant sources to ensure they provide a complete protein profile. For example, a pea and rice protein mix often offers a complete amino acid protein powder.
Check The Label	If unsure, you can often find the amino acid profile on the product's nutritional label. This will show the amount of each amino acid, helping you determine if all nine essential amino acids are present.
Fillers and Additives	Some protein powders may contain unnecessary fillers, artificial flavors, or additives. It's always a good idea to check the ingredient list to ensure you're buying a clean product.
Allergens	Plant-based protein powders can come from a variety of sources. If you have allergies, it's essential to ensure that the powder isn't derived from or processed in a facility that handles allergenic substances.
Digestibility	Some plant proteins can be harder to digest for certain individuals. It might be worth considering a powder that includes digestive enzymes, which can help absorb and digest the protein.

Texture	One common critique of vegan protein powders is the difference in texture and flavor compared to dairy-based proteins like whey. Some plant-based powders can have a grainy or chalky texture. It's always good to sample different brands or look for reviews focusing on texture and taste.
Third-Party Tested	Look for third-party testing to ensure the product is what it states on the label, and always buy from trusted sources.

While whey is naturally a complete protein, it might not always be the best option for everyone. Many women, especially during perimenopause, experience bloating or digestive issues related to dairy products.

Therefore, when buying protein supplements, **it's crucial to consider the ingredients**, amino acid profile, potential sensitivities, and the product's flavour and texture. Whether you choose whey, plant-based, or soy, the key is finding a supplement that aligns with your nutritional needs and personal comfort. Always listen to your body and consult a healthcare professional or nutrition expert to ensure you make the best choice for your unique situation.

Benefits

Muscle Health: Supports the maintenance and growth of muscle mass, which tends to decrease with age.

Bone Health: Adequate protein intake can support bone health, which is especially crucial as the risk of osteoporosis increases during perimenopause.

Weight Management: Protein can help you feel full longer, potentially helping you with weight management during a time when metabolism can slow down.

Mood and Energy: Proper protein intake can **assist in stabilizing blood sugar levels**, potentially influencing **mood, energy, cravings, exercise and sleep**.

How To Use Protein Powder

Incorporate into **smoothies, oatmeal, homemade energy bars**, or simply mix with water or milk for a post-workout boost.



Disclaimer: The information provided herein is for informational purposes only and should not be used as a substitute for professional medical advice or recommendations. Always consult with a healthcare professional, nutritionist, or dietitian when considering supplements or making significant changes to your diet.

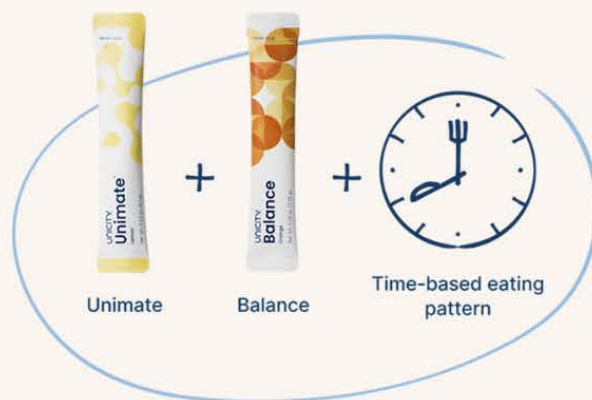


Our Approach to Intermittent Fasting

Simply put, intermittent fasting is time-based eating that can help the body maintain healthy insulin levels. Intermittent fasting can sound daunting. However, it's not as scary as most people believe.

- We recommend that you wait to eat for 4 hours between your first and second meals of the day, 4 hours between your second and third meals of the day, then wait at least 12–16 hours before eating your first meal the following day.
- We recommend supplements Balance and Unimate to help make time-based eating as easy as possible.

Intermittent fasting may offer perimenopausal women a weight management tool, improving their insulin sensitivity in the process.





Intermittent Fasting

If we stop constantly eating, then we give our bodies the time they need to go into a natural fat-burning state instead of relying on a steady supply of glucose.





REAL RESULTS

Here's what people like you are experiencing
with The Feel Great System...

I started using The Feel Great System after being diagnosed with mild scoliosis and weighing 282 pounds. I wanted to lose weight and get healthier. I knew this was what I needed to help get more energy, a healthier body, and achieve my goal to lose weight and keep it off. I am now down 64 pounds. I have lots of energy and I feel great! - Remona B

I started using The Feel Great System because I wanted to accomplish a healthier life overall. So far I have lost over 35 pounds and have achieved normal blood pressure and heart beat. I am more calm and focused and have much more energy. Additionally, I have found a great support system from like-minded people through this program. - Karen M

I started The Feel Great System to help regain my health and have seen fantastic results. My blood sugar levels have improved and my cholesterol is lower. I feel so much happier and my sleep has improved. Last but not least, I lost weight, which is something I've never been able to do before. - Aisha M



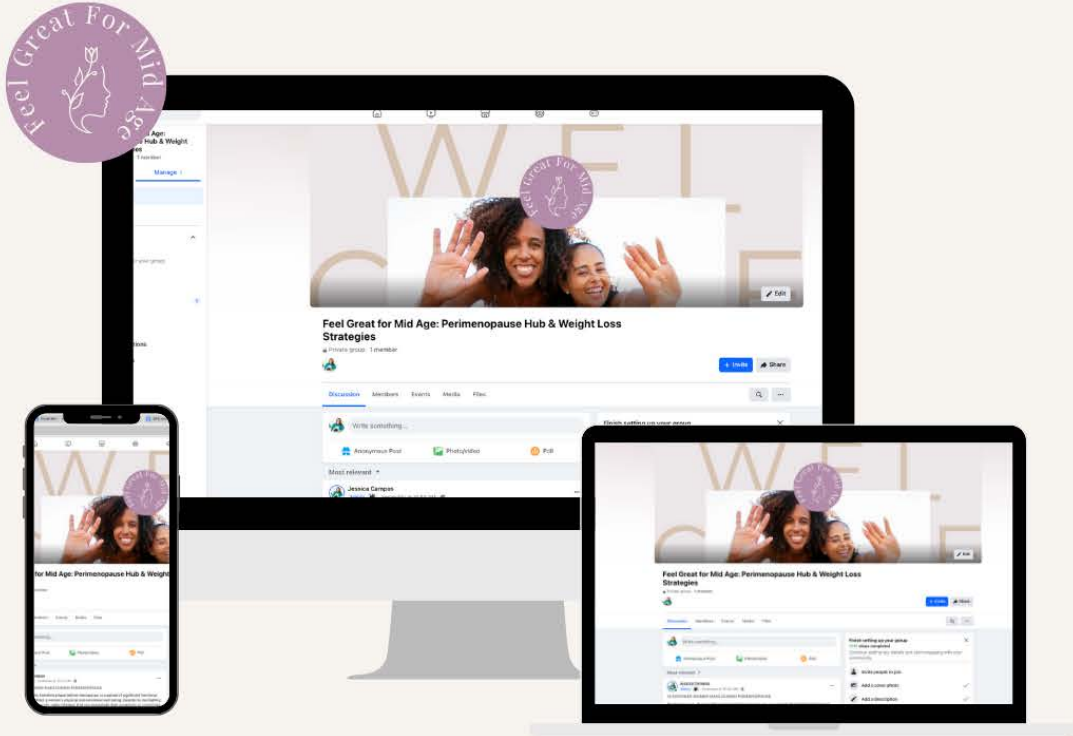
RECOMMENDED SUPPLEMENTS

Explore our Recommended Supplements section, curated with your health and wellness in mind. Here, you'll discover a carefully selected range of supplements designed to support your nutritional needs, boost your energy levels, and enhance overall well-being. Each supplement is backed by science and chosen for its quality, effectiveness, and compatibility with a holistic approach to health. Dive into our recommendations and find the perfect supplement to complement your health journey. Your wellness is our priority.

[CLICK HERE TO LEARN MORE](#)

FEEL GREAT FOR MID AGE

JOIN OUR COMMUNITY



Join Our Empowering Community:
A Free Women's Health Group
Dedicated to Your Wellness
Journey!



[CLICK HERE TO JOIN](#)

ABOUT ME

Melissa Tippie

Integrative Nutrition Health Coach,
Diabetes Prevention Specialist

About Me:

As a passionate Integrative Nutrition Health Coach, I am dedicated to empowering individuals to achieve their optimal health through sustainable habit change, nutrient-dense eating, and mindful lifestyle practices. My approach integrates evidence-based nutrition strategies with holistic wellness principles to create personalized health plans that support long-term well-being.

Specialties:

Habit Change:

I specialize in guiding clients through the process of adopting healthier habits that stick. By focusing on small, manageable steps, I help individuals create lasting change that aligns with their personal health goals and lifestyle.

Nutrient-Dense Eating:

My coaching emphasizes the importance of consuming whole, nutrient-rich foods. I educate clients on how to nourish their bodies with a variety of vibrant, wholesome foods that support energy, vitality, and overall health.

Mindful Eating:

I teach mindful eating practices that encourage clients to develop a deeper connection with their food. This includes paying attention to hunger and fullness cues, savoring each bite, and fostering a positive relationship with food.

Intermittent Fasting:

I guide clients through the principles and benefits of intermittent fasting, helping them find an approach that fits their lifestyle. This practice can support metabolic health, weight management, and improved energy levels.

Reversing Type 2 Diabetes:

With a focus on dietary interventions and lifestyle modifications, I provide support for individuals looking to manage and potentially reverse type 2 diabetes. My approach includes tailored nutrition plans, regular monitoring, and ongoing motivation to achieve and maintain healthy blood sugar levels.

My Philosophy:

I believe that true health is a journey that involves more than just what we eat. It's about creating a balanced life that includes physical activity, stress management, and emotional well-being. My mission is to help clients discover their unique path to health, empowering them to take charge of their wellness through informed choices and sustainable practices.

Client-Centered Approach:

I prioritize a collaborative and personalized approach, recognizing that each individual is unique. By listening to my clients' needs, preferences, and challenges, I co-create customized health plans that are practical and achievable. Together, we work towards realistic goals, celebrating progress and navigating obstacles along the way.

Why Work with Me:

Empathy and Support:

I offer a compassionate and supportive coaching environment, where clients feel heard and motivated.

Evidence-Based Practices:

My recommendations are grounded in the latest nutritional science and holistic wellness research.

Sustainable Solutions: I focus on creating practical, long-term solutions rather than quick fixes, ensuring lasting health improvements.

Holistic Perspective:

I address all aspects of well-being, including diet, lifestyle, and mindset, to support comprehensive health transformation.

Let's Work Together:

Whether you're looking to adopt healthier eating habits, explore intermittent fasting, or manage a chronic condition like type 2 diabetes, I am here to guide and support you every step of the way. Let's embark on this journey towards vibrant health and lasting wellness together.

Schedule a Consultation:

Ready to take the first step towards a healthier you? Schedule a consultation today and let's begin your transformation journey.





DISCLAIMER

The information contained within these materials is for general and informational purposes only. The information is not, nor intended to be, a substitute for professional or clinical advice.

If you have any concerns about your health, please contact your medical doctor or licensed healthcare practitioner.

F E E L G R E A T F O R M I D A G E