



EMBRACE CHANGE

GRACEFUL MENOPAUSE

This season of life is not to be dreaded, but to be enjoyed.

Buddhi Holistic Health

WHAT YOU MIGHT EXPERIENCE DURING MENOPAUSE

Know Your Body

Menopause is a natural transition in a women's life. Though the symptoms that come along with this change can be difficult at times, there are ways embrace this change and and feel your best throughout the transition.

Most common symptoms:

- Hot flashes
- Weight gain
- Fatigue
- Hair loss
- Low libido
- Dryness
- Bone loss
- Cholesterol
- Decreased muscle mass
- Night sweats
- Difficulty sleeping

The good news, most of these symptoms can be made better by shifts in your diet and lifestyle.

TOP FOODS TO REDUCE SYMPTOMS OF MENOPAUSE

Enjoy and Benefit



SOY BEANS

SOY CONTAINS PHYTOESTROGENS THAT CAN HELP RESTORE HEALTHY ESTROGEN LEVELS. THESE HAVE BEEN SHOWN TO REDUCE HOT FLASHES. HIGHLY PROCESSED SOY DOES NOT CARRY THE SAME BENEFITS AS WHOLE SOY. EDAMAME, TEMPEH, AND NATO ARE HEALTHY SOY CHOICES.



CHIA SEED AND FLAX SEED

CONTAIN PHOSPHORUS, MAGNESIUM AND CALCIUM ALL OF WHICH ARE EXCELLENT FOR BONE DENSITY. THEY ALSO CONTAIN OMEGA 3 FATTY ACIDS FOR IMPROVED BRAIN HEALTH, HEART HEALTH, AND SKIN QUALITY.



CRUCIFEROUS VEGETABLES

THESE VEGETABLES CAN AID IN ESTROGEN METABOLISM AND BALANCE. THEY ALSO HAVE CALCIUM TO IMPROVE BONE HEALTH. EXAMPLES ARE: BROCCOLI, CABBAGE, BRUSSELS SPROUTS, BOK CHOY, CAULIFLOWER, COLLARD GREENS.



QUALITY PROTEIN

THIS IS NECESSARY TO MAINTAIN MUSCLE MASS WHICH CAN DECREASE MORE RAPIDLY AFTER MENOPAUSE. THE RECOMMENDED DAILY AMOUNT FOR WOMEN AFTER MENOPAUSE IS 1–1.2 GRAMS PER KG OF BODY WEIGHT. EXAMPLES ARE: ORGANIC CHICKEN, WILD CAUGHT FISH, ORGANIC EGGS, GRASS FED BEEF, NUTS, AND SEEDS.



FATTY WILD CAUGHT FISH

FOODS RICH IN OMEGA 3 FATTY ACIDS HAVE BEEN SHOWN TO REDUCE HOT FLASHES AND NIGHT SWEATS. THESE FOODS ALSO HELP MAINTAIN BRAIN HEALTH AND SKIN QUALITY. EXAMPLES OF HEALTHY FATTY FISH ARE: SALMON, MACKEREL, SARDINES, AND HERRING.

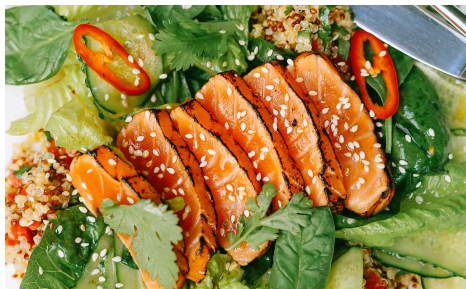


DARK BERRIES

THESE LITTLE POWERHOUSES ARE LOADED WITH ANTIOXIDANTS WHICH CAN BLUNT THE EFFECTS OF AGING. THEY CONTAIN A UNIQUE COMBINATION OF FIBER, FLAVONOIDS, AND PHYTONUTRIENTS THAT CAN REDUCE RISK FOR HEART DISEASE AND HAVE BEEN SHOWN TO LOWER LEVELS OF LDL CHOLESTEROL. THEY HELP PROTECT AGAINST CELLULAR DAMAGE THAT CAN CAUSE CANCER AND COGNITIVE DECLINE. GREEN TEA ALSO HAS MANY OF THESE SAME BENEFITS.

MEAL IDEAS TO HELP REDUCE SYMPTOMS OF MENOPAUSE

Enjoy and Benefit



SOY AND SALMON SALAD

LEAFY GREENS, SMOKED OR RAW SALMON, RADISHES, ARUGULA OR SEAWEED, AVOCADO, CHERRY TOMATOES, RICE (OPTIONAL), OLIVE OIL, LEMON, AND SEA SALT.



CHIA SEED PUDDING

1 CUP ALMOND MILK OR LIGHT COCONUT MILK, ½ TEASPOON ORANGE OR LEMON ZEST, ⅛ TEASPOON VANILLA EXTRACT, 3 TABLESPOONS CHIA SEEDS, 1/8 CUP FRESH BERRIES OF CHOICE, 1 TBSP UNSWEETENED COCONUT SHREDS. MIX TOP 4 INGREDIENTS TOGETHER AND REFRIGERATE OVERNIGHT. TOP WITH BERRIES AND COCONUT SHREDS.



BAKED CHICKEN AND VEGGIES

CHICKEN BREASTS, CHOPPED BROCCOLI, SLICED RED ONION, SLICED CARROTS, AND SLICED RED CABBAGE COATED WITH AVOCADO OIL, GARLIC POWDER, AND SEA SALT. COOK IN OVEN ON 350 DEGREES FOR 20 MINUTES (UNTIL CHICKEN IS COOKED THROUGH).



EGGS AND GREENS

EGGS COOKED YOUR WAY WITH ARUGULA, AVOCADO, AND GROUND FLAXSEED.



SALMON, BROCCOLI, AND BRUSSELS SPROUTS

BAKED OR GRILLED SALMON WITH LEMON AND GARLIC. SERVE WITH STEAMED BROCCOLI AND BRUSSELS SPROUTS.



BERRY SALAD TOPPED WITH LEAN PROTEIN

ARUGULA, WALNUTS, MIXED BERRIES, AVOCADO, SLICED RED ONION, OLIVE OIL, AND LEMON. TOP WITH LEAN PROTEIN SUCH AS SHRIMP, CHICKEN, TURKEY, OR FISH.

FOODS TO LIMIT DURING MENOPAUSE

Pass on These



SPICY FOODS

THESE FOODS CAN MAKE HOT FLASHES AND NIGHT SWEATS WORSE. SPICY FOODS CAN MAKE SYMPTOMS OF GASTRIC REFLUX WORSE, A COMMON CONDITION IN AGING ADULTS.



ALCOHOL

ALCOHOL CAN CAUSE MORE DIFFICULTY WITH SLEEP, HEALING, AND THE ABILITY FOR THE LIVER TO CLEAR OUT HARMFUL ESTROGENS. ALSO ALCOHOL CAN INTERFERE WITH NUTRIENT ABSORPTION AND HAS BEEN SHOWN TO HAVE A NEGATIVE IMPACT ON BONE DENSITY.



ADDED SUGARS

SUGAR INTERFERES WITH OUR GUT HEALTH AND CAUSES IMBALANCES OF THE GUT MICROBIOME. IT CAN LEAD TO POOR NUTRIENT ADSORPTION, IMPAIR OUR IMMUNE HEALTH, AND CAUSE INCREASED INFLAMMATION. THIS CAN LEAD TO WORSE HOT FLASHES AND WEIGHT GAIN.



PROCESSED CARBOHYDRATES

THESE FOODS INTERFERE WITH OUR HORMONE BALANCE AND CAN LEAD TO INSULIN RESISTANCE. THIS CAN FURTHER LEAD TO MANY ISSUES SUCH AS DIABETES, CHRONIC ILLNESS, FATIGUE, BRAIN FOG, LOW LIBIDO, HIGH CHOLESTEROL, AND MORE. EXAMPLES ARE: BREADS, PASTA, CHIPS, GRANOLA BARS, CRACKERS, PRETZELS, ETC.



FRIED FOOD

FRIED FOODS CAN CAUSE GASTRIC UPSET AND POOR GUT HEALTH. THEY CAN INCREASE SYMPTOMS OF HOT FLASHES, NIGHT SWEATS, HIGH CHOLESTEROL LEVELS, BRAIN FOG, AND LOW LIBIDO.



CAFFEINE

TOO MUCH CAFFEINE CAN INTERFERE WITH OUR HORMONAL BALANCE AND LEAD TO IMPAIRED SLEEP AND INCREASED HOT FLASHES. FOR MOST PEOPLE ONE CUP PER DAY DOES NOT INCREASE SYMPTOMS BUT AVOIDING MORE THAN THIS CAN BE HELPFUL.

TOP SUPPLEMENTS

Get The Boost You Need

Be sure to speak with your doctor before incorporating new supplements to your regimen.



MAGNESIUM

MAGNESIUM IS IMPORTANT FOR BALANCED ENERGY PRODUCTION. IT CAN HELP WITH SLEEP, STRESS REDUCTION, AND MUSCLE PERFORMANCE. MOST PEOPLE HAVE BELOW OPTIMAL LEVELS OF MAGNESIUM.

[CLICK FOR MAGNESIUM SUPPLEMENT.](#)



QUALITY COLLAGEN POWDER

AS WE AGE, OUR COLLAGEN LEVELS DECREASE AT A RAPID RATE (HENCE OUR SKIN BEGINNING TO SAG). COLLAGEN CAN HELP IMPROVE THE QUALITY OF OUR SKIN, HAIR, NAILS, AND BONES.

[CLICK FOR COLLAGEN SUPPLEMENT.](#)



VITAMIN D3 WITH K

VITAMIN D3 IS CRUCIAL FOR A HEALTHY IMMUNE SYSTEM, TO KEEP INFLAMMATION DOWN, AND FOR COGNITIVE HEALTH. IT HAS BEEN SHOWN TO IMPROVE MOOD AND ENERGY IN MENOPAUSAL WOMEN.

[CLICK FOR VITAMIN D3 SUPPLEMENT.](#)



OMEGA 3

OMEGA 3 FATTY ACIDS ARE THE BUILDING BLOCKS FOR OUR CELLULAR MEMBRANES. THEY KEEP COMMUNICATION BETWEEN CELLS FUNCTIONING AND REDUCE INFLAMMATION. SUPPLEMENTATION WITH OMEGA 3 HAS BEEN SHOWN TO REDUCE NIGHT SWEATS, MOOD SWINGS, AND JOINT PAIN DURING MENOPAUSE.

[CLICK FOR OMEGA 3 SUPPLEMENT.](#)



PROBIOTICS

GUT HEALTH IS AN IMPORTANT ASPECT OF OVERALL HEALTH. A HEALTHY GUT MICROBIOME IMPROVES NUTRIENT ABSORPTION, REDUCES FOREIGN INVADERS THAT CAUSE ILLNESS, AND IMPROVES OUR ENERGY LEVELS. THE QUALITY OF YOUR PROBIOTIC SUPPLEMENT IS VERY IMPORTANT.

[CLICK FOR PROBIOTIC SUPPLEMENT.](#)



GINSENG

GINSENG HAS BEEN SHOWN TO IMPROVE SLEEP AND REDUCE MOOD SWINGS DURING MENOPAUSE. IT CAN ALSO HELP REGULATE BLOOD SUGAR AND IMPROVE IMMUNE HEALTH. TO MAKE GINSENG TEA, SLICE FRESH GINSENG AND STEEPED IN HOT WATER FOR SEVERAL MINUTES.

[CLICK FOR GINSENG SUPPLEMENT.](#)