



## Menopausal Symptoms

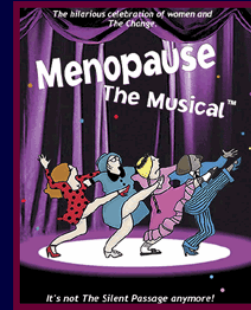


- No periods for 1 year
- Changes may be permanent or temporary
- Most common permanent changes
  - vaginal dryness
  - bladder changes
  - low libido

Ovary and other cells produce some estrogen after menopause.

How can we encourage natural hormone production and minimize difficult changes?

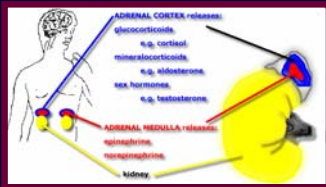
## Begin With a Strong Adrenal System



## A Soft Glide or a Crash Landing?

### Importance of Adrenal Health & Stress

1. Epinephrine or adrenaline (stress response)
2. Cortisol (anti-inflammatory, increases appetite and energy, maintains immune system, but destructive under prolonged stress)
3. Androgens or DHEA (sexual hormones)



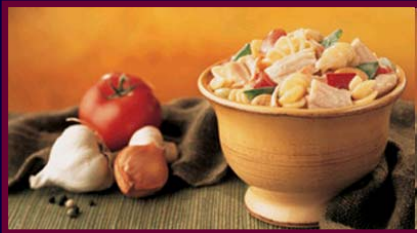
## Androgen hormones from adrenal system

- Protect bone density
- Guard cardiovascular health
- Keep mental balance
- Maintain normal sleep patterns



- ✓ Improve your hormonal levels with good health habits  
(DHEA supplementation only if medically supervised)

## Optimal nutrition supports adrenal health, smoothes menopausal transitions, and promotes healthy aging



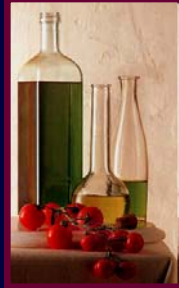
1. Lots of vegetables & fruits (6-10 servings a day)
2. Healthy protein sources (3 or more servings a day)
3. Whole grains (fewer refined grains)

## Healthy Oils for Healthy Hormones

4. Reduce saturated & hydrogenated oils
5. Increase monounsaturated oils (olive and canola oil)

### 6. Increase omega-3 oils

flax seed and oil  
walnuts  
pumpkin seeds  
deep sea fish  
omega-3 eggs



## Feed Your Precious Bones

Your body needs 1000-1500 mg calcium per day.

Eat at least two servings high Ca foods every day

Plus supplements:

- ✓ 500-750 mg calcium citrate
- ✓ ½ of above of magnesium
- ✓ Multivitamin for Zinc, Cu, etc.
- ✓ Other nutrients needed at [www.elainemansfield.com](http://www.elainemansfield.com)

Remember Vitamin D:

- ✓ 600 IU Vitamin D daily w/ sunlight
- ✓ 1000 IU Vitamin D daily in the winter



Reduce foods that don't nurture your body



- ▶ Sugar
- ▶ Unhealthy oils
- ▶ Salt
- ▶ Processed food
- ▶ Excess caffeine

Keep alcohol intake moderate: < 1 glass wine a day

## Give Yourself A Break!

A relaxed and rested body has fewer symptoms.

- Find ways to slow your pace
- Schedule unstructured time
- Under-schedule a half-day a week
- Get a massage
- Take a walk with a friend
- Do yoga
- Learn breathing exercises or meditation
- Breathe deeply into your belly—often



## Exercise Helps In Every Way

1. Hot flash symptoms
2. Fatigue and low energy
3. Weight gain
4. Bone Health
5. Blood Pressure
6. Blood Sugar
7. Heart Health
8. And more.....

- Aerobics
- Strength Training
- Flexibility



## Dealing with Specific Symptoms

Books with great advice:

Dr. Susan Love's  
*Menopause and Hormone Book*

Susun Weed  
*Menopausal Years*

Christiane Northrup  
*The Wisdom of Menopause*



## Low Estrogen Symptoms



### Hot flashes and night sweats

- Stay cool—dress in layers, drink water, buy a fan
- Avoid triggers—stress, hot temps, hot food and drinks, smoking
- Deep breathing—6-8 breaths / min
- Exercise, healthy diet, weight control
- Herbs (Susun Weed)

### Low libido

- Changing sexuality
- Let go of shame
- Talk to your partner and doctor

### Vaginal and urinary changes

- Kegel and other exercises
- Replens
- Low dose estriol cream

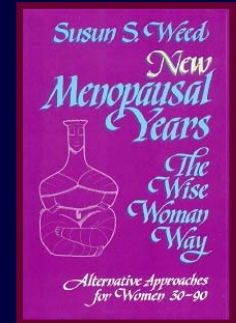
## Perimenopausal Menstrual Symptoms

### PMS and Headache

- Healthy diet
- High quality oils
- Exercise
- Lower stress
- Time to yourself
- Susun Weed: herbal ideas
- Christiane Northrup
- Susan Love

### Menstrual Problems

- Get adequate calcium and magnesium
- Lower stress and breathe
- Susun Weed: herbal ideas
- Christiane Northrup
- Susan Love



## Psychological Difficulties

- Depression
- Emotionality
- Fuzzy memory

- ✓ Daily exercise and a healthy diet
- ✓ Relaxation and fun
- ✓ Women friends (prolactin and oxytocin)



### Fatigue and Insomnia

- Caused by night sweats & hormonal change

- ✓ Lower stress, relax, and exercise
- ✓ Reduce caffeine
- ✓ Try Susun Weed's herbal suggestions

## Guarding Your Post-Menopausal Health

### Osteoporosis prevention

- Lower fracture risk
- Get moving and get strong
- Vitamins & minerals for bone health
- Look at [www.elainemansfield.com](http://www.elainemansfield.com)

### Heart disease prevention

- Nutrition and exercise
- Work out emotional issues

### Weight control

- Love yourself by caring for yourself
- Exercise and eat for health
- Get support



## Honoring Your Menopausal Transition

- Look at your attitudes about aging
- Our generation has changed cultural attitudes about women and women's health
- We can also transform negative social attitudes about older women



## Network With Other Women



1. Seek the company of women for affirmation and friendship
2. Make time for women friends of similar age and needs
3. Find an exercise buddy or an interest group

## Create the Life You Want

- Your body has changed
- What does the new you need?
- Make a plan
- Move toward good health
- Be adventurous



What do you want to do with your precious life?

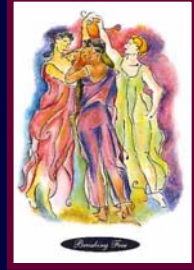
## Celebrate Change & New Possibility

### Three stages of a woman's life

- No one honored our puberty
- Our culture honors mothering
- We can celebrate our menopause

- ✓ Have a party for yourself
- ✓ Take a trip
- ✓ Celebrate!

Read my story at my website:  
"A Personal Menopause Ritual"



## What Can You Do To Smooth Your Transition Today?

- Something small
- Something you can commit to doing
- Something manageable that doesn't add stress
- Many small things make a whole new you