

# Supplements

Change your menopause in 28 days

Taking these essential nutrients

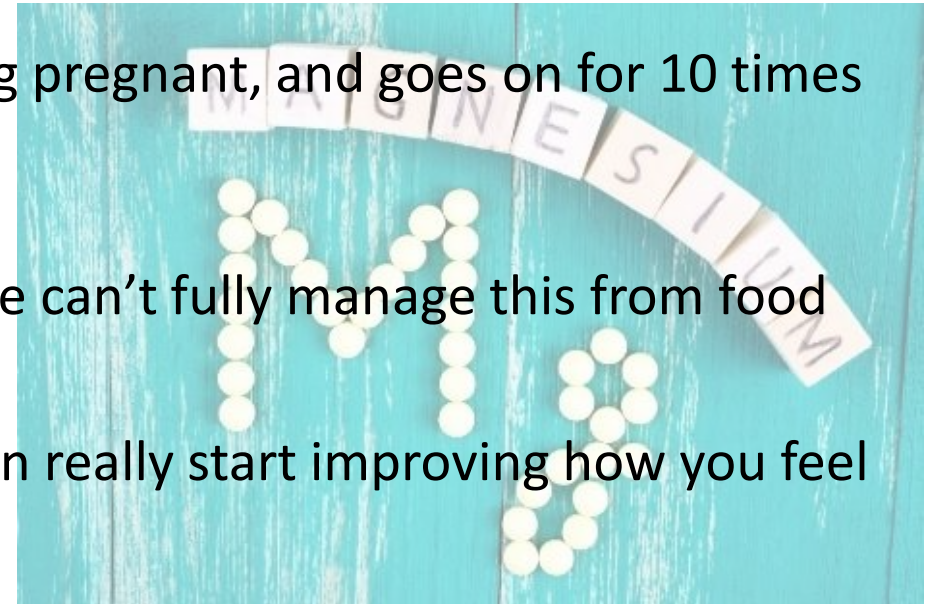


COTSWOLD  
MENOPAUSE

*Blossom in Your Menopause*

# Supplements – Why should I take them?

- Cortisol (the hormone released with Adrenalin) leeches the nutrients we do have – the more stress you have or over exercise the more you release
- We can't get enough nutrients from food – due to lack of nutrition in soil
- The hormonal upheaval is 10 to 100 greater than being pregnant, and goes on for 10 times longer at least
- Our gut is imbalanced due to toxins in everyday life, we can't fully manage this from food
- The great news is that taking the right supplements can really start improving how you feel along with other lifestyle changes



# Week 1 Supplements

- \*\*Multi-vitamin – starts bringing your body chemistry back, the basis of good health. For fatigue, stress, aches and so much more. Introduce one supplement at a time into your daily routine, giving a few days to settle and maybe note some changes.
- \*\*Magnesium – you will never get enough from an MV, so you have to take separately. Follow dosage on bottle, and top up from the MV. Can cause stomach upset at first, introduce gradually and take with food.
- \*\*Evening Primrose/Starflower oil (might be in your MV). These are an Omega 6 we can't create, for joints, brain function, bloating, estrogen balancing.

\*\* Must Have!

# Week 2 Supplements

- \*\* Probiotic – Microbz a liquid with the most variety of gut bacteria, apple cider vinegar for blood alkalinity and herbs for menopause , or liver health, or immunity (Resilience)
- Additional \*\*Vitamin C/E – strong anti-oxidants
- Milk Thistle / Dandelion / Artichoke – 3 well known herbs for liver health
- Turmeric – naturally anti-inflammatory. Not like Ibruprofen, this works on the deep every day inflammation in your body and brain brought about by food/drink/inhalation toxicity
- Grapefruit – cleanses the liver and is contra-indicated with a lot of medicines
- Lemon – is an anti-oxidant, take in water first thing to flush out toxins
- Liquorice root extract – a powerful adaptogen and adrenal tonic, plus it soothes the intestinal lining and fights viruses and bad bacteria and aids cleansing of the liver

\*\* Must Have!

# Symptoms of essential fatty acid deficiency

- Dry skin, lifeless hair, brittle/ cracking nails, dry eyes
- Fatigue, depression, lack of motivation, forgetfulness
- Aching joints, breast pain, difficulty in losing weight
- STOP eating a low fat diet – they replace the good fat with sugars!





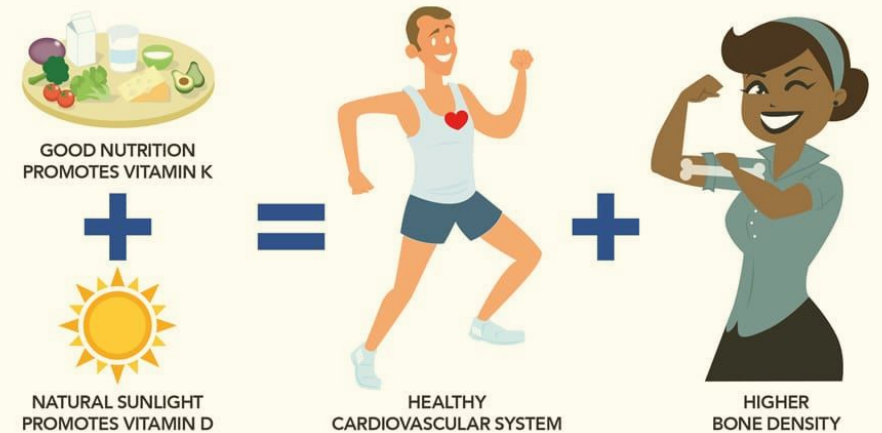


# Week 3 Supplements

- Bone/Joint Health – \*\*Magnesium, \*\*Vitamin D, \*\*Calcium, \*\*Multi Vitamins, Glucosamine Sulphate. Bromelain if you have osteoarthritis (along with Turmeric)
- Muscle Health – \*\*Magnesium, \*\*Multi vitamins, \*\*Omega 3 ,\*\* Omega 6 (Evening Primrose/Starflower)
- Tendons , Ligaments and Skin – High dose vitamin C to promote Collagen growth. Can also take a Collagen supplement
- Anxiety – Ashwagandha (calms adrenal function)

Check contra-indications to taking supplements eg Turmeric

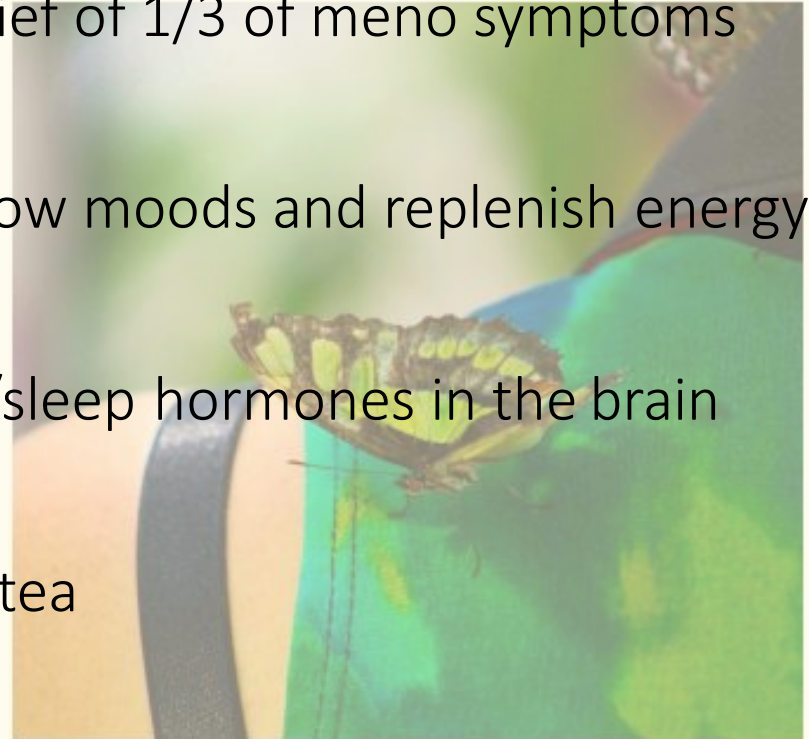
**\*\*must have**



# Week 4 Supplements

- **\*\* Vitamin D3** – the sunshine vitamin but also vital for bone health and immunity
- **\*\* Omega 3** – to boost brain condition and aids relief of 1/3 of meno symptoms
- **Ashwagandha** – for adrenal health longterm to lift low moods and replenish energy
- **5HTP** – a precursor to serotonin/melatonin, happy/sleep hormones in the brain
- **L-Theanine** – is the ‘feel good factor’ from a cup of tea

\*\*must have





# Oestrogen and health links

- Oestrogen creates a loss of:
  - hydration for the skin, organs and vagina
  - bone density and collagen
  - good cholesterol and increase in the bad one
- Collagen decline leads:
  - to weaker skin, tendons, ligaments
  - slower wound healing
  - 'Looser' functionality in the gastro-intestinal tract
  - Sluggish digestive system

This is why it is so important to take the supplements to support and replenish these areas



# Hot Flashes

- The most mysterious of the symptoms to explain but I believe they are an accumulation of the 5 core health imbalances during the menopause transition
- You lose temperature control with adrenal fatigue, and this allows hot flashes
- Everything you have done over the last 4 weeks builds to combating hot flashes
- Take a Vitamin C with Bioflavonoids (from citrus fruit) these are mildly oestrogenic
- Eat Phyto-estrogens (in Eating for the Perimenopause and beyond)
- *Blossom cream* was designed to help ease Hot Flashes and Night Sweats



# Under active thyroid

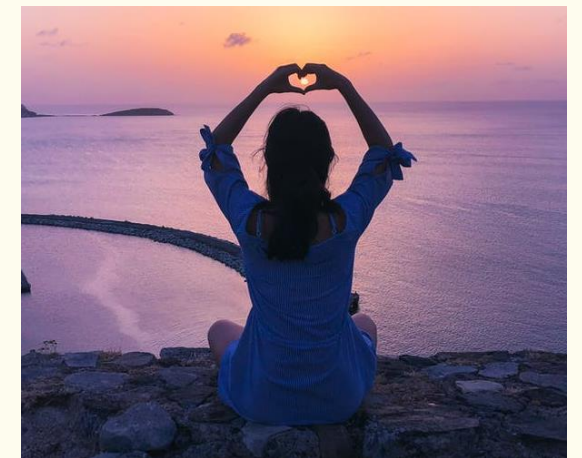
- Due to a lack of iodine – this can be taken as a topical supplement on the skin, but seek professional advice as too much can be detrimental
- Liver detox, cleanse and then get a new test as a clogged liver can give a false thyroid reading
- Avoid a small group of foods that inhibits iodine uptake, main one is soya
- Add seaweed and selenium into your diet
- Eat Phyto-estrogens (in Eating for the Perimenopause and beyond)
- Exercise – quality , variety and listening to your body, and relaxation!



# Post menopause health - Supplements

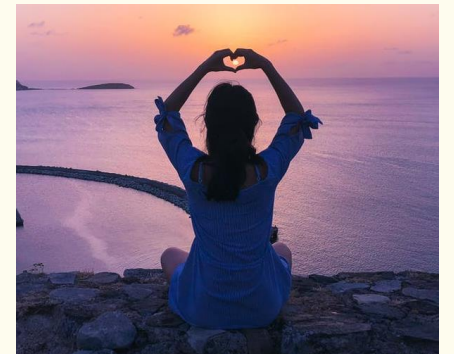
- Post menopause health – the 2 main concerns and linked to decline of Oestrogen – Osteoporosis and Cardio vascular disease
- Good Bone health - \*\*Omega 3, \*\* Magnesium, \*\* Calcium, \*\* Vitamin C and D
- Good Heart Health – \*\*Omega 3, \*\* Magnesium , \*\* B complex, \*\* Vitamins D and E
- Also to consider in the future – upping the dosages/age appropriate
- Changing to a 50+ multivitamin
- Add in Bromelain, Chondrotin, Glucosamine for bone health
- Add in Vitamin K, CoEnzyme Q10, Garlic for heart health

\*\* must have



# Post menopause health – Supplements 2

- ‘Menopause’ labelled products – contain Phytoestrogens. Only appropriate if you are flushing daily and periods very erratic or finished
- ‘Combination’ supplements – may have one detrimental component in, all of the formula needs to be checked
- My supplements are ‘building’ blocks of your body chemistry – i.e. the actual nutrients the body is missing and /or singular supplements
- You can take and individually and note the changes/side effects



# Getting started

- My menopause shop at my website has the basics to get you going:
- <https://www.cotswoldmenopause.co.uk/shopmenopausesupplements>
- Remember to stagger the start of your supplements to check they don't upset your stomach. Take with food unless they specify otherwise. Journal your start dates and note every week or so whether symptoms have changed
- You can't overdose on vitamins and minerals apart from Vitamin A.

