

Natural solutions for Menopause



With Alison Cullen
Nutritional Practitioner

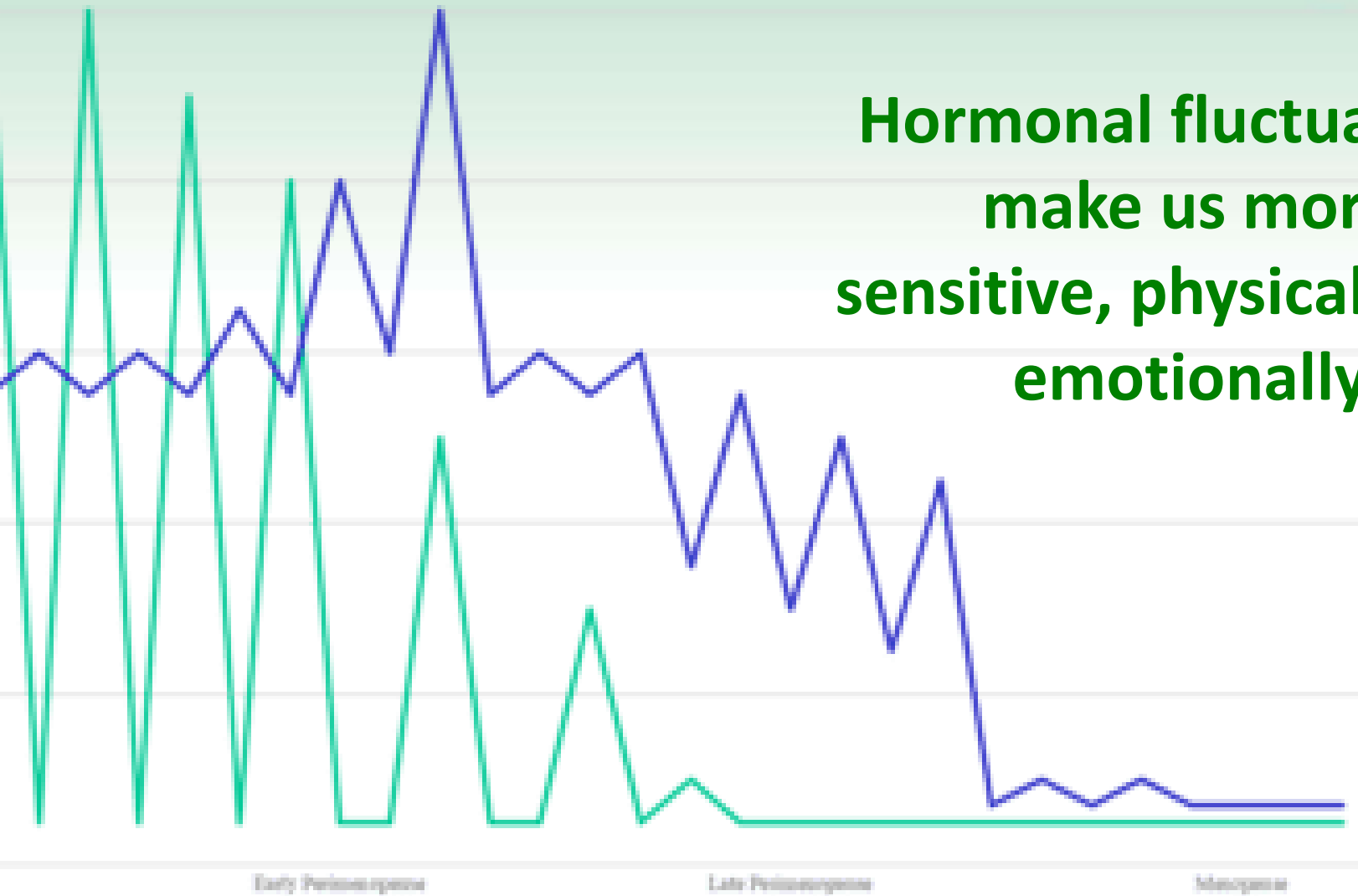
Ovarian hormones

Ovarian hormones through the lifecycle



Source: Adapted from Prior 2006

**Hormonal fluctuations
make us more
sensitive, physically and
emotionally**



Perimenopause occurs as a result of fluctuating hormone levels. These fluctuations, rather than low levels, is thought to be what creates the dramatic symptoms (symptoms generally improve post-menopause).

Perimenopause can last for 1-10 years, around 5 on average

Other common causes: nutrient deficiencies; iron, vitamin D, vitamin B12

Stress can also be a big contributing factor during all stages

Perimenopause



Agnus castus

Vitex agnus castus

- Irritability
- Mood swings
- Menstrual cramps
- Bloating
- Breast tenderness/pain



Phytoestrogenic support



Menopause Support



Menopause Support

- Suitable throughout menopausal transition
- Reduces tiredness & fatigue
- Supports the nervous system



Research

European Food Safety Authority

- Carried out over 5 years
- No increased risk of breast cancer, nor of an effect on mammographic density, nor on proliferation in breast tissue.
- Thyroid hormone levels were not changed following intake of isoflavones from food supplements.
- The intake of soy isoflavones up to 150mg daily was not therefore seen to be associated with increased risk.



Hot flushes



Sage Suitability



- No oestrogenic action
 - Can be used long-term
 - Suitable for diabetics and those on thyroid medication
 - Suitable alongside other supplements and HRT and hormonal contraception
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- No contraindications with cardiovascular disease, previous oestrogen-sensitive cancer, or risk of oestrogen-sensitive cancer

Stress and sleep





- No contraindications
- Suitable short or long-term
- Vegan
- Made with fresh, organically grown herbs

- Drink plenty of water
- Careful with caffeine
- Get plenty of rest & relaxation
- Avoid low blood sugar levels



Thank you!

