

# Menopause Protocol

| Add (+)  | Remove (-)   |
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| <b>PFF Breakfast</b><br>Breakfast rich in proteins, fat and fiber, within 1 hour of rising. This will ensure stable sugar levels and feeling grounded.   | <b>Digestive distress</b><br>Gluten, dairy, eggs, soy, corn, sugar, nightshades, yeast, sometimes grains and, of course, sugar can contribute to digestive distress and poor liver function which amplify menopausal symptoms. Do the Elimination Diet to find your sensitivities– they will lessen your symptoms. |
| <b>Calcium and magnesium-rich food</b><br>Strengthening of bones is key – add bone broths, sardines with bones, green leafy vegetables and sea vegetables like kelp. If supplemented, take Ca combo with Mag, D3 and K2.                     | <b>Blood sugar fluctuation and cravings</b><br>Most highly symptomatic menopausal women experience a significant reduction of symptoms when their sugar levels and cravings are contained. Please adopt changes from our Sugar Balancing Protocol.   |
| <b>Superfoods</b><br>Add plenty of superfoods like bone broths, liver (pate), vegetable broth, sea vegetables, ferments and sprouted food. They will deliver a daily doses needed of Vit C, D3, A, E, Bs, K2, Ca, Mag, zinc and glutathione. | <b>Coffee and alcohol</b><br>Coffee and alcohol tax the liver which helps metabolize “used” hormones and helps produce new ones. Switch to matcha green tea or caffeine-free herbal teas. Roasted chicory or dandelion root tea is also a good caffeine-free alternative. Avoid caffeine if sensitive to it.       |
| <b>Flax seed</b><br>For their content of lignans, fiber and Omega 3, flax seed also helps produce protective estrogens. Add 2 tbsp/day of ground flax seed.  | <b>Unfermented soy</b><br>A highly controversial food, it is recommended to <i>only</i> eat in fermented form: miso, tempeh, soy sauce or natto and avoid unfermented products like tofu, soy milk and lecithins.  |
| <b>Fermented soy</b><br>A highly controversial food, it is recommended to eat in fermented form only: miso, tempeh, soy sauce or natto and avoid unfermented products like tofu, soy milk and lecithins.                                     | <b>Toxicity</b><br>Reduce the toxic load on your liver from non-organic food, processed food, smoking, xenoestrogens (synthetic estrogens) found in skincare and cleaning products. A healthy liver will alleviate the worse symptoms of menopause.  |
| <b>Liver support</b><br>The liver plays a key role in detoxifying us from hormones and so much more. Supporting the liver means keeping a “clean house” and making space for more hormone production (although less).                        | <b>Stress</b><br>Many women despair the changes menopause brings which creates additional stress on the adrenals, progesterone uptake, liver and gut health.   |
| <b>Acceptance and self-love</b><br>Menopause prepares us for many changes – in the present and the future. Acceptance of how we look and feel, combined with a reflective sense of wisdom can be liberating and healing.                     |  |
| <b>The right exercise</b><br>Be gentle on yourself and avoid excessive exercise. Pick what you enjoy rather than what you “should” be doing; for example yoga, tai chi, pilates, swimming, hiking or dancing.                                |  |
| <b>Herbal support</b><br>Herbs such as chasteberry, black cohosh, maca, licorice root and dong quai are well documented to alleviate menopausal symptoms.  |  |