

A woman with long, wavy brown hair is shown from the chest up, holding a large, vibrant bouquet of flowers. The bouquet includes red carnations, orange lilies, purple daisies, pink chrysanthemums, and yellow flowers. The woman's face is slightly out of focus, and she is looking towards the camera with a gentle smile. The background is a soft, out-of-focus light color.

**Managing
Menopause
*naturally***

Hello Sisters

I would like to take this opportunity to thank you so much for taking the time out of your busy day to come to my Managing Menopause Naturally talk last night. I hope that you were inspired to take charge of your vitality & wellbeing through this magical transition to the rest of your healthy & happy life.

Menopause is not a nasty word- it's a natural transition in our lives that brings with it the wisdom of experiencing life- new beginnings & some things better left unsaid (I hope ha ha).

Optimal gut health & good nutrition are the foundations of vitality & wellbeing. Nourishing your mind, body & soul can help make this a wonderful & magical experience.

Try my deliciously nourishing Smoothie packed full of essential nutrients for a healthy menopause transition- or just because you are Woman, hear you roar!

Before you get to the ingredients, I would like to share some nutritional information about each of them & while I totally advocate a Ketogenic diet for fat loss for peri menopause & menopausal women we cannot deny the value of our super fruits & veg for our optimal health. Enjoy them daily.

20%

of women will breeze through this change of life.

60%

will suffer "the change" symptoms.

20%

will suffer unbearable- debilitating symptoms.

Avocado

Avocados are fantastic for helping to control appetite with their heart healthy good fats- they also contain iron- fibre- folate-potassium- Vitamins C & E- beta carotene- lutein/zeaxanthin & chlorophyll. What's not to love about an Avo!

Spinach

Spinach contains omega 3s which are anti-inflammatory, fibre to help move bowels & excess hormone-disrupting toxins, B vitamins & magnesium to help keep you feeling calm, peaceful & yet alert, vitamin E to help reduce hot flushes. Raw spinach has vitamin C for healthy vascular function (again- those hot flushes) & for immune health.

Sesame Seeds

There's so much to say about these delicious tiny seeds, full of calcium & magnesium helping to protect bone health & regulate vascular function. Sesame seeds also contain tryptophan which is a feel-good amino acid used to manufacture neuro transmitters like serotonin & blissful sleep-inducing melatonin.

Pomegranate

Pomegranates are known as the fertility fruit, but don't be scared- pomegranates work by regulating estrogen production which can take a huge dive if you are stressed, so that makes them amazing to nourish our adrenal glands.

Blueberries

Blueberries are jam packed full of anti-aging antioxidants especially for brain health. They are also high in vitamin C, E, fibre & magnesium which makes them a must include super fruit for menopause symptoms.

Hemp seeds

Hemp Seeds are the most nutritional seed on the planet- they are a natural source of easily digested complete proteins, essential fats (Omega 3 & 6), Gamma Linolenic Acid (GLA), antioxidants, amino acids, fibre, iron, zinc, carotene, phospholipids, phytosterols, vitamins B1, B2, B6, D, E, chlorophyll, calcium, magnesium, sulphur, copper, potassium, phosphorous- pretty complete super food don't you think- & my absolute fav ingredient.

Kiwi Fruit

Kiwis contain vitamin C, E, magnesium & fibre- they are amazing for reducing the symptoms of menopause, balancing blood sugar, improving stamina & helping to avoid constipation.

Flax Seeds

Flax seeds are phytoestrogens, regulating estrogen in your body. They are high in omega 3s that are anti-inflammatory & bowel-moving fibre. Flax seeds are a good source of vitamin B6, which can definitely help with low moods.

Empowered Women's Smoothie

Ingredients

250ml organic coconut milk or almond milk (add more or less for desired thickness)

1/2 avocado

2 scoops of Shake- it protein powder or hemp seed protein powder

1-2 cups raw organic spinach

1 kiwifruit, peeled

2 tbsp pomegranate arils

1/4 to 1/2 cup Australian organic blueberries (fresh or frozen)

2 tbsp organic Australian Hemp seeds

1 tbsp sesame seeds

1 tbsp flax seeds

Instructions

Blend all ingredients in a high-powered blender & drink chilled
Add or blend in ice cubes for a super chilled experience.

(For non-Vegan/ Vegetarians you can add a serve of Great Lakes Collagen Powder for optimal joint - cartilage & soft tissue repair & support)



Remember always-
Women empower women-
share, laugh, sing & live life to the
max every day & yes- we are
allowed to vent a little- it will
probably bring on another heart
felt laughing session.
Thank you again.
Peace & love
Leesa

Magical Magnesium & Bouncy Bs

So we all know Menopause is unavoidable as it's a natural stage in our lives. We may be suffering through numerous symptoms daily or just every now & then. Hormone imbalance & stress are the big gun drivers of our peri menopause & menopause symptoms & can determine just how much we will suffer the dreaded symptoms to come- but it doesn't have to be scary or feared.

Here's some information about two of my favourite nutritional supplements- to help you power through "the change" as symptomatically free as possible & give you back your zest for life. Firstly & definitely my favourite- Magnesium

If you are part of the human race then you are more than likely deficient in magnesium. This is because our cells store & use magnesium for 300 reactions in our body daily. Our cells will dump extra magnesium during times of stress to nourish our nervous system to cope with life- so yes- your blood serum should show you have a good supply.

Have you had pathology tests to determine your magnesium levels? Did the results tell you your serum levels are fine? Well I'm here to tell you that if you are living in the fast lane- stressed- working- drink coffee- alcohol- then you are probably magnesium deficient.

You will start to get symptoms of magnesium deficiency when your nervous system is revved to the max & you are under any type of stress because of this reason.

Our cells won't let us down- they will just keep dumping more & more magnesium to help us survive the day & the next & the next..... STOP! Let's give our systems a break & allow ourselves to feel better.

Supplementing with magnesium can make you feel better almost immediately & that is why I prescribe it to all of my clients for just about any hormonal condition- especially menopause.

This is how it works

- Regulates cortisol. Your hypothalamic-pituitary-adrenal (HPA) axis is your central hormonal system. Magnesium calms your nervous system and prevents excessive cortisol production which is your stress hormone. When your HPA axis functions well, your thyroid & reproductive hormones also function well.
- Reduces blood sugar. It effectively sensitises the insulin receptor so with better insulin control we have fewer sugar cravings. Healthy insulin sensitivity is important for weight loss, menopause and also helps to prevent osteoporosis.
- Supports thyroid. It is essential in the production of your thyroid hormone also helping to calm down the autoimmune inflammation that underlies most thyroid diseases.
- Aids sleep. Magnesium an amazing sleep-promoter, and sleep is crucial for hormone production. Sleep is when we have a beneficial surge of anabolic hormones such as DHEA and growth hormone. Magnesium helps to relax muscles- reduce restless legs -calms the mind ready for us to sleep & recharge.
- Fuels cellular energy. Magnesium is vital for energy production at a cellular level so without magnesium, there is no cellular energy. Hormonal tissue has a high metabolic rate, so this means it requires even more cellular energy and more magnesium than other tissue throughout the body.
- Makes hormones. It is essential in the manufacturing of steroid hormones within our body including progesterone, estrogen, and testosterone. So this makes magnesium vital in menopause to reduce hot flashes.
- Activates vitamin D. Funny thing: too much vitamin D supplementing can cause magnesium deficiency- yet without enough magnesium, vitamin D cannot do its job.
- Slows the aging process. Magnesium prevents telomere shortening on the ends of our DNA so is anti-aging, it reduces oxidative stress, and enhances the production of glutathione. Yay for longevity!
- Liver detoxification. Magnesium is essential for the removal of our innate excess hormones & toxic system build up via the liver. To love our liver we must first love magnesium.

So these are just some of the reasons that I love magnesium so much & why I prescribe it to all of my menopausal, hormonal Warrior Women.

Secondly & just as important for helping with menopausal stress & that dam tired & exhausted feeling are the B group of vitamins.

B vitamins have a complex role to play in your body, and ensuring you have optimum levels during menopause can help in a number of ways to support issues with- stress management- tension, irritability, anxiety, poor concentration & low energy.

- Adrenal gland health. The conversion and production of hormones from your adrenal glands relies heavily on B vitamins, especially B5. As your ovaries start to produce less sex hormones going through menopause, your adrenal glands start producing more sex hormones as well as stress hormones. If you're suffering from stress, the sex hormones produced by your adrenals may be affected & we still need oestrogen to protect our bones. You will also find it harder to manage stress if your adrenals are under too much pressure.

- Neurotransmitter balance. Vitamin B6 and B12 are important co-factors in the production of serotonin, your 'feel good' neurotransmitter, this helps with stabilising your mood, supporting feelings of wellbeing & sleep.

- Nervous system. our body relies on B vitamins to control your 'fight or flight' stress response & help you to manage menopausal stress better

- Liver detoxification. The liver breaks down excess hormones for excretion through the gut & both phases of liver detoxification of your sex hormones rely on good levels of all the B vitamins.

- B3 and folic acid are needed to produce oestrogen, folic acid supports your body's ability to use female sex hormones.

- B5 s amazing for helping to regulate stress and our adrenal gland function.

- B6 helps to regulate mood- reduce sore boobs and that bloaty fluid retention.

- B9 or folic acid helps to protect our heart as risk increases with age and poor lifestyle for heart disease.

- B12 is very important as it protects your bones, so that osteoporosis won't be an issue as you age.

Is there any reason not to take a B Complex? oh yes... your pee will be yellow.

My favourite Herbs for Menopause

As your ovaries stop producing hormones your adrenals take over. Short & long term stress during this wonderful change = disaster: hot flushes, mood swings...
OMG where did my libido go!?

Resonating with you?

Let's tackle any imbalance in your adrenal gland health: "stress!" & the imbalance going on in your reproductive glands & try to nip it in the bud now!

In practice I have had great success using herbal remedies to treat numerous hormonal issues & find that I can tailor make these herbal tonics to help to relieve your specific menopause symptoms- we are all different- we experience different symptoms to different degrees so that's why your herbal tonic will be designed especially for you.

Here are some of my favourite herbs to help you power through "the change" as symptomatically free as possible & give you back your zest for life Warrior Woman style- go forth & be strong Sisters!.

Beneficial herbal remedies

- Zyzphus- this is my favourite herb for hot flushes- night sweats- stress & anxiety.
- Sage- the hyper hydration herb- calms excessive sweating- great for those "wake up drowning" night sweats. Sage is also a great memory tonic for menopausal forgetfulness.
- Rhodiola- mood lifting & helps you to adapt to stress- great for fatigue & exhaustion giving you back your bounce. It can be helpful with weight management as well
- Withania- one of the best herbs for managing the flight/ fight response & great for those with thyroid problems

- Siberian ginseng- amazing for mental clarity & stamina
- Black cohosh- has an estrogen-like action so helps with symptoms like hot flashes, low libido and vaginal dryness- it's also a muscle relaxant and anti-inflammatory for aching or stiff joints and muscles through menopause.
- Wild yam- for all menopause symptoms
- Skullcap- for mood swings, depression & amazing for calming the mind.
- Dong Quai- a female tonic that can help balance hormones- ease hot flashes, night sweats and vaginal dryness
- Red clover- mimics estrogen so can be beneficial for reducing hot flashes
- Chaste Tree- is a hormone balancing herb that is particularly useful during the perimenopause for heavy periods- mood swings & irritability- breast tenderness, bloating and menstrual cramps
- Maca- great for low or no libido (you will find it again)

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My passion for herbs & herbal remedies has been part of my life for what seems like a lifetime & yes- I can say from personal experience they work a treat for peri menopause symptoms- as I'm sure my family & friends would agree ha ha

Sending peace & healing to you through this amazingly wonderful & powerful transition.

Leesa Picton