

# 5 TOP TIPS

*for*

*Perimenopause*



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# CONTENTS

## *Table of Contents*

**INTRODUCTION 03**

**PROTEIN 07**

**EXERCISE 10**

**OESTROGENIC  
FOODS 14**

**VARIETY 18**

**MAGNESIUM 22**



*Hi I'm*

## **MILLIE GARDNER**

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I am a certified nutritional therapist who specialises in women's health. I have created this E-book as a free resource for the women who it may help.



Perimenopause is the period leading up to menopause when your ovaries gradually stop working.

This is usually characterised by lower levels of the hormones oestrogen and progesterone, which can create a wide range of symptoms, hot flushes, fatigue, bloating and anxiety to name just a few.

Some may say this is a natural process so why interfere. Just because it's 'natural' doesn't necessarily mean it inherently does us good! Perimenopause can be a very significant period of time for many women.

Nutrition can be a really effective tool to use to support women through this time of uncertainty and change.

This E-book I have created details simple yet effective changes anyone can implement to support themselves through perimenopause.

I also hope it provides some clarity and education about the processes going on in your body at this time

*Let's get into it!*



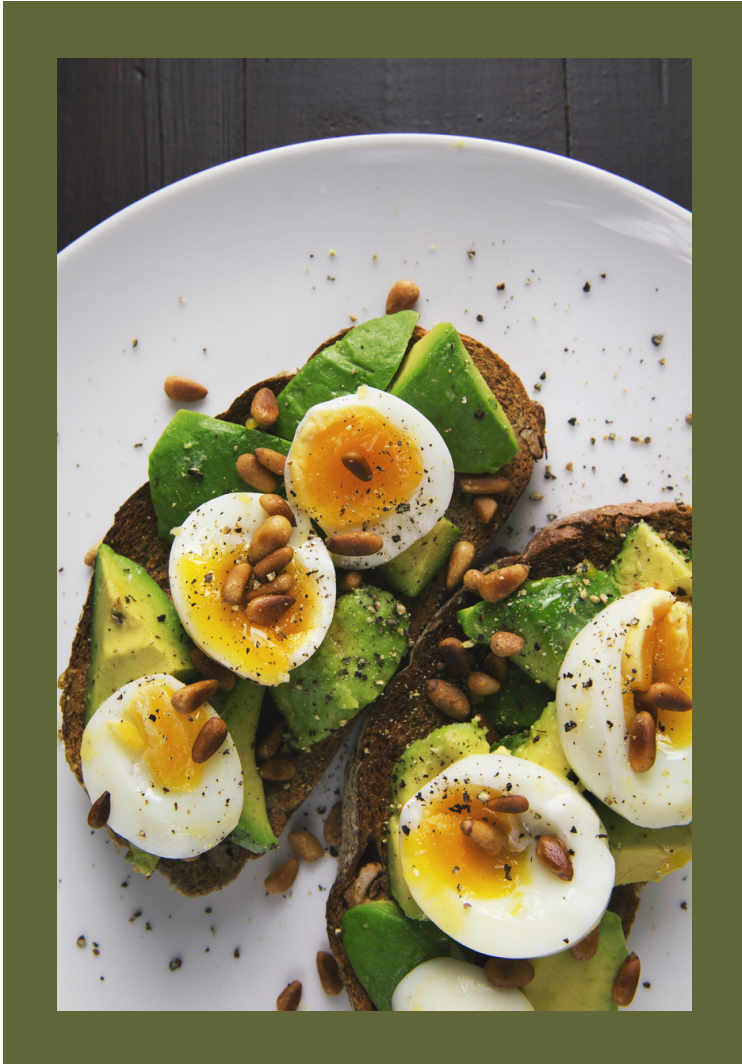


Perimenopause and menopause should be treated as the rites of passage that they are. If not celebrated, then at least accepted and acknowledged



*Gillian Anderson*

# Protein



Adequate Protein intake is vital for proper hormone functioning

The best way to incorporate protein into your daily diet is to find a select few options you personally like.



Salmon is a great option as it is a source of protein that is rich in omega 3 essential fatty acids. Omega 3 efa's support brain health and heart health and reduce inflammation.



For vegetarians or vegans organic tofu or tempeh is a great protein option, it is also high in phytoestrogens which I will go into more detail on page 15.

Chia is great in chia puddings, sprinkled into yoghurt or over salads. As well as providing a protein boost, chia is rich in many nutrients including fibre, healthy fats and magnesium



Hemp seeds are another good choice. They are high protein and rich in essential fatty acids, gamma-linoleic acid and vitamin E.

Try adding 1-2tbsp of chia or hemp to smoothies



# Exercise

Research supports time and time again, that movement is undeniably good for our bodies and metabolic health.

However, I often find myself reminding women that when this comes in the form of restrictive eating habits, regularly weighing oneself and high intensity exercising it often has the opposite desired effect

Fact:

Women's essential body fat percentage is approx

12% compared to men's 3%



There is a lot of data that is now supporting using gentle weight bearing exercises for perimenopausal and postmenopausal women.



Women lose bone mass at an increased rate post-menopause. Low intensity weight bearing exercises can help support healthy bone mass.

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This can be simply using your own bodyweight or adding kettlebells or dumbbells if you're up for it. Good examples to try out include: walking, jogging, dancing, aerobics, and strength training.



If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.



*Hippocrates*



# Oestrogenic Foods

The symptoms of perimenopause are linked to the steady decline of oestrogen that happens during this period.

There are oestrogen receptors on many organs in the body. Simply put, this means that not just our reproductive system needs oestrogen to function optimally, but so does our brain, liver, heart, skin and bones.



Many foods naturally contain phytoestrogens. These are oestrogen-like compounds that are derived from plants. Examples include isoflavones that can be found in soy products and Lignans that can be found in flax seeds.



There have been multiple studies on the use of isoflavones to improve symptoms in perimenopausal and postmenopausal women, with results often showing symptom reduction.

There is some discourse around soy isoflavones. However I think perimenopause is an example where they can be a really useful tool.

Soy isn't the only food source of phytoestrogens. Lignans can be found in some nuts, seeds, fruit and vegetables. Flax seeds are a rich source of Lignans.



# Top Tip:

Buy whole flax seeds and blend the seeds to access the healthy fats. Store the blended mix in the fridge or freezer to prevent the fats from going rancid.



# Variety



Variety in our diet is often overlooked as far as the health benefits.

We all know we should eat our veggies, but how many of us buy the exact same thing in each weekly shop? This often leads to gaps in our vitamin and mineral intakes. Variety and colour in your diet helps support your body during this time of life.





A great food to incorporate into your diet during perimenopause is cruciferous vegetables. They contain phytoestrogens, as well as being rich in glutathione, which is a powerful antioxidant. Examples include: broccoli, cauliflower, brussels sprouts, cabbage, bok choy and spring greens

# Top Tip:

Frozen berry mixes are an easy way to add variety and colour to your diet. Try blending them into smoothies or stirring them into chia pudding, muesli, porridge or yoghurt!



# Magnesium



Magnesium can be a really useful nutrient to utilise during perimenopause. It can be helpful for sleep support, energy levels, aches and pains, anxiety and constipation to name just a few!



Magnesium rich foods include dark green leafy vegetables like kale, dark chocolate, avocados, legumes, nuts and seeds. A good magnesium rich breakfast would be avocado and spinach on wholemeal bread with seeds sprinkled on top!

T here is also good evidence to support the benefits of magnesium for heart health and blood pressure regulation, this is particularly important for women during perimenopause.



D uring a woman's life, oestrogen provides a protective effect against heart disease, so during perimenopause when oestrogen levels decline, we need to find other ways to protect heart health.



*Thank You!*

## **FOR READING**

If you found this information helpful I have more resources on my blog which is on my website, and on my instagram and facebook pages.



[www.minutrition.org](http://www.minutrition.org)



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