POST MENOPAUSE CHECKLIST

HOLISTIC HEALTH SUPPORT

Created by Cindy Willems

Menopause is the stage at which you haven't had a period for 12 straight months. Symptoms that began during perimenopause (night sweats, weight gain, hot flashes or mood changes) may still take a few years to get better. *What can you do to help?* Here is a simple checklist to get your body back to balance. If you have any questions or need more help please reach out to us at info@myfitover50.ca.

How to support your organs most affected in menopause:

BONES	If you haven't already, now is the time to get a bone density test! When you know the health of your bones you can work on ways to best support them as you age. Two pillars essential in your workouts now much include resistance strength training and balance work!
BOWELS	Your hormonal changes will affect your digestion and good elimination is vital for your health. If you struggle with bloating, constipation or excess gas try: • slowing down how fast you eat • keep hydrated through your day • avoid inflammatory food triggers for a while, including gluten and dairy • adding a good shelf stable multi strain probiotic daily
BREASTS	If you haven't had a mammogram now is the time! This is especially important if you have a family history of breast cancer. Your doctor can also perform a routine physical breast exam too.
BRAIN	Your brain is the first organ to be affected because of the loss of estrogen. • eat healthy fats such as avocado, olive oil, seeds/nuts and grains as well as green leaf vegetables • eat regularly to maintain healthy blood sugar levels
BLOODWORK	This is an opportunity to see how the rest of your body is doing. Ask to get a full check on your vitamin and mineral levels, cholesterol, thyroid function and blood glucose.
HEART	Heart disease is the 2nd leading cause of death in Canada, so check with your health practitioner if you have any concerns or have a family history of heart attacks, heart disease or high cholesterol.

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FAQ about Menopause...

How long does menopause last?

Officially, Western medicine says the average age of menopause is 51 and lasts only a day, after which you are considered post menopausal. Perimenopause symptoms (irregular period, nightsweats, anxiety, hot flashes) can begin 8-10 years before your period stops.

Why am I still feeling symptomatic years after going through menopause?

Once your period has stopped for 12 months it may take a few years for your body to get used to the drop in hormones and find better balance again.This may be the time to seek out a professional health practitioner to support your body and help reduce these symptoms.

How can I lose the weight I gained during perimenopause?

Weight gain is common, partly because your body is trying to regulate your insulin response to blood sugar levels as your hormones are changing. The other reason why weight gain happens around your waistline has to do with consistently high cortisol levels from a constant response to stress. Reduce the stress and often weight loss is easier.

What foods should I focus on to support me body in menopause?

A whole food diet full of colourful vegetables is key, but one cannot live on salad alone. Keep your meals clean from pesticides, artificial flavours, preservatives and artificial colour. The key is to eat regularly through your day and avoid stimulants and alcohol.

What kind of exercise is important post menopause?

You MUST load your bones with resistance exercises such as band work/weights, pilates reformer, rowing or walking. Aerobic exercise such as swimming, biking, dancing and mindful movement such as tai qi or yoga are very important as well.

Are there any treatment options available for me?

YES! Talk to your health provider for ways to help reduce symptoms related to menopause. Holistic treatments such as acupuncture, Reiki, Shiatsu therapy and massage can help to reduce tension in your muscles, calm your nervous system, improve your digestion and help you sleep better. If you live in Toronto please reach out to my clinic at www.womenshealthcentre.ca for help.

"I am not afraid of storms, for I am learning how to sail my ship" - Louisa May Alcott

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