



MENOPAUSE MAYHEM

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PLAN FOR TODAY

- WHAT IS ACTUALLY HAPPENING
- NUTRIENTS THAT HELP
- HOW TO INCORPORATE THE NUTRIENTS
- EXERCISE
- 8 WEEK WORKSHOP



PERI- MENOPAUSE FACTS

Starts around age 35- 45

Lasts 5-10 years

Number of eggs declining

Missed periods

SYMPTOMS

- HEADACHES
- MOOD SWINGS
- NIGHT SWEATS
- LOSS OF LEAN BODY MASS
- INCREASE IN BELLY FAT
- POOR INSULIN SENSITIVITY
- INCREASED INFLAMMATION
- HOT FLASHES
- DISRUPTED SLEEP
- LOW ENERGY LEVELS
- HEART PALPITATIONS
- REDUCTION IN BONE DENSITY
- BREAST TENDERNESS
- CONFUSION/ FORGETFULNESS



TO NAME A FEW...

ESTROGEN

Estradiol (E2)- main female hormone during reproductive years

Estriol (E3)- hormone mainly produced during pregnancy

Estrone (E1)- Weaker version of estradiol produced by fat tissue; losing fat helps to decrease the production of E1 and decreases hot flashes, sweating and heart palpitations

ESTRADIOL

- KEY PLAYER IN METABOLISM
- ANABOLIC HORMONE; AKA HELPS YOU BUILD MUSCLE
- HELPS UP- REGULATE ANTIOXIDANT SYSTEM AFTER WORKOUTS TO ASSIST WITH RECOVERY
- KEEPS INFLAMMATION UNDER CONTROL
- ASSISTS WITH INSULIN SENSITIVITY
- MANAGES GUT HEALTH
- REGULATES IRON METABOLISM
- REGULATES APPETITE
- INCREASES SEROTONIN LEVELS
- CONTROLS CORTISOL LEVELS
- MANAGES BODY TEMPERATURE
- REGULATES NITRIC OXIDE/ BLOOD PRESSURE
- MANAGES CALCIUM ABSORPTION AND HOW MUCH IS LOST IN URINE
- STIMULATE TISSUE GROWTH



PROGESTERONE

DECREASES AS NUMBER OF EGGS DECLINE

ALSO PRODUCED BY THE BRAIN SO THERE IS STILL A
LITTLE LEFT

PROGESTERONE'S ROLE

- HELPS ESTROGEN DO MANY OF IT'S JOBS
- HELPS STABILIZE TENDONS AND LIGAMENTS
- ANTI- ANXIETY, CALMING EFFECT
- PROVIDES PAIN RELIEF
- HELPS MAINTAIN BONE DENSITY
- HELPS OUR BODY RELAX AFTER STRESS
- DECREASES INFLAMMATION
- REGULATES TEMPERATURE
- CATABOLIC HORMONE- BREAKS DOWN CARBOHYDRATES AND PROTEIN (BUILDING BLOCKS FOR UTERINE LINING)



HOW DO WE MITIGATE THESE HORMONAL SHIFTS?



EAT ENOUGH!

- FUEL METABOLISM
- BEFORE EXERCISE
- WITHIN 30 MINUTES OF EXERCISE
- NO INTERMITTENT FASTING
- NO KETO



DECREASE INFLAMMATION

- SLEEP 8-10 HOURS
- EAT FISH 2 TIMES PER WEEK
- AVOCADOS, NUTS, SEEDS
- DECREASE STRESS- YOGA



ANTI- INFLAMMATORY COFFEE

GINGER, CINNAMON, TURMERIC

IMPORTANCE OF GUT HEALTH

Stress decreases integrity of gut

Shift in hormones increases inflammation which impairs gut integrity

Loss of magnesium impairs gut integrity

Stress increases loss of magnesium



IMPAIRED GUT INTEGRITY LEADS TO IMPAIRED
VAGUS NERVE COMMUNICATION DECREASING
TRANSMISSION OF SEROTONIN





OPTIMIZING MAGNESIUM INTAKE

- INCORPORATE BEANS IN SALADS AND SOUPS
- ADD HUMMUS TO SANDWICHES AND SNACKS
- TRAIL MIX WITH NUTS AND DARK CHOCOLATE
- ADD SEEDS TO EVERYTHING
- ADD AVOCADO TO TOAST, SALADS AND SMOOTHIES

EAT FIBER

- FIBER INCREASES THE BACTERIA THAT BREAKDOWN ESTRONE
- FEEDS BENEFICIAL BACTERIA IN THE GUT
- BEANS, SEEDS, FRUITS, VEGETABLES, WHOLE GRAINS





HOW TO GET MORE FIBER IN

- WHOLE WHEAT BREAD
- BROWN RICE
- WHOLE WHEAT PASTA
- LEAVE SKIN ON POTATOES
- ADD BEANS TO SOUPS AND CASSEROLES

PROBIOTICS

- IMPROVES GASTROINTESTINAL HEALTH
- DECREASES INFLAMMATION
- HELPS WITH ANXIETY AND MOOD
- GUT BRAIN CONNECTION





HOW TO GET PROBIOTICS IN

- COFFEE PROMOTES HEALTHY MICROBIOME
- YOGURT, PICKLES, OLIVES, KEFIR, SOURDOUGH BREAD, KOMBUCHA, TEMPEH, NUTRITIONAL YEAST
- FOOD NOT SUPPLEMENTS!



TEMPEH REUBEN





FOCUS ON WHOLE VS. PROCESSED FOOD

- LESS SUGAR- GUT
- AVOID ARTIFICIAL SWEETENERS
- SLIGHTLY HIGHER PERCENTAGE OF PROTEIN VS. CARBS
- INCREASED FRUITS AND VEGETABLES



FLAX

- CONTAINS LIGNANS THAT HELP BALANCE ESTROGEN
- ANTI- INFLAMMATORY
- FIBER TO MANAGE CHOLESTEROL AND GUT HEALTH
- HAS TO BE GROUND



HOW TO INCORPORATE FLAX

- ADD TO PEANUT BUTTER AND BANANA SANDWICHES
- ADD TO OATMEAL AND YOGURT
- ADD TO CASSEROLES
- ADD TO PASTA DISHES



SOY

- PROMOTES ESTROGEN METABOLISM REMOVING METABOLITES THEM FROM THE BODY VS. RECYCLING THEM
- PROMOTES BONE GROWTH
- ASSISTS WITH COGNITIVE FUNCTION
- ALSO A PROBIOTIC



INCORPORATING SOY

- USE SOY MILK IN PLACE OF REGULAR MILK
- TOFU SALAD VS. TUNA OR CHICKEN SALAD
- TEMPEH LETTUCE WRAPS INSTEAD OF CHICKEN
- TOFU SCRAMBLE
- EDAMAME IN SALADS
- TOFU FRIES

RESVERATROL

- ENHANCES CIRCULATION
- REDUCES JOINT PAIN
- PROMOTES BONE FORMATION
- PROTECTS NERVES FROM DAMAGE
- BLUEBERRIES, RASPBERRIES, DARK CHOCOLATE, GRAPES, PEANUTS





INCORPORATING RESVERATROL

- ADD BERRIES TO OATMEAL AND YOGURT
- TRAIL MIX WITH DRIED BERRIES, DARK CHOCOLATE AND PEANUTS
- ADD BERRIES AND GRAPES TO SALADS
- PEANUT BUTTER ON APPLES AND BANANAS



WINE???





OTHER FOODS THAT INCREASE ESTROGEN

- APPLES
- DRIED FRUIT
- PISTACHIOS
- GARLIC
- SESAME SEEDS
- PEACHES



INCORPORATION OF ESTROGEN ENHANCING FOODS

- ADD GARLIC TO ALL FOODS
- PEACHES ADDED TO CAPRESE SALAD
- DRIED FRUIT IN SALADS
- APPLES IN CHICKEN SALAD, TUNA SALAD, TOFU SALAD, GRILLED CHEESE
- SESAME BAGELS

CRUCIFEROUS VEGETABLES

- RICH IN FIBER AND ANTIOXIDANTS
- STIMULATES PRODUCTION OF BENEFICIAL, LESS POTENT FORM OF ESTROGEN (ESTRADIOL)
- BLUNTS MORE POTENT FORM LINKED TO SYMPTOMS (ESTRONE)
- CONVERTS TESTOSTERONE TO ESTROGEN, MAINTAINING BONE AND MUSCLE



CRUCIFEROUS VEGETABLES

- BROCCOLI
- BRUSSEL SPROUTS
- CAULOFLOUR
- BOK CHOY
- ARUGULA
- RADISHES
- KALE
- CABBAGE
- HORSERADISH
- RUTABAGA
- TURNIPS
- SPINACH
- WATERCRESS



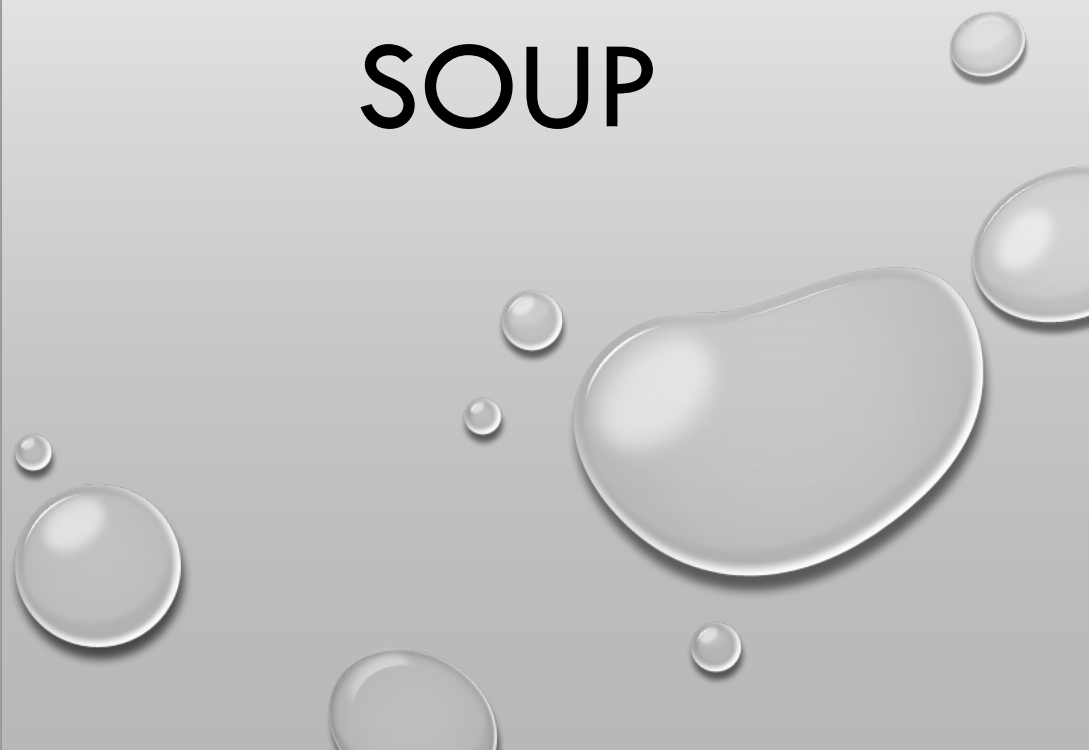


INCREASING CRUCIFEROUS VEGETABLES

- BROCCOLI IN STIR FRY
- COLE SLAW WITH CABBAGE AND BRUSSELS
- ROASTED VEGETABLE MEDLEY
- BUFFALO CAULIFLOWER
- MASHED CAULIFLOWER
- ADD SPINACH TO SOUPS, MEATBALLS, ETC



BROCCOLI CHEDDAR SOUP





TAKE CARE OF YOUR BONES

- ESTROGEN STIMULATING FOODS
- BONE BUILDING EXERCISE
- CALCIUM- CHEESE, YOGURT, MILK, COOKED GREEN AND LEAFY VEGETABLES
- AVOID EXCESSIVE CAFFEINE AND ALCOHOL
- AVOID EXCESSIVE PROTEIN



INCORPORATING CALCIUM

- ADD BEANS TO SOUPS WITH TOMATOES AND PEPPERS
- ADD SPINACH TO MEAT BALLS
- ADD CHIA AND HEMP SEEDS TO YOGURT AND OATMEAL WITH BERRIES
- USE YOGURT IN MASHED POTATOES
- ADD HEMP SEEDS AND LEMON TO BROCCOLI

EXERCISE



HIIT to maintain metabolism, muscle and bone density



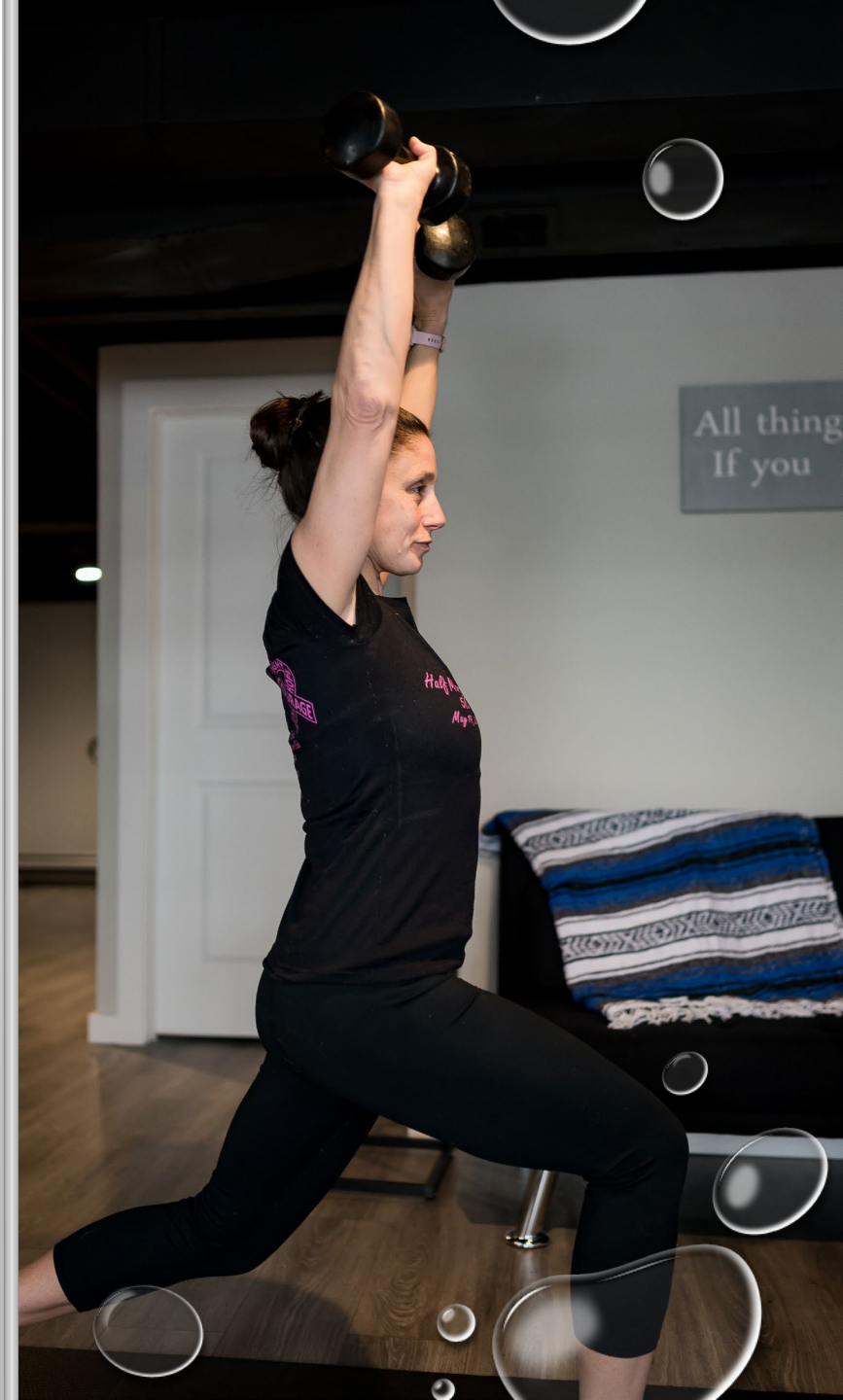
Lift weights to maintain muscle mass



Run with fast intervals



Yoga to keep stress at bay and assists with sleep



MORE ISN'T BETTER!





ESPECIALLY WITH EXERCISE

- INCREASED CORTISOL
- INCREASED INFLAMMATION
- PRESERVE FAT MASS
- INTERRUPTED SLEEP



8 WEEK PROGRAM!

- ACCOUNTABILITY FOR INCORPORATING ALL OF THESE COMPONENTS
- ONCE A WEEK VIRTUAL MEETING
- FACEBOOK GROUP TO SHARE IDEAS, RECIPES STRUGGLES, ETC
- WORKBOOK TO KEEP PARTICIPANTS ON TRACK
- COOKBOOK TO PROVIDE RECIPE IDEAS
- ENDED WITH A HALF DAY RETREAT; FOOD, WORKOUTS, YOGA, SHARES

OUTCOMES

Everyone had less symptoms

Symptoms they didn't even know about had decreased

They reported the gradual introduction and accountability was helpful

Only one of them forgot to come



**STRUGGLED
THE MOST
WITH YOGA**





SUMMARY

- DECREASE INFLAMMATION
- REDUCE STRESS
- INCORPORATE SOY, FLAX, CRUCIFEROUS, RESVERATROL AND PROBIOTICS
- OPTIMIZE CALCIUM AND MAGNESIUM INTAKE
- FOCUS ON WHOLE VS. PROCESSED FOODS
- MOVE- LIFT, CARDIO, YOGA



QUESTIONS???