

Healthy Menopause and Beyond Checklist

For a healthy menopause and beyond, your adrenal and thyroid glands must be in balance. All of these interventions are good for adrenal and thyroid health. Recognize and implement your missing puzzle pieces for optimal health and quality of life.



- Orange puzzle piece:** Eat a whole foods diet, high in plant foods with clean proteins and healthy fats. Eliminate processed carbs and sugar, reduce alcohol and caffeine. **ALL SYMPTOMS**
- Orange puzzle piece:** Enjoy 8 – 10 brightly colored vegetables and 2 fruits daily. Eat the colors of the rainbow daily-**ROY G BIV**. **ALL SYMPTOMS**
- Orange puzzle piece:** Reduce alcohol to 0 – 2 servings per week. **FB, G, H, HF, S, W**
- Orange puzzle piece:** Balance your stress - develop a daily meditation or Heart Rate Variability (HRV) Biofeedback practice. **ALL SYMPTOMS**
- Orange puzzle piece:** Take a high quality multivitamin daily like this, this or this. This supports adrenal and thyroid health. **ALL SYMPTOMS**
- Orange puzzle piece:** Take a Vitamin D3 supplement daily if serum Vit D levels are low. Your quality multivitamin may supply this. **B, G, I, J, M**
- Orange puzzle piece:** Get 7— 8 hours of quality sleep per night. **ALL SYMPTOMS**
- Orange puzzle piece:** When eating animal proteins and fats, choose grass fed, pastured meats, poultry, butter and ghee. **B, G, H, HD**
- Orange puzzle piece:** Move your body daily including strength training, weight bearing and balancing exercises. **ALL SYMPTOMS**
- Orange puzzle piece:** Have 1 - 2 bowel movements daily. This is one way your body detoxifies bad estrogens and toxins. **G, H, I, IN**
- Orange puzzle piece:** Consume 3 servings per week of low mercury, high omega-3 fatty acid fish. Check with your health care provider or Registered Dietitian Nutritionist to see if an omega-3 fatty acid supplement is appropriate for you. **B, FB, HF, HD, IN, M, J**
- Orange puzzle piece:** Eat 3 – 5 magnesium rich foods daily. **B, FB, G, HD, I, IN, J, M, S**
- Orange puzzle piece:** Drink 1 – 2 cups of green tea daily. **B, FB, H, HD**
- Orange puzzle piece:** Eat ground flax seeds regularly, 1 – 2 Tablespoons per serving. **FB, G, H, HF, HD**
- Orange puzzle piece:** Use these powerful herbs and spices in cooking daily: Turmeric, Rosemary, Ginger, Cinnamon. **FB, G, H, HD, I, IN, J**
- Orange puzzle piece:** Eat legumes (beans, peas, lentils) daily if tolerated. **G, H, HD**
- Orange puzzle piece:** Be good to your bones. [CLICK HERE](#) for information on bone support. **B, HD**

Legend of Symptoms

A = Allergies and Sinus Issues	G = Gut Imbalances	HD = Heart Disease	J = Joint Pain	W = Weight Gain
B = Brittle Bones	H = Hormone Imbalances	I = Impaired Immunity	M = Mood Swings	
FB = Foggy Brain	HF = Hot Flashes	IN = Inflammation	S = Sleep Disturbances	

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