

# 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.



-  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**
-  Enjoy **8 – 10 brightly colored vegetables** and 2 fruits daily. Eat the colors of the rainbow daily-**ROY G BIV**. **ALL SYMPTOMS**
-  Reduce alcohol to 0 – 2 servings per week. **FB, G, H, HF, S, W**
-  Balance your stress - develop a daily meditation or Heart Rate Variability (HRV) Biofeedback practice. **ALL SYMPTOMS**
-  Take a high quality multivitamin daily like [this](#), [this](#) or [this](#). This supports adrenal and thyroid health. **ALL SYMPTOMS**
-  Take a Vitamin D3 supplement daily if serum Vitamin D levels are less than 50 ng/mL. Your quality multivitamin may supply adequate Vitamin D3. **B, G, I, J, M**
-  Get 7— 8 hours of [quality sleep](#) per night. **ALL SYMPTOMS**
-  When eating animal proteins and fats, choose grass fed, pastured meats, poultry, butter and ghee. **B, G, H, HD**
-  Move your body daily including strength training, weight bearing and balancing exercises. **ALL SYMPTOMS**
-  Have 1 - 2 bowel movements daily. This is one way your body detoxifies bad estrogens and toxins. **G, H, I, IN**
-  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**
-  Eat **3 – 5 magnesium rich foods** daily. If you are not eating enough magnesium rich foods, consider taking a [magnesium supplement](#). Check with your nutritionist or health care provider for type and dosage. **B, FB, G, HD, I, IN, J, M, S**
-  Drink 1 – 2 cups of green tea daily. **B, FB, H, HD**
-  Eat ground flax seeds regularly, 1 – 2 Tablespoons per serving. **FB, G, H, HF, HD**
-  Use these powerful herbs and spices in cooking daily: Turmeric, Rosemary, Ginger, Cinnamon. **FB, G, H, HD, I, IN, J**
-  Eat legumes (beans, peas, lentils) daily if tolerated. **G, H, HD**
-  Be good to your bones. [CLICK HERE](#) for information on bone support. **B, HD**

## Legend of Symptoms

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