



OPTIMIZING WOMEN'S HORMONES

Session Six

Special Considerations

Classes featured: Hormones and Special Considerations, Optimizing Women's Hormones Wrap-up

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- Your risk for osteoporosis and cardiovascular disease increases when you reach menopause.
- The highest rate of bone loss occurs one year before your period stops.
- You need vitamin D and calcium, plus exercise, for healthy bones.
- The risk for stroke doubles in the 10 years after menopause.
- It's important to consume Omega-3 fatty acids.



HOMEWORK

Assignment

Choose one or two of the following to focus on:

- I will consume an Omega-3 fat each day this week.
- I will take a brisk walk each day this week.
- I will consult with a personal trainer to create an exercise plan that works for me.
- I will eat two calcium-rich foods per day.

Quick notes:



CALCIUM AND VITAMIN D RICH FOODS

Pro tip: Vitamin D is essential for absorption of calcium in the intestine. The following foods are rich in vitamin D:

- Bok choy
- Canned salmon
- Chia seeds
- Egg yolks
- Figs
- Fish
- Fortified dairy products
- Kale
- Sardines
- Tofu
- White beans



TIPS FOR PURCHASING A SUPPLEMENT

Check for drug–nutrient interactions.

- Food first!
- Check with your dietitian or physician.
- You can use a free interaction checker online to check for medication and food interactions. It's smart to verify with your physician as well.

Buy reputable brands.

- The company should test every batch—not skip lot testing, where only some are tested for quality.
- Check for certification label: USP, CGMP, NSF.
- Choose tablet form!
 - › Gummies or liquid may have water or sugar added as filler.
 - › Capsule form is good but allows for more oxidation to happen.
- Be cautious when purchasing from large, third-party resellers. Many reputable brands do not allow this. Check out the brand's website for information on verified retailers to purchase from.

Take with food.

- Take supplements with a snack or a meal to avoid stomach irritation.
- The presence of carbohydrates and proteins stimulate digestive enzymes that allow for better absorption for the supplements.
- Iron should be taken on an empty stomach.



Program Completion

Congratulations on completing the Optimizing Women's Hormones program!

You should have implemented a few strategies by now and be starting to notice changes in how you feel. Remember this is only the beginning of your journey. With your newfound knowledge, you have additional tools to understand and manage the menopause transition. Keep building on your healthy habits from the list of action steps.

Cheers to your health and wellbeing!

Want to continue learning?

Check out one of our other programs: Putting Out the Flame, Restore Gut Health, Optimizing Brain Health, Home Chef Pro, and Kids in the Kitchen.