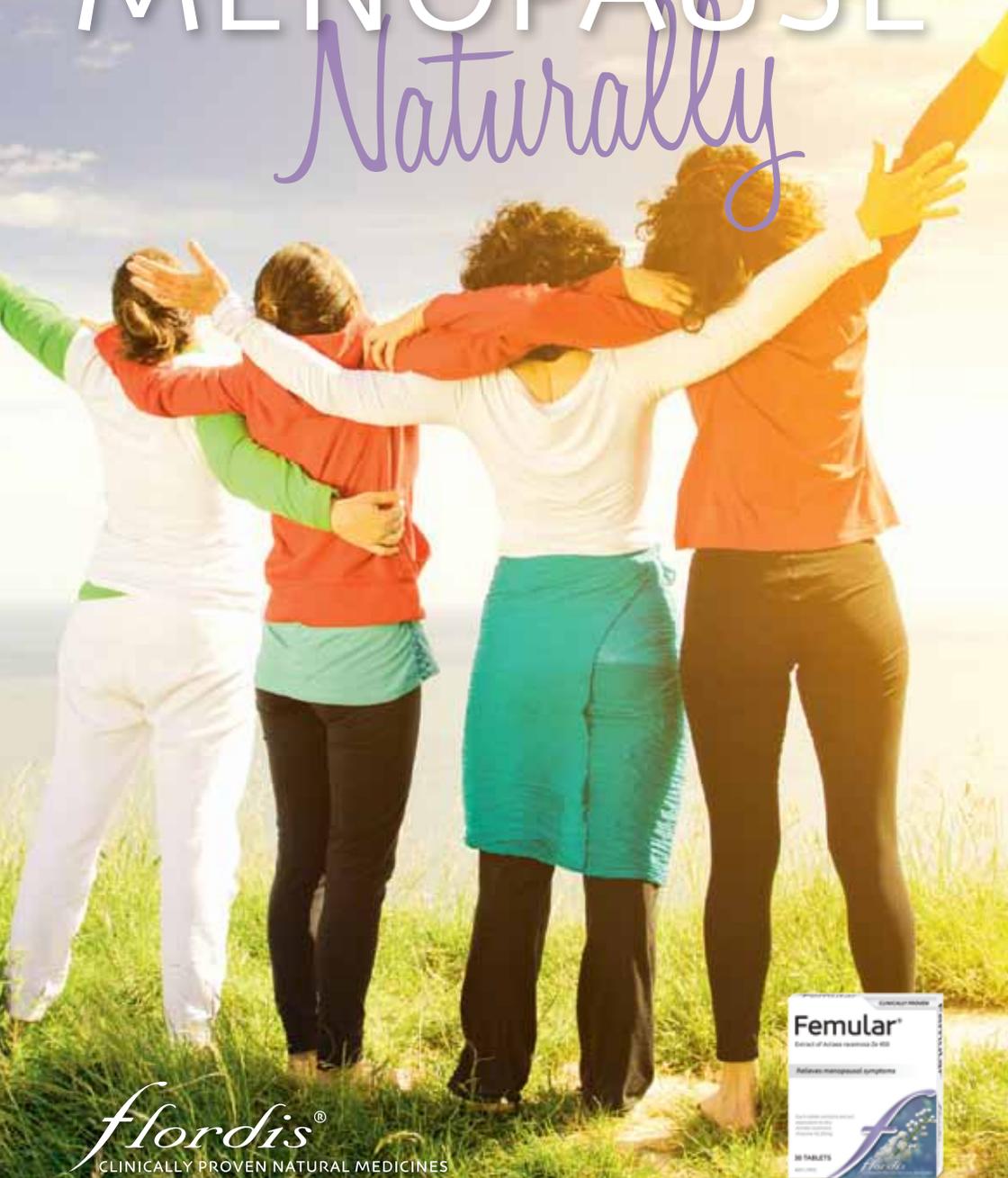


YOUR GUIDE TO A HEALTHY MIDLIFE AND BEYOND

MENOPAUSE

Naturally



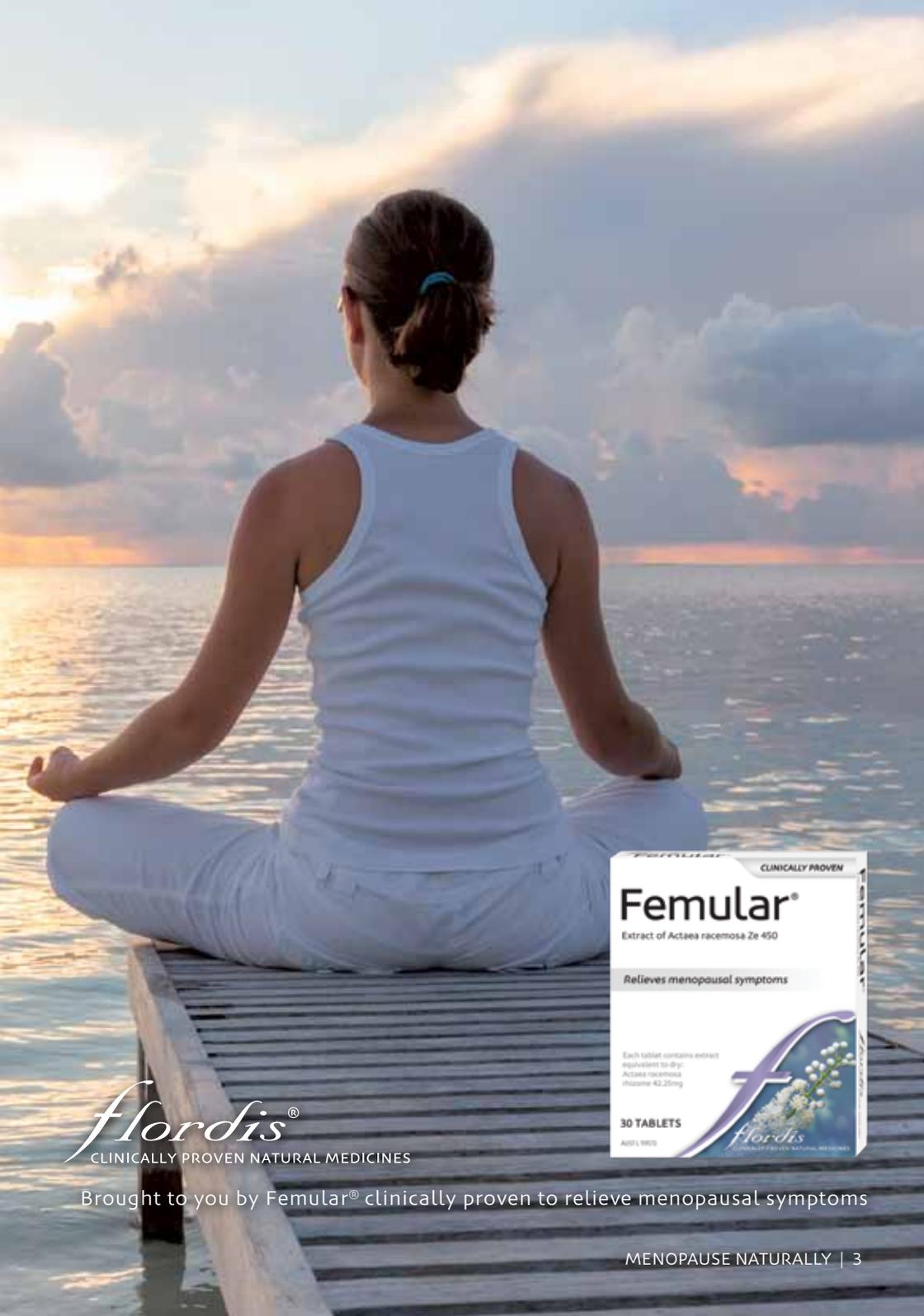
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MENOPAUSE

Naturally

Menopause is a natural life stage, it is not a disease. Managing menopausal symptoms is only one part of the bigger picture that encompasses women as they transit through these midlife changes.

MENOPAUSE: THE FACTS

1,000,000 EGGS

Women are born with about 1,000,000 eggs in each ovary and they release about 400-500 of these eggs during their reproductive life.

AGE 35-45

From about 35 to 40 years of age, the remaining eggs in the female ovary rapidly diminish which leads to less or irregular ovulation until their period (menstrual bleed) stops.

AGE 45-55

After 12 months of no periods women are officially in menopause. Menopause usually occurs from 45 to 55 years of age.

So here are some ideas to help promote a happier and healthier midlife you!

TRANSITING MENOPAUSE AND HORMONAL CHAOS

During a woman's reproductive life, her ovaries produce two important hormones, oestrogen and progesterone, and as she approaches menopause her ovarian function declines and so does production of these two hormones. It can take a woman 2 to 7 years to transit menopause and this stage of fluctuating hormones (and hence irregular cycles) is recognised by many as a time of "hormonal chaos". During this time up to 80% of women will suffer from both physical and emotional symptoms, including hot flushes, sweats, anxiety and insomnia. The severity of these symptoms dictates that these women need help – and are looking for effective remedies.

THE BOTHERSOME FACTOR – MENOPAUSAL HOT FLUSHES AND SWEATS

Menopausal hot flushes are naturally hormonally driven, however they are also influenced by stress and diet. No matter the cause, for midlife sufferers it's usually about the 'bothersome' factor – whether you have two or twenty hot flushes a day, if you're bothered enough to seek help, you want relief – and you want it now!

Relief can be found in a once daily dosing of Femular by Floridis, a specific extract of *Actaea racemosa* proven effective in a number of clinical trials to reduce the incidence and severity of menopausal symptoms, such as hot flushes and sweats, within 2-4 weeks and with continued improvement over 3 and 9 months.

OTHER TIPS TO STAY HEALTHY AT MIDLIFE

It may also help to identify and address any stress or diet related factors that may exacerbate your hot flushes. When it comes to nutrition eat regularly (at least every 3 hours), eat less (not more) and think 'paddock to plate' i.e. in season, fresh and unprocessed food. Eat a combination of good quality protein (e.g. fish, organic chicken, cultured dairy) with a colourful palate of antioxidant / anti-ageing fruits and vegetables.

Relax before meals and eat dinner (early) at the table. And on another note, alcohol and caffeine both may promote hot flushes – so you may find that reducing your intake of these could improve your symptoms.

MANAGING MENOPAUSAL MOOD

These days, menopausal women have many sources of anxiety and stress, many of which were unlikely to be an issue in their grandmothers' day. Today's midlife women are often still working full time and juggling their jobs with their life e.g. bringing up children or caring for their grandchildren and / or aging parents. Midlife women may also be anxious about ageing. Anxiety and stress can cause sleeplessness, which can fall into menopausal symptom territory,



however, insomnia can also result from a very busy and stressful midlife! Either way, midlife mood issues need support and St. John's wort can relieve stress and anxiety in menopausal women. This can be used in combination with Femular by Flordis. A healthy diet is also helpful – ideas for which you will find throughout in this booklet. Many of the B vitamins (especially vitamins B6 and B3) along with vitamin C are important for happy, healthy moods.

B6 Foods containing vitamin B6:

Legumes, green and leafy vegetables, fish and shellfish, meat and poultry, nuts and fruit.

B3 Foods containing vitamin B3:

Fish, poultry, eggs, wholegrain breads, nuts and mushrooms.

C Foods high in vitamin C:

Many fruits including oranges, melons and strawberries, and vegies including broccoli, sweet potato and spinach.

GETTING A GOOD NIGHT'S SLEEP!

Some women can suffer hot flushes and / or sweats constantly and insomnia can be a by-product of these notorious menopausal symptoms. Alternatively, you may lay awake at night, worrying about your "midlife stuff!" having little or restless sleep and then having to start the next day tired, cranky and frustrated – more menopausal moodiness! Reducing the incidence and severity of your hot flushes / sweats and promoting a good night's sleep will help resolve your suffering. So, in addition to Femular by Flordis you may also like to consider a herbal medicine combination of hops and valerian, proven to help your body's natural sleep processes which promote a restful good night's sleep. A herbal nightcap of passionflower, chamomile and lavender tea is also very soothing and sleep promoting.

Menopausal diet and lifestyle basics to help reduce hot flushes, improve mood and enhance sleep:

- **Kick start your days for better midlife mood** – get up early and take a brisk walk in the sunshine
- **Keep hydrated** – 2+ litres of clean water per day
- **Stay cool** – layer clothing (easier to peel off as needed) and sleep in bed linen made from natural fibres (e.g. cotton)
- **Adequate rest** – Avoid unnatural light (TV / computer screens) in the evening and go to bed earlier – you'll wake looking refreshed and younger!





Living well at midlife

MENOPAUSE OCCURS AT MIDLIFE

– and the lifestyle choices you make at this time can influence your health for the rest of your years. At midlife it may be beneficial to view menopause as a transition which can be made smoother by focussing on living well in order to continue living a healthy vital life rather than viewing it as a disease state to be treated.

Living well is to nourish our emotional, physical and spiritual selves.

GET MOVING

Midlife women who are physically active tend to be leaner and enjoy better all round health. Also, exercise improves mood and endorphin production, which seems to have a positive effect on menopausal symptoms. Those who exercise regularly have reduced menopausal symptoms such as hot flashes. In short, regular exercise helps you to become a much healthier and happier midlife woman!

So what exercise to do? Resistance exercise such as weights increases muscle mass and reduces insulin sensitivity (a precursor to midlife

abdominal fat), whilst interval training and sustained cardio such as biking, running or swimming are excellent for cardiovascular health. Even getting yourself a pedometer to monitor your steps and ensuring you do 10,000 steps a day can improve your overall health. And remember there are benefits to be gleaned from incidental exercise like getting up from your desk to stretch and walk around, choose to climb stairs rather than taking the lift (you burn one calorie per stair!) and park your car farther away and walk so you burn more fat and use less petrol!

STRESS LESS

Look after your adrenal health by incorporating relaxing pursuits such as mindfulness techniques like yoga, tai chi and qigong into your daily midlife. It is also thought that these exercises may reduce insulin resistance and the incidence of cardiovascular disease. And they also improve menopausal mood, wellbeing and sleep and reduce hot flushes.

BE CONNECTED

Positive relationships with family, friends and community all can lead to a better menopausal experience. Even having a positive attitude about your menopausal transition can lead to a better experience.

Check list for the mid-life woman to discuss with your health care professional

✓ BREAST CHECK

Breast self-examination monthly. A mammogram or breast ultrasound every two years from 50 years of age or younger (as with early menopause) particularly if there is a family history of breast cancer.

✓ PAP SMEAR

At least every second year or as recommended by medical practitioner. A vault smear twice yearly following hysterectomy if you've ever had an abnormal Pap smear.

✓ WEIGHT BEARING EXERCISE

30 minutes at least every second day.

✓ BODY WEIGHT

Maintained at middle to upper level of ideal weight.

✓ BLOOD PRESSURE

Check annually, more frequently if elevated.

✓ BONE DENSITY

Check at 50 years of age, or younger in cases of early menopause, and especially if there is a strong family history or risk factors for osteoporosis. Re-check in 2-5 years, depending on result.

✓ CHOLESTEROL AND TRIGLYCERIDES

Check for high density lipoprotein (HDL – the good fat) and low density lipoprotein (LDL – the bad fat) ratio. Also check triglycerides. Repeat yearly if there is a family history of heart disease or if advised by your doctor.

“

*Let food be thy
medicine and medicine
be thy food.”*

HIPPOCRATES



Foods to eat

DURING THE MENOPAUSAL TRANSITION

A good diet is the foundation of a healthy life. At midlife, eating well may help reduce menopausal symptoms. So the question is - what does eating well at midlife entail? The following dietary tips will help you on your way.

1 ENJOY FOODS CONTAINING PHYTOESTROGENS which have the potential to reduce menopausal symptoms such as hot flushes and vaginal dryness. Here are three phytoestrogen rich foods to add to your diet.

- The humble soy bean has been shown to have a modest effect on symptoms such as hot flushes and vaginal dryness. It has been shown that phytoestrogens from soy foods are far more bioavailable than those in soy supplements. Try adding 100g of tofu to your daily diet. One idea is to marinate firm tofu in a mixture of tamari Japanese soy sauce, ginger and garlic and then add to veggie stir fries. Silken (soft) tofu can be added to a smoothie. Eating a handful of soy nuts is another option.
- Linseeds (also known as Flaxseeds) are rich in lignans, which also act as phytoestrogens. You can buy and grind your own flaxseeds, or you can purchase them pre-ground. Either way, remember to store them in the fridge as they are prone to rancidity when exposed to heat. Aim to have 1 tablespoon of ground flaxseeds a day; they mix nicely in yogurt, can be added to a smoothie or even sprinkled in a salad.
- Alfalfa sprouts not only contain high quantities of the phytoestrogen coumestrol, but they are also a rich source of vitamins A, C, E and K. Alfalfa sprouts are great to add to salads and sandwiches.

FOOD CONTAINING PHYTOESTROGENS

FRUIT & VEGETABLES

Alfalfa and mung bean sprouts, spinach, peas, parsley, fennel, celery, sweet potatoes, rhubarb, squash, papaya, apples, cherries, berries and plums.

GRAINS & LEGUMES

Chickpeas, mung bean sprouts, lentils, split peas, green beans, red beans, buckwheat, wheat bran, millet, oats, barley and brown rice.

NUTS & SEEDS

Linseed, sunflower seeds, sesame seeds, nuts, almonds and cashews.

CULINARY HERBS & SPICES

Sage, aniseed, fennel seeds, coriander, dill, cumin, parsley, licorice and sea minerals (ie. Celtic Sea salt).

OILS

Linseed, flaxseed and evening primrose.

TEAS

Sage, fennel and licorice.

SOY PRODUCTS

Tofu, soy nuts and fermented soy products such as tempeh and miso paste.



2 EAT LOTS OF PLANT BASED FOOD – studies of both vegetarians and those eating a plant rich Mediterranean diet show they have a lower body weight and improved blood sugar levels. The message - eat a wholefood diet that includes whole grains, seeds and nuts, legumes, vegetables, fruit and good fats such as olive oil. This diet will naturally be minimally processed, with healthy levels of meat and dairy products.



3 USE HERBS AND SPICES – liven up your cooking by adding culinary herbs and spices such as ginger, cumin, chilli, cardamom, coriander, garlic, fennel seeds, bay leaf, allspice, anise and turmeric. These have been shown to reduce the risk of developing metabolic syndrome which is increasingly prevalent in menopause.

4 EAT CALCIUM CONTAINING FOODS – eating enough calcium containing foods is important to maintain bone mass at midlife and beyond. Foods rich in calcium include yogurt (choose those naturally sweetened with fruit or a little honey), tofu, Chinese cabbage, rhubarb, spinach, white beans, bok choy, kale, broccoli and beans (especially pinto and red beans). Also, matching your calcium intake with adequate magnesium is also important and you will find this mineral in whole grains (such as oats and rice) and vegetables.



5 EAT ADEQUATE PROTEIN - protein gives us energy and is needed for many body functions including growth and repair, it helps maintain healthy blood sugar levels, immune function, hormone production and fluid balance. Protein is found in meat, seafood, dairy, eggs, soy products, nuts, seeds and legumes. Aim to have some protein at each meal and also in your snacks.



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Clinically proven to relieve
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