

Menopause *naturally*

**YOUR GUIDE TO A
HEALTHY MIDLIFE
AND BEYOND**

**MANAGING MENOPAUSE
NATURALLY**

**TIPS ON LIVING WELL
DURING MIDLIFE**

**HEALTHY FOOD
CHOICES**



Contents

Menopause Naturally	4
Transiting menopause and hormonal chaos	4
The bothersome hot flush	4
Other tips to stay healthy at midlife	6
Managing menopausal mood	6
Getting a good night's sleep!	7
Living well at Midlife	8
Talking to your healthcare professional about menopause: symptoms, questions and treatment	10
Foods to eat in Midlife	12

Welcome

Welcome to your
Menopause, Naturally guide,
brought to you by SFI Health –
Home of Flordis. Menopause can
be an overwhelming topic. That's
why it makes sense to seek trusted
advice when looking for information.



Around 80% of women will experience menopausal symptoms, yet the transition is poorly understood and it can be difficult for women to find accurate and reliable information.

Our guide will help you understand this transition and the steps you can take to support yourself.

Read on for the facts and helpful tips to take a holistic approach to manage your symptoms.



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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.

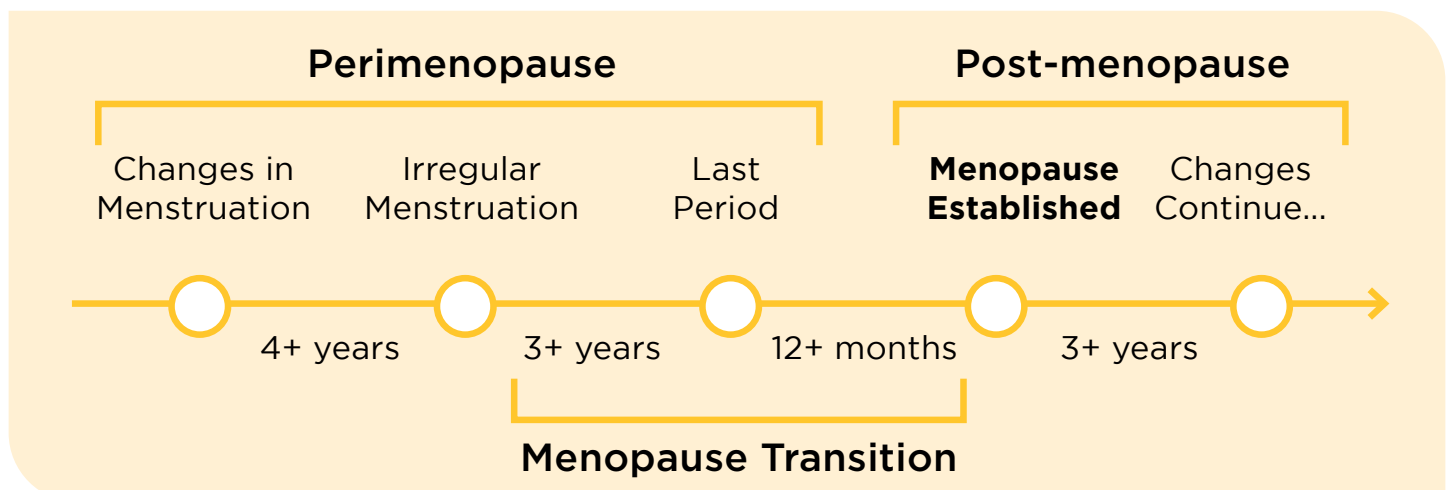
Transiting Menopause And Hormonal Chaos

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, mild anxiety and sleeplessness. The

severity of these symptoms dictates that these women need help – and are looking for effective ways to help reduce symptoms and bring relief.

The bothersome factor – menopausal hot flushes & 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!



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.

Relief can be found in a once daily dosing of Femular by Floridis, a specific extract of *Actaea racemosa* researched 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.^{2,7-8}

DID YOU KNOW?

Menopause may not feel 'normal', but it's a natural part of life, and occurs gradually over several years – it marks the end of a woman's reproductive years. Strictly speaking, menopause is the 12 months that follow your last period. The years leading up to this 12-month phase are called perimenopause, and the years after it are called postmenopause.

Hormones can affect many different parts of our bodies and are involved in communication throughout our body. So the hormonal changes of menopause can naturally result in a range of symptoms, including physical and emotional changes.



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 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 mild 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. Mild anxiety and stress can cause sleeplessness, which can fall into menopausal symptom territory, however, chronic sleeplessness can also result from a very busy and stressful midlife! Either way, midlife mood issues may need support and St. John's wort can relieve stress and mild 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 sleeplessness 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 supporting 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 flushes. 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

1 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.

2 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.

3 WEIGHT BEARING EXERCISE

30 minutes at least every second day.

4 BODY WEIGHT

Maintained at middle to upper level of ideal weight.

5 BLOOD PRESSURE

Check annually, more frequently if elevated.

6 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.

7 CHOLESTEROL & 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.



The transition to menopause is a big shift in a woman's life. Unpredictable symptoms such as mood swings and hot flashes can feel confusing and overwhelming, particularly if you don't know where to turn for help.

"Menopause symptoms can be really hard to deal with if you don't have the right guidance and support," says Simone Barrance, Science and Education Manager at SFI Health.

"Speaking to your healthcare professional about your symptoms is an important first step in learning how to navigate your menopause in the best possible way for you."

Knowing what questions to ask and how to prepare for your appointment can help you get a lot more out of the consultation.

Here's what you need to know about menopause, and how to speak to your healthcare professional about it.



ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Treatment and doses of medication for menopause symptoms can be trial and error, so talk to your healthcare professional if your medication doesn't suit you and make regular appointments to discuss whether your medication is working for you.

A close-up photograph of a white bowl filled with a colorful stir-fry. The ingredients include green snap peas, red bell peppers, sliced carrots, zucchini, and cubes of white tofu. A light-colored, possibly coconut-based, sauce is visible at the bottom of the bowl. The background is dark and out of focus.

“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.

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. 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 vegie 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.



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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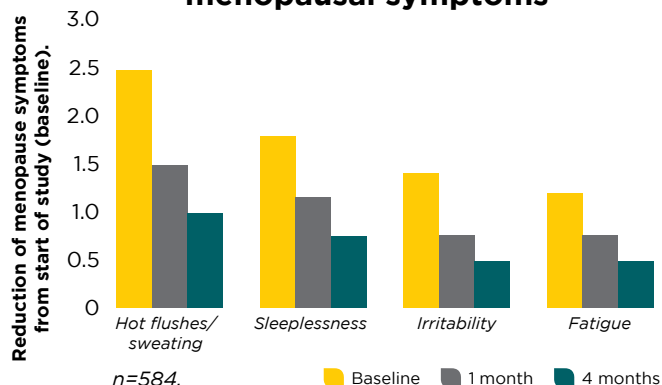
Perimenopause? Take back control with Femular.

Between work, play and family time, there's no time for menopause symptoms to be getting in the way of you living life to the full.

Take Femular for clinically proven relief within weeks.

- ✓ Hot flushes?
- ✓ Can't sleep?
- ✓ Headaches?
- ✓ Irritable?
- ✓ Fatigued?
- ✓ Mild anxiety?

Femular significantly relieves menopausal symptoms³



Ask your healthcare professional whether Femular is right for you, and take back control of your menopause.

www.flordis.com.au/femular

#OwnYourMenopause

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE

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