

## Nutrition: Complementary And Alternative Choices

# Healthy Menopause

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September 2014

*Menopause is a time for you to be Healthier than you have ever been!*

If you are new to nutritional supplementation and you would rather not use any of the hormone replacements so commonly recommended, we have suggestions for you.

These nutritional recommendations specifically address the physical aspects of a new phase of life as hormones adjust. What is important to note is that by supporting the many biochemical reactions constantly taking place at the cellular level, it is likely that you can minimize, avert or prevent most of the common menopausal symptoms

Menarche is the onset of a woman's reproductive life. Menopause is the end of this time. While the ending usually occurs during the late 40's, menopause can also be surgically induced. What ceases is the ripening and release of ova - and the hormones that prepare the uterus for its arrival. Many menopause symptoms can be considered to be the consequences from withdrawal of these hormones, symptoms such as altered skin sensations, 'hot flashes' or mood changes. These usually abate when the transition to peri menopause is complete. As you know, there can be negative consequences from hormone replacement. A particular woman might experience some but not all the menopause symptoms. Some women make the transition with no noticeable symptoms at all.

I recommend three basic menopause nutrients: **Opti-PUFA**, **Opti-Vites** and **Fem-Ease**.

Nutrient	Product	Quan/Day
w3 and w6 Essential Fatty Acids	Opti-PUFA	2-8
Good, broad spectrum multiple vitamin and mineral supplement	Opti-Vites*	2
An Endobiogenics Concept herbal supplement for menopause	Fem-Ease	2, 2-3 x per day
* Use a multi without iron unless there is a known need for iron		

There are two other very important components for dealing with menopause changes.

1. Eat a healthy diet. Opinions vary on how to define a healthy diet. I recommend the low carbohydrate lifestyle modification. Eat lots of fresh fruits and vegetables, avoid processed foods, avoid foods that contain high fructose corn syrup, and eat healthy fats (coconut oil, olive oil).

Many health problems can be directly attributed to high carbohydrate dietary choices. Fresh fruits and vegetables are highly recommended - but do check the carbohydrate content and serving sizes. All processed foods will have carbohydrate and sugar amounts on the label.

2. Exercise daily. Good choices are walking, swimming, dancing, and bicycling.

*Provide the body with what it needs and your body will work to the best of its ability on your behalf.*

Some effects, which are due to permanently altered hormone levels, such as vaginal dryness or aging skin signs, will continue. Both men and women experience lowering levels of the 'sex' hormones as they age.

While hot flashes and mood changes are the most common problems women face, there can be a number of other distressing effects (one reference cites 34 symptoms):

**About the supplements:**

Opti-PUFA is a balanced essential fatty acid (EFA) supplement. It provides prostaglandin precursors - elements necessary to the body's daily workings. There are studies showing that EFAs are beneficial for bone health, skin and hair health, brain health, heart health, and joint health (arthritis). See my protocols which address these issues. Many women who started on Opti-PUFA (age is no limitation) have commented that their skin is 'prettier,' their hair is shinier, wrinkles seem to diminish. And other people DO notice the changes.

The effects of Opti-PUFA translate into possible prevention of many of the problems that plague men and women as they age.

Opti-Vites is a high potency multi vitamin mineral formula that contains many of the nutrients known to be helpful as you age - at levels which far exceed the minimum daily recommendations. High levels of B-Vitamins, for instance, keep the brain working at peak performance. A high level of Vitamin D helps with bone health, cancer prevention, immune health. The high levels of magnesium and boron also promote bone health.

The 3rd product for your consideration is Fem-Ease, an Endobiogenic Concept (TM) Herbal formulation. It contains Wild Yam (for estrogen-like activity) and Primrose Oil, which makes it especially helpful for menopausal symptoms and vaginal dryness - and has been recommended for male and female sexual dysfunction.

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As this phase of your life begins, one of the things women worry about most is wrinkles and showing the signs of aging on face, neck and hands. In addition to the benefits of Opti-PUFA, one of the easiest ways to prevent wrinkles is by the use of antioxidants.

<b>Nutrient</b>	<b>Product</b>	<b>Quan/Day</b>
Vitamin C	Vitamin C-1000	1
Vitamin E	Vitamin E-400	1
Coenzyme Q10	Ultra CoQ10-100	1-2

While there are many antioxidants, Vitamins C and E and Coenzyme Q10 are possibly the most important ones.

Vitamin C is recommended for many health reasons - apart from menopause. For menopause it will greatly benefit the skin - in particular it affects skin elasticity. Some women have found it reduces hot flashes. It has also been used to prevent dryness of vaginal walls.

Vitamin E is one of the most important defenders against cellular oxidation. I always recommend it when a patient is taking large amounts of Opti-PUFA. Vitamin E promotes a healthy immune system. Some women have used it to reduce hot flashes, also.

The production of CoEnzyme Q10 naturally declines with age. It further declines with the use of statin drugs. Along with Vitamin E, CoQ10 is essential to protect lipid membranes. Its use seems to help with hot flashes, depression and headaches.

In addition, you should avoid the use of soap. Use skin products made with natural ingredients. Check out the complete line of Salon & Spa skin care products at [www.NutritionPureAndSimple.com](http://www.NutritionPureAndSimple.com).

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'Hot Flashes' - one of the most common menopausal complaints. While there are many 'remedies' for hot flashes, it is hard to recommend any one solution because the exact cause of them is not known. Yes, they affect a large percentage of women, but there are also many women who never are troubled by them. I could find no studies to explain the difference. So I return to my basic recommendations - give the body what it needs daily (Opti-PUFA, Opti-Vites and Fem-Ease), eat a healthy diet and exercise.

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You may need to factor in additional nutrients to ease menopausal symptoms, such as vaginal dryness and problems with mucus membranes. I have these recommendations for your consideration.

Nutrient	Product	Quan/Day
Primrose with Essential Oils	PhytoAmore	PRN
A special herbal formula for feminine issues	PhytoAmore capsules	1-3
Vitamin A	Vitamin A 10,000	1
Herbals for Progesterone / Estrogen Balance	Chaste Tree	2-4

#### Support for Mucus Membranes

PhytoAmore oil provides natural libido support. It is suitable for full body massage (relaxing) and is gentle enough for sensitive areas. Primrose oil is blended with 100% pure and genuine Clary sage, Ylang ylang, Sandalwood and natural Vitamin E.

PhytoAmore capsules may be helpful for low libido and sexual dysfunction. In addition to one capsule per day, take an additional 2 capsules 2 hours before intimacy.

Vitamin A (but not beta carotene). Besides its importance to the health of your eyes, Vitamin A helps maintain the health of all mucus membranes - nose, throat, epithelial tissue, GI tract, lungs, skin, and vaginal walls, just to name a few.

Chaste Tree has been used for over 2500 years. It contains flavonoids which act in a manner similar to progesterone. It helps balance progesterone and estrogen. Reduction of breast tenderness and pressure have been reported - as have a lessening of headaches and fatigue.

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Some women experience a variety of neurologic problems. Sleep problems, anxieties, migraine headaches and depression are examples of just a few symptoms.

Nutrient	Product	Quan/Day
5 HTP and Passionflower	5HTP Plus 50 mg (Tranquility)	1-2
	5HTP Plus 100 mg (Tranquility)	1-2
calming herbs from Endobiogenics	PhytoCalm	2-4

5HTP Plus (50 mg or 100 mg). 5HTP has benefits similar to SSRI drugs, and has been safely used for many years to help with sleep. 5HTP should not be used in conjunction with SSRI drugs. Passionflower has been used for centuries as a calming herb for insomnia and anxiety or irritability.

PhytoCalm is an Endobiogenic Concept Herbal formulation. One ingredient, California Poppy, is known for its sedative, anti anxiety, anti depressant and analgesic properties. Mother Wort has sedative and tranquilizing benefits. Lemon Balm has a history of use for anxiety, depression, palpitations, menstrual pain and nervousness.

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**Bone Health** - and the fear of osteoporosis - is another major concern of menopausal women. The rate of bone loss is affected by a variety of circumstances. For instance, it is well documented that

smoking during adolescence results in smaller bone mass and a smaller skeleton. And smoking continues to affect bone health as you age. Women who smoke have a greater rate of bone loss than do non-smokers.

While all the nutrients in my basic recommendations are important, there are some which have a slowing effect on bone loss for all women. These are Essential Fatty acids (Opti-PUFA), Calcium, Magnesium, Boron, Strontium, Vitamin D, and Vitamin K. Magnesium, Boron and Vitamin D are present in adequate levels in Opti-Vites, but more bone support may be required, depending on your needs.

Nutrient	Product	Quan/Day
Calcium and Magnesium in a 2:1 or 1:1 ratio	Calcium 280 and D	3
	Ultra Magnesium Chelate	1-2
Vitamin D3 and Vitamin K	Vitamin D 5000 or	1
	Vitamins D 5000 + K	1
Strontium	Opti-Strontium	3

While Calcium is usually recommended at 1000 mg to 1200 mg per day, a calcium chelate (as in Calcium 280 and D) is more bioavailable than a citrate or carbonate form. Therefore, a lower level will meet your daily requirements.

If your multi choice is Opti-Vites, it already provides 250 mg magnesium, also in a chelated form. Therefore, the daily recommendation for this mineral is also lower.

Another recommendation for bone health is Vitamin D3. This is especially important if you meet any of the following criteria: You have aging skin, you spend very little time in the sun, or if you do, you cover every inch of skin with sun screen. Because these are likely criteria, Opti-Vites includes 1000 IU vitamin D3.

Vitamin K, as in our product, Vitamins D3 5000 + K, has been shown to enhance bone mineralization. Persons taking anti-coagulation drugs should use Vitamin K with medical supervision.

If thinning bones or bone fractures (pending or present) are a problem for you, consider Opti-Strontium. Studies have shown that the use of strontium results in faster healing and stronger bones.

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You can spend a lot of time searching for solutions for the various problems which you experience, but it is easier to follow the recommendations in my various Nutritional Protocols.

The Essential Fatty Acids in Opti-PUFA are prostaglandin precursors. This may make it possible for women (and men) to make hormones. Essential Fatty Acids affect all your tissues - including skin and hair. And things you might not think about, such as mucus membranes and vaginal tissue.

Besides the protective benefits that Vitamin E offers when you are taking high levels of essential fatty acids, our mixed tocopherols provide the anti oxidant protection so essential during menopause.

Opti-Vites is a special multi vitamin mineral formula which contains high levels of many of the vitamins and minerals often recommended to menopausal women. In particular, it has high levels of the B-Vitamins.

Fem-Ease supports your changing hormone needs.



*These statements have not been evaluated by the FDA.  
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