

Menopause Symptoms

DNA Health Report

REPORT CATEGORIES —



SEXUAL HEALTH



REPRODUCTIVE
HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Menopause marks the end of a woman's reproductive years. It is diagnosed when a woman has gone without a menstrual period for **12 consecutive months**. It typically occurs between the ages of 45 and 55, although it can develop before or after.

Menopause arises due to the natural decline in the ovaries' production of estrogen and progesterone, the hormones that regulate menstruation.

Symptoms vary among women. Some experience minimal discomfort and others deal with severe symptoms. Common menopausal symptoms include:

- Hot flashes (sudden feelings of warmth)
- Night sweats
- Vaginal dryness
- Mood changes (e.g., irritability, depression, and anxiety)
- Sleep disturbances
- Weight gain
- Thinning hair and dry skin
- Loss of breast fullness
- Irregular periods (before they cease entirely)

Risk Factors and Genetics

Genetics plays a role in the age at which menopause starts and the severity of symptoms. For example, genetic variations that influence the metabolism of sex hormones are associated with the frequency and severity of hot flashes [\[R\]](#).

Women often follow a similar pattern as their mothers or sisters. For example, only **70%** of midlife women experience hot flashes and/or night sweats [\[R\]](#).

The following factors also influence the age at which you experience menopause:

- Smoking
- Surgical menopause (removal of ovaries before natural menopause)
- Chemotherapy or pelvic radiation treatments



MORE LIKELY

More likely to have menopause symptoms based on 1,096,074 genetic variants we looked at



Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Red Clover	40 mg	2	Yoga	30 minutes
3	Dong Quai	500 mg	4	Black Cohosh	40 mg
5	Aerobic Exercise (Cardio)	1 hour	6	Vitamin E	200 iu
7	Aromatherapy	30 minutes	8	Evening Primrose Oil	
9	Mediterranean Diet		10	Fenugreek Extract	
11	Pycnogenol	100 mg	12	Chasteberry	150 mg
13	Soy Isoflavones	40 mg	14	Soy	
15	Strength Training	1 hour	16	Soy and Lettuce	20 g
17	Lactobacillus Gasseri	10 billion CFU	18	White Kwao Krua (Pueraria Mirifica)	10 mg
19	Green Coffee Extract	400 mg	20	Diaphragmatic Breathing	10 minutes
21	Resveratrol	150 mg	22	Self-Hypnosis	20 minutes
23	Lavender Oil Aromatherapy	2 drops	24	Kava	200 mg
25	Flower Pollen Extract	20 mg	26	Milk Thistle (Silymarin)	300 mg
27	Orange Blossom	300 mg	28	Ashwagandha	120 mg
29	Lecithin	7 g	30	Lavender Essential Oil	2 drops
31	Mindfulness	30 minutes	32	Valerian	500 mg

33	Stinging Nettle	300 mg	34	EPA (Omega-3)	500 mg
35	Progressive Muscle Relaxation	10 minutes	36	Royal Jelly	300 mg
37	EFT Tapping	20 minutes	38	Mulberry	
39	Sage Extract	300 mg	40	Thyme and Japanese Thistle	
41	Pomegranate Seed Oil	2 g	42	Topical Aloe Vera	
43	Hatha Yoga	1 hour	44	Chinese Rhubarb	500 mg
45	Avoid Exposure to Parabens		46	Maca	2 g
47	Pumpkin Seed Oil		48	Orange Blossom Aromatherapy	
49	Kudzu and Mandarin Peel Extract		50	Maintain Optimal Vitamin D Levels	1000 iu
51	Fennel	100 mg	52	Kudzu	1200 mg
53	Alfalfa and Sage	1000 mg	54	Bee Pollen and Royal Jelly	
55	Lettuce		56	Mandarin Peel Extract	500 mg
57	Breathing Techniques	10 minutes	58	Avoid Spicy Food	
59	Mindfulness-Based Stress Reduction (MBSR)	2 hours	60	Elimination Diet	
61	Zumba	1 hour	62	Mindfulness Meditation	30 minutes
63	Soy Protein	20 g	64	Fruits And Vegetables	
65	Applied Relaxation	30 minutes	66	Tofu	
67	Tai Chi	1 hour	68	Acceptance and Commitment Therapy (ACT)	
69	Whole Grains		70	Alfalfa	15 g
71	Flaxseed	2 tbsp	72	Deep Breathing	5 minutes

73	Restorative Yoga	30 minutes	74	Thyme	
75	Aquatic Exercise	1 hour	76	Exercise At Least One Hour a Day	1 hour
77	Magnesium	350 mg	78	Walking	30 minutes
79	Stretching	15 minutes	80	Dietary Antioxidants	
81	Genistein	30 mg	82	Art Therapy	1 hour
83	Relaxation Techniques	30 minutes	84	Vitamin D and Calcium	
85	Omega-3 (Fish Oil)	2000 mg	86	Dietary Omega-3 Fatty Acids	
87	Acupuncture	1 hour			

1



Red Clover

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Take a red clover supplement in the form of capsules, typically ranging from 40 to 80 milligrams daily. This should be done under the guidance of a healthcare provider, especially if you're using it for menopausal symptoms or bone health, to ensure it's appropriate for your individual needs. Generally, it's used for periods ranging from 3 to 12 months.

TYPICAL STARTING DOSE

40 mg

Description

Red Clover is a plant that's often utilized for its health benefits. Not just pleasing to the eyes with its bright color, it's known to help with skin health and menopause symptoms. Additionally, it may improve heart health and bone density. It's like a power-plant, offering multiple health benefits in one package.

How it helps

Red clover supplementation has shown several benefits for menopausal women. Multiple meta-analyses (the largest one with 8 studies) indicate that it can effectively reduce hot flushes, particularly in those with frequent episodes (over 5x/day) followed up for at least 12 months and taking an isoflavone dose of at least 80 mg/day. Additionally, red clover supplementation has been associated with improvements in vaginal atrophy. In a placebo-controlled trial, supplementation with red clover extract (80 mg/day isoflavones) for 90 days increased plasma testosterone levels and decreased endometrial thickness in postmenopausal women. Another placebo-controlled trial demonstrated that the same supplementation regimen reduced depressive and anxiety symptoms in postmenopausal women, highlighting its potential for improving mental well-being during this life stage [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

2



Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga may reduce psychological, somatic, vasomotor, and urogenital symptoms while improving quality of life in menopausal women [\[R, R\]](#).

Yoga may help through its combination of physical postures, breathing exercises, and meditation.

3



Dong Quai

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take a 500-600 mg capsule of Dong Quai supplement once daily with food. It is generally recommended to cycle Dong Quai use, taking it for three weeks followed by a one week break. Consult a healthcare provider before starting to ensure it's appropriate for your health condition.

TYPICAL STARTING DOSE

500 mg

Description

Dong quai is an herb commonly used in traditional Chinese medicine to support women's health, particularly during menstruation and menopause. It is believed to have hormonal-regulating properties.

How it helps

Herbal preparations with dong quai reduced hot flushes and sleep disturbances in multiple studies on menopausal women [\[R, R, R, R, R, R\]](#).

4



Black Cohosh

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take a black cohosh supplement of 20 to 40 mg twice daily for up to six months to manage menopause symptoms. Make sure to check the label for a product standardized to contain 2.5% triterpene glycosides.

TYPICAL STARTING DOSE

40 mg

Description

Black cohosh is an herbal remedy often used by some individuals to alleviate symptoms of menopause, such as hot flashes and mood swings.

How it helps

Three meta-analyses found that supplementation with black cohosh improves overall menopausal symptoms (by 26%) and hot flashes. However, black cohosh may not help with depression [\[R\]](#), [\[R\]](#), [\[R\]](#).

5

Aerobic Exercise (Cardio)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

A review of 21 randomized controlled trials (RCTs) found exercise improved the severity but not the frequency of vasomotor symptoms in postmenopausal women. Combining hormone replacement therapy (HRT) and exercise reduced systolic blood pressure (SBP), with mixed effects on diastolic blood pressure (DBP) and peak oxygen consumption (VO2 peak). Various exercise modalities improved heart rate and blood pressure variability, but more research is needed. Weightlifting showed benefits for SBP and total cholesterol, while aerobic exercise improved vascular function. Exercise had moderate effects on body fat, waist circumference, triglycerides, and bone mineral density in menopausal women [\[R, R, R, R, R, R\]](#).

Regular aerobic exercise can improve cardiovascular health, assist in weight management, and relieve symptoms such as hot flashes and mood swings.

6



Vitamin E

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

Here are some key findings from human studies on the effectiveness of Vitamin E supplementation in alleviating menopausal symptoms:

- **Overall Effectiveness:** A systematic review by Feduniw et al. (2022) found that vitamin E influences postmenopausal hot flashes, vascular modulation, plasma lipid profile level, and vaginal changes. Another review assessed vitamin E and omega-3's impact on menopausal hot flashes. Combining vitamin E and omega-3 significantly reduced hot flush intensity compared to placebo [\[R\]](#).
- **Impact on Hot Flashes and Anxiety:** A study by Farshbaf-Khalili et al. (2022) indicated that vitamin E supplementation (500 mg daily for eight weeks) reduced anxiety significantly more than a placebo. This study also showed improvements in oxidative stress and inflammatory biomarkers among postmenopausal women [\[R\]](#).
- **Vitamin E and Bone Health:** A study by Hildebolt et al. (2004) reported that vitamin E, along with calcium and vitamin D, may result in increases in mandibular bone mass in postmenopausal women. This suggests potential benefits for bone health during menopause [\[R\]](#).

These findings indicate that vitamin E may have some beneficial effects on menopausal symptoms such as hot flashes, anxiety, and vaginal atrophy.

Please note: *While dietary vitamin E is generally considered safe, vitamin E supplements have been linked to prostate cancer. They may also not be the best option for pregnant people. Those who have heart disease, bleeding disorders, or other conditions may also need to avoid them. Consult your doctor before taking vitamin E supplements [\[R\]](#).*

7



Aromatherapy

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

Three meta-analyses (the largest one with 34 studies) found that aromatherapy with lavender or low-dose neroli may improve menopausal symptoms, perceived stress, anxiety, depression, sexual function, and self-esteem [\[R\]](#), [\[R\]](#), [\[R\]](#).

Aromatherapy with certain essential oils may provide relaxation and help with sleep issues related to menopause.

8



Evening Primrose Oil

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500mg to 1000mg of evening primrose oil, in capsule form, once daily with a meal to ensure optimal absorption. This regimen is typically recommended for several months to evaluate its effectiveness for the specific condition being addressed.

Description

Evening primrose is a plant known for its seeds, which are a source of gamma-linolenic acid (GLA), an essential fatty acid. Some studies suggest that evening primrose oil, derived from these seeds, may help alleviate symptoms of conditions like premenstrual syndrome (PMS) and eczema, as well as support overall skin health.

Evening primrose (*Oenothera biennis*) is a flowering plant. Its name comes from the fact that its flowers close during the day and open when the sun sets [\[R\]](#).

[Evening primrose oil](#) comes from the plant’s seeds. It is rich in omega-6 fatty acids like [GLA](#). People use this oil to help with high triglycerides [\[R\]](#), [\[R\]](#).

How it helps

Four trials concluded that evening primrose oil, both alone and as part of multi-herbal supplements, may help improve hot flushes and psychological symptoms of menopause [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Evening primrose oil contains GLA, which may help with the severity of hot flashes and improve hormonal health.

9



Mediterranean Diet

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

High adherence to a Mediterranean diet may reduce the risk of menopausal symptoms. Fruits may reduce vasomotor symptoms, vegetables and legumes may reduce overall symptom severity and improve health scores, and olive oil may reduce psychological symptoms [\[R, R, R, R\]](#).

10



Fenugreek Extract

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500mg of fenugreek extract capsules daily with water, preferably in the morning after breakfast. Continue this routine for at least 8 weeks to evaluate its effects.

Description

Fenugreek extract, derived from fenugreek seeds, is often used as a dietary supplement to aid in digestive comfort, blood sugar management, and overall wellness.

How it helps

In 2 placebo-controlled trials of 163 postmenopausal women, taking fenugreek seed extract (500-600 mg/day) for 6-12 weeks significantly reduced menopausal symptoms, including vasomotor, psychosocial, physical, and sexual symptoms. In 88 women, fenugreek extract (1000 mg/day for 90 days) increased plasma estradiol, and improved postmenopausal discomforts, with 32% reporting no hot flashes. However, fenugreek vaginal cream 5% was less effective than estrogen at improving atrophic vaginitis in a non-placebo-controlled trial of 60 women. The fourth study involved 48 women taking 250 mg × 2/day of fenugreek extract for 42 days [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

11



Pycnogenol

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 100 mg of pycnogenol supplement daily. This can be taken in a single dose or divided into two doses of 50 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

100 mg

Description

Pycnogenol (pine bark extract) is derived from the bark of the maritime pine (Pinus pinaster). It has been used in traditional n European folk medicine for centuries, and more recently as a supplement. The extract contains a group of bioactive compounds known as proanthocyanidins, which may be beneficial in supporting cardiovascular health, promoting skin health, and aiding in the management of various conditions related to inflammation and oxidative stress.

Pycnogenol comes from the bark of pine trees that grow in the Mediterranean [\[R\]](#), [\[R\]](#).

It may improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Athletic performance
- Seasonal allergies
- Cognitive function
- Joint health
- Varicose veins

How it helps

In a study with 38 women, 100 mg daily Pycnogenol® supplementation for 8 weeks significantly improved a subset of six common menopausal symptoms compared to a control group. Other symptoms and oxidative stress also improved [\[R\]](#).

A study involving 200 peri-menopausal women found that daily 200 mg Pycnogenol supplementation improved all climacteric symptoms, increased antioxidative status, and favorably altered the LDL/HDL ratio without any side effects [\[R\]](#).

In a trial with 43 postmenopausal women with osteopenia, 150 mg/day Oligopin® for 12 weeks significantly improved bone turnover markers and antioxidant defense system compared to a placebo [\[R\]](#).

A study on 170 perimenopausal women showed that 30 mg Pycnogenol twice daily for 3 months significantly improved most climacteric symptoms, especially vasomotor and insomnia/sleep problems, compared to placebo [\[R\]](#).

12



Chasteberry

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 150-500 mg of chasteberry extract daily, ideally in the morning to align with the body's natural hormonal rhythms. This dose is typically recommended for a duration of at least three months to evaluate its effectiveness on symptoms.

TYPICAL STARTING DOSE

150 mg

Description

Chasteberry, also known as chaste tree or Vitex, is an herb commonly used to support women's health, particularly in addressing symptoms of premenstrual syndrome (PMS) and hormonal imbalances. It may help regulate the menstrual cycle and alleviate some PMS symptoms.

Chasteberry is the fruit of the chaste tree (*Vitex agnus-castus*), a plant native to Europe and Asia [\[R\]](#), [\[R\]](#).

Early studies note that chasteberry may help with menstrual problems [\[R\]](#).

How it helps

Two trials involving essential oils from chasteberry for menopausal symptoms were conducted. The first one, with 23 participants, showed significant relief of menopausal symptoms. The second one, with 52 participants, supported the first trial's findings but also identified some contraindications for use [\[R\]](#).

The combination of chasteberry and black seed used as an add-on to citalopram improved hot flushes better than citalopram alone in an 8-week non-placebo-controlled trial of 46 women. However, the combination of chasteberry and St John’s wort failed to improve menopausal symptoms in a placebo-controlled trial of 93 women [\[R\]](#), [\[R\]](#).

Please note: Chasteberry may not be safe for women who are pregnant or breastfeeding. It may also not be safe for women with hormone-related conditions, such as some cancers. Chasteberry may interact with some medications. Talk to your doctor before taking chasteberry [\[R\]](#).

13



Soy Isoflavones

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take a soy isoflavone supplement containing 40 to 80 milligrams daily, ideally with food to improve absorption. This dosage can be continued on a daily basis for several months, but it's recommended to reevaluate its effectiveness and any potential side effects with a healthcare provider periodically.

TYPICAL STARTING DOSE

40 mg

Description

Soy isoflavones are natural compounds found in soybeans and soy products. They are phytoestrogens, which means they can mimic the effects of estrogen in the body and are associated with potential health benefits like menopausal symptom relief and improved heart health.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It's a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Studies suggest soy isoflavones offer a modest reduction in menopausal hot flashes, with effects increasing over time. However, high variability across trials and a modest 25.2% reduction after prolonged treatment highlight the need for cautious interpretation [\[R\]](#), [\[R\]](#).

Studies on genistein's effects in postmenopausal women reveal it reduces hot flushes by up to 56.4% without adverse effects on the endometrium or vaginal epithelium, offering a potential non-hormonal option for menopause symptom management, though benefits on bone health remain inconclusive [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Two studies explored the effects of soy isoflavones on menopausal symptoms. The first showed that Daidzein-rich isoflavones effectively reduced hot flashes in menopausal women. The second found no significant relief from menopausal symptoms with whole soy or daidzein among equol-producing postmenopausal women [\[R\]](#), [\[R\]](#).

14



Soy

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Incorporate soy-based products such as tofu, soy milk, and edamame into your daily diet. Aim for at least one serving per day, equivalent to about a cup of soy milk, a half-cup of cooked soybeans, or a 3-ounce piece of tofu.

Description

Soy is a legume native to East Asia, and its health benefits include being a source of plant-based protein, fiber, and various vitamins and minerals. It is known for its potential to support heart health, reduce cholesterol levels, and provide essential nutrients in vegetarian and vegan diets.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It's a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Soy beverages
- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Studies suggest soy isoflavones offer a modest reduction in menopausal hot flashes, with effects increasing over time. However, high variability across trials and a modest 25.2% reduction after prolonged treatment highlight the need for cautious interpretation [\[R\]](#), [\[R\]](#).

Studies on genistein's effects in postmenopausal women reveal it reduces hot flushes by up to 56.4% without adverse effects on the endometrium or vaginal epithelium, offering a potential non-hormonal option for menopause symptom management, though benefits on bone health remain inconclusive [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Two studies explored the effects of soy isoflavones on menopausal symptoms. The first showed that Daidzein-rich isoflavones effectively reduced hot flashes in menopausal women. The second found no significant relief from menopausal symptoms with whole soy or daidzein among equol-producing postmenopausal women [\[R\]](#), [\[R\]](#).

15

Strength Training

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

A meta-analysis of 12 trials (452 participants) suggests resistance training (up to 16 weeks) may improve postmenopausal symptoms, functional capacity, and bone density while reducing hot flashes and fat mass. However, the evidence quality was low [R].

Strength training can help mitigate bone density loss and muscle mass decreases that occur during menopause.

16



Soy and Lettuce

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate soy-based supplements such as soy protein powders or soy isoflavone capsules, aiming for a total soy protein intake of 20-30 grams per day. Add one to two cups of fresh lettuce to your diet daily, either as a salad or included in sandwiches and wraps.

TYPICAL STARTING DOSE

20 g

Description

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It’s a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

Lettuce is a low-calorie, nutrient-dense leafy green that can be a valuable addition to a balanced diet. It provides essential vitamins and minerals while contributing to hydration and supporting overall health.

Lettuce is a good source of the vitamins A, C, and K, and minerals like chromium, calcium, and potassium. A 5-ounce serving provides 1.8 mcg of chromium or 5%DV.

How it helps

A study of 39 women examined the impact of fermented soybean-lettuce powder on menopausal syndrome symptoms. After 4 weeks, the experimental group experienced a significant reduction in the Kupperman index of menopausal symptoms [\[R\]](#).

17



Lactobacillus Gasseri

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Lactobacillus gasseri supplement containing around 10 billion colony-forming units (CFUs) daily, ideally with a meal, for at least 2 weeks to 4 months to observe benefits. Continuous daily intake is recommended for ongoing support.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus Gasseri is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

In a placebo-controlled trial of 80 women, supplementation with L. gasseri CP2305 for 6 menstrual cycles reduced total menopausal symptom scores, including vasomotor and psychological aspects [\[R\]](#).

18



White Kwao Krua (Pueraria Mirifica)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Pueraria mirifica supplement, commonly known as white kwao krua, once daily, with dosages typically ranging from 10 to 100 mg. It is best to start with the lowest dose to assess your body's response before possibly increasing the amount under medical supervision. The duration of use should be as advised by a healthcare professional, considering the specific health goals or conditions being targeted.

TYPICAL STARTING DOSE
10 mg

Description

White Kwao Krua, also called Pueraria Mirifica, is a plant found in Thailand known for its health benefits. It's usually used as a supplement that can help balance hormones, improve skin health, and may have benefits for bone health. By taking this supplement, it can positively enhance your overall health and well-being.

How it helps

Supplementation with *P. mirifica* (20-100 mg/day for 6 months) improved vaginal symptoms in 3 trials of 168 women, without a dose-response effect. In a placebo-controlled trial of 71 women, *P. mirifica* (20-50 mg/day for 24 weeks) had estrogen-like effects on bone turnover rate but not on vaginal thickness or endometrial histology. The effects of pueraria were similar to those of conjugated equine estrogen in a non-placebo-controlled trial of 71 women [\[R, R, R, R, R, R\]](#).

A vaginal gel with 1-6% *P. mirifica* applied for 4-12 weeks reduced bacterial vaginosis and vaginal atrophy while improving blood circulation in 4 placebo-controlled trials of 226 postmenopausal. However, an estrogen cream was more effective [\[R, R, R, R\]](#).

19



Green Coffee Extract

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 400 mg dose of green coffee extract supplement daily. This can be consumed in the morning or as directed on the supplement’s packaging.

TYPICAL STARTING DOSE

400 mg

Description

Green coffee extract is believed to support weight management due to its high content of chlorogenic acids, which may help regulate blood sugar levels and promote fat metabolism.

Green coffee is made from unroasted coffee beans. It’s rich in an anti-inflammatory and antioxidant compound called [chlorogenic acid](#) [R, R].

Green coffee may help lower [R]:

- Blood pressure
- Weight
- Blood sugar levels

How it helps

In a placebo-controlled trial of 82 menopausal women, supplementation with chlorogenic acids from green coffee (270 mg/day) for 4 weeks improved the symptoms, especially hot flushes [R].

Please note: *Green coffee bean extract contains caffeine. Keep this in mind if you're trying to limit your caffeine intake. If you're pregnant, limit caffeine to 200 mg per day [R].*

Please note: *chlorogenic acid from green coffee beans may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using coffee bean extract and always consult with a healthcare provider before taking this supplement [R].*

Please note: *polyphenols and tannins from coffee may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using coffee or coffee supplements.*

20



Diaphragmatic Breathing

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Practice diaphragmatic breathing for 10-15 minutes per day. Sit or lie down in a comfortable position, place one hand on your chest and the other on your belly. Breathe in slowly through your nose, ensuring your belly moves out more than your chest. Exhale slowly through your mouth or nose, consciously relaxing the belly. Repeat this process, focusing on the movement of your belly rather than your chest.

TYPICAL STARTING DOSE

10 minutes

Description

Diaphragmatic breathing, also known as deep breathing, can help reduce stress and anxiety by activating the body's relaxation response. It promotes better oxygen exchange, reduces muscle tension, and supports overall mental and physical well-being.

How it helps

In a non-placebo-controlled trial of 92 menopausal women, practicing paced diaphragmatic breathing at 6 breaths/minute for 15 minutes 1x-2x/day for 9 weeks reduced the frequency of hot flushes by up to 52% [\[R\]](#).

21



Resveratrol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 150-500 mg of resveratrol as a supplement daily, preferably with meals to enhance absorption. This dosage range is based on studies for various health benefits, and it's advised to not exceed 500 mg per day without medical supervision.

TYPICAL STARTING DOSE

150 mg

Description

Resveratrol is a natural compound found in red grapes, red wine, and some berries. It is known for its potential antioxidant properties and its role in promoting heart health.

[Resveratrol](#) is an antioxidant found mainly in [\[R\]](#):

- Berries
- Red grapes
- Red wine
- Peanuts

It’s purported to have anti-inflammatory and antioxidant effects [\[R, R, R\]](#).

How it helps

Four studies investigated the effects of resveratrol on well-being and various health aspects in postmenopausal women. The first one (80 women) showed that resveratrol supplementation (150 mg/day for 14 weeks) improved overall well-being, reduced pain, and enhanced cerebrovascular function. Another study (125 women) found that the same dose reduced pain perception, improved cerebrovascular responsiveness, and enhanced general well-being, especially in overweight individuals. In an uncontrolled trial of 34 postmenopausal women with a high BMI, resveratrol increased SHBG and favored urinary hormone ratio. Finally, a placebo-controlled trial of 60 recently menopausal women revealed improved symptoms, depression, and sleep quality with resveratrol and equol supplementation [\[R, R, R, R\]](#).

22



Self-Hypnosis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice self-hypnosis for 20-30 minutes daily. Find a quiet, comfortable place where you won't be disturbed. Close your eyes, take deep breaths, and focus on positive affirmations or imagery that addresses your specific needs, such as reducing stress or pain management.

TYPICAL STARTING DOSE

20 minutes

Description

Self-hypnosis involves using relaxation techniques and focused attention to enter a state of heightened suggestibility, often for the purpose of self-improvement or managing certain conditions like stress or pain.

How it helps

A study with 13 postmenopausal women used guided self-hypnosis sessions. Results showed a 72% reduction in hot flash frequency and a 76% decrease in hot-flash scores, suggesting potential benefits for managing hot flashes [\[R\]](#).

23



Lavender Oil Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Place 2-3 drops of lavender essential oil in a diffuser filled with water. Use the diffuser in your bedroom or workspace for 30-60 minutes, especially before bedtime or during periods of stress.

TYPICAL STARTING DOSE

2 drops

Description

Lavender oil aromatherapy involves inhaling the soothing scent of lavender essential oil. It is used to promote relaxation, reduce anxiety, and improve overall mental well-being.

How it helps

A systematic review of 16 intervention studies involving 1092 postmenopausal women found that aromatherapy with lavender had positive effects on menopausal symptoms, sleep quality, blood pressure, sexual function, self-esteem, anxiety, and hot flashes. However, it worsened triglycerides and HDL cholesterol [\[R\]](#).

Lavender aromatherapy significantly reduced menopause symptoms compared to baseline and to the placebo group in a study [\[R\]](#).

24



Kava

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 200 mg kava supplement daily, ideally in the evening or as directed by healthcare provider, for periods of stress or anxiety. Do not exceed the recommended dosage without medical advice.

TYPICAL STARTING DOSE

200 mg

Description

Kava is a traditional Pacific Island beverage known for its calming effects. When consumed in moderation, kava may help reduce anxiety and promote relaxation.

[Kava](#) (*Piper methysticum*) is a tropical plant. An extract from the root of this plant is also simply called kava [\[R\]](#).

Kava root is an important part of South Pacific traditional medicine. **People there use it to relax an anxious mind** [\[R\]](#).

According to limited research, kava may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sleep disorders
- Mood disorders
- Drug withdrawal

How it helps

In an 8-week study with 40 patients experiencing climacteric-related symptoms, kava WS 1490 extract (300 mg/day) showed significant anxiety reduction compared to a placebo after just one week. The study also indicated favorable results for mood, well-being, disease severity, and climacteric symptom relief, with good tolerance [\[R\]](#).

Note: All parts of the kava plant other than the root contain toxic chemicals that may cause severe liver damage or even death. Even well-prepared kava root may cause liver damage. Kava is also potentially addictive. For these reasons, it is illegal in many countries. Make sure to consult your doctor before taking kava [\[R\]](#), [\[R\]](#).

25



Flower Pollen Extract

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a flower pollen extract supplement, typically available in capsule or tablet form, daily. The common dosage ranges from 20 to 40 mg per day, and it's recommended to follow the specific dosing instructions on the product label or as directed by a healthcare professional.

TYPICAL STARTING DOSE

20 mg

Description

Flower pollen extract is sometimes used as a dietary supplement for its potential to support prostate health and reduce symptoms of benign prostatic hyperplasia (BPH) in men. It contains nutrients and compounds that may have anti-inflammatory and antioxidant properties.

How it helps

In a placebo-controlled trial of 54 postmenopausal women, supplementation with pollen extract (Femal, 2x/day) for 3 months reduced hot flushes and other menopausal symptoms. However, date pollen extract (300 mg/day for 4 weeks) failed to improve sexual disorders in a placebo-controlled trial of 110 women [\[R\]](#), [\[R\]](#).

26



Milk Thistle (Silymarin)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 300 mg milk thistle (silymarin) supplement daily with water, preferably with a meal for better absorption. Continue this regimen as advised by your healthcare provider.

TYPICAL STARTING DOSE

300 mg

Description

Silymarin is a natural plant extract derived from the milk thistle plant (*Silybum marianum*). It has been traditionally used for its potential anti-inflammatory and liver-protective properties. Silymarin consists of several flavonolignans, including silybin, silydianin, and silychristin.

Milk thistle (*Silybum marianum*) is a purple flowering plant in the daisy family. Traditionally, it has been used for liver problems. Some people also eat the leaves in salads [\[R\]](#), [\[R\]](#).

The extract of milk thistle is called *silymarin* [\[R\]](#), [\[R\]](#), [\[R\]](#).

People use milk thistle to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Liver problems
- Blood sugar control
- Indigestion
- Skin problems

How it helps

In an 80-woman study, *S. marianum* extract (400 mg/d) reduced hot flash frequency and severity significantly over 12 weeks, outperforming placebo. This suggests potential benefits for menopausal symptom relief [\[R\]](#).

27



Orange Blossom

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take orange blossom supplements in a standardized extract form, typically available in capsules or liquid. Consume 300-600 mg daily, split into two doses, morning and evening, for up to 4 weeks. Always follow the specific dosing instructions provided on the product's label.

TYPICAL STARTING DOSE
300 mg

Description

Orange blossom is the fragrant flower of the bitter orange tree (*Citrus aurantium*). Its delicate, sweet scent has made it a popular ingredient in perfumes, cosmetics, and culinary creations.

When taken as a supplement, orange blossom may help with:

- Anxiety
- Sleep complaints
- Menopausal symptoms

The essential oil of orange blossom is commonly used in aromatherapy. People inhale it to help with:

- Anxiety
- Sleep complaints
- Menopausal symptoms
- Premenstrual syndrome (PMS)
- High blood pressure

How it helps

In a placebo-controlled trial of 156 postmenopausal women, supplementation with orange blossom powder (500 mg/day) for 8 weeks improved the mean sleep score [\[R\]](#).

28



Ashwagandha

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 250-600 mg of ashwagandha supplement daily. It can be consumed with water or a meal, depending on your preference or as advised by a healthcare provider.

TYPICAL STARTING DOSE
120 mg

Description

[Ashwagandha](#) (*Withania somnifera*) is an herb used in traditional Indian medicine. This herb is known as an *adaptogen* because it helps people adapt to stress.

This herb is known as an *adaptogen* because it helps people adapt to stress [\[R\]](#), [\[R\]](#).

How it helps

In a placebo-controlled trial of 91 perimenopausal women with climacteric symptoms, supplementation with ashwagandha (300 mg, 2x/day) for 8 weeks reduced psychological, somato-vegetative, and urogenital symptoms, increased estradiol, and lowered FSH and LH [\[R\]](#).

29



Lecithin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1-2 tablespoons (7-14 grams) of lecithin granules or powder daily, or as directed on the supplement label. You can mix it with food or juice to improve palatability. For lecithin capsules or softgels, follow the dosage recommendation on the product label, typically 1-2 capsules daily with meals.

TYPICAL STARTING DOSE
7 g

Description

Lecithin is a natural emulsifier often used as a dietary supplement. It may support liver health and cognitive function due to its choline content, which is a precursor to neurotransmitters and involved in fat metabolism.

How it helps

In a study with 89 women, no significant differences were found in Chalder Fatigue Scale score changes between placebo, low-dose, and high-dose groups (P = 0.79). However, the high-dose group showed greater improvements in vigor scores, diastolic blood pressure, and cardio-ankle vascular index compared to the placebo group after 8 weeks. High-dose soy lecithin (1200 mg/day) increased vigor and improved cardiovascular measures in fatigued middle-aged women [\[R\]](#).

30



Lavender Essential Oil

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Add 2-3 drops of lavender essential oil to a diffuser filled with water and use it for aromatherapy. Alternatively, you can mix a few drops with a carrier oil like coconut oil and apply it topically to your temples or wrists before bedtime. Use daily for best results.

TYPICAL STARTING DOSE

2 drops

Description

Lavender essential oil is known for its calming and soothing properties. It is often used in aromatherapy to reduce stress and anxiety, promote relaxation, and improve sleep quality.

[Lavender](#) is a decorative flower and a calming herb [\[R\]](#). People use it to:

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Lavender is available as an **oral supplement** or as an **essential oil for aromatherapy** [\[R\]](#).

How it helps

A systematic review of 16 intervention studies involving 1092 postmenopausal women found that aromatherapy with Lavender had positive effects on menopausal symptoms, sleep quality, blood pressure, sexual function, self-esteem, anxiety, and hot flashes. However, it had a negative impact on triglycerides and high-density lipoprotein compared to placebo [\[R\]](#).

In the experimental group, Lavender aromatherapy significantly reduced menopause symptoms compared to baseline. Additionally, when compared to the control group, the experimental group showed a significant decrease in menopause symptoms. Lavender aromatherapy effectively reduces menopause symptoms and can be recommended as a health activity in treatment and care centers to improve the quality of life for menopausal women [\[R\]](#).

31

Mindfulness

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

In a meta-analysis of five randomized controlled trials involving 475 participants, mindfulness-based interventions in menopausal women showed significant improvements in overall quality of life and specific areas like vasomotor and physical quality of life, compared to control groups. However, the study found insufficient data to analyze the effectiveness of these interventions on sexual and psychological aspects of menopausal quality of life, as well as vasomotor symptoms specifically related to menopause [R].

32



Valerian

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of valerian supplement about 30 minutes to an hour before bedtime to help improve sleep quality. Do this daily for best results.

TYPICAL STARTING DOSE

500 mg

Description

Valerian is an herbal supplement made from the roots of the Valeriana officinalis plant. It is commonly used as a natural remedy for sleep disorders and anxiety due to its potential to induce relaxation and improve sleep quality.

[Valerian root](#) is a medicinal herb with relaxing properties. People use it to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sleep
- Seizures
- Anxiety
- Headaches

Compounds in valerian help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce stress
- Suppress inflammation
- Relax muscles

How it helps

In a placebo-controlled trial of 60 postmenopausal women, supplementation with valerian (530 mg, 2x/day) for 2 months reduced the frequency and severity of hot flushes [\[R\]](#).

33



Stinging Nettle

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 300 to 600 mg capsule of stinging nettle extract daily with water, ideally with a meal to reduce the risk of stomach discomfort. Continue for at least 3 months to observe benefits.

TYPICAL STARTING DOSE

300 mg

Description

Stinging nettle is a plant known for its stinging hairs on its leaves and stems, and is native to parts of Europe and Asia. It has been used in traditional medicine as an herbal remedy and today as a dietary supplement. It contains compounds like flavonoids, polyphenols, and vitamins A and C, iron, and calcium. This helps it provide potential benefits for allergies and arthritis.

[Stinging nettle](#) (*Urtica dioica*), also known as common nettle, is a herb that grows all over the world. Coming in contact with the stinging hairs on the leaves and stems may cause a burning sensation [\[R\]](#), [\[R\]](#), [\[R\]](#).

In ancient Egypt, it was commonly used to treat arthritis. Stinging nettle has also been used to [\[R\]](#):

- Reduce inflammation
- Relieve allergies
- Control blood pressure
- Improve wound healing
- Support prostate health

Stinging nettle is available in many forms, including:

- Capsules
- Tincture
- Tea
- Cream
- Leaves

How it helps

In a placebo-controlled trial of 72 postmenopausal women experiencing frequent hot flushes, supplementation with stinging nettle (450 mg/day) was as effective as acupuncture and more effective than the placebo at improving hot flushes and quality of life [\[R\]](#).

34



EPA (Omega-3)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take an EPA (Eicosapentaenoic acid) supplement in the form of fish oil or algae oil capsules, aiming for a dosage of 500-1000 mg per day. This should be taken with a meal to improve absorption, and continuous daily use is recommended for general heart health and to support mental well-being.

TYPICAL STARTING DOSE

500 mg

Description

EPA is an omega-3 fatty acid found in fish oil supplements and fatty fish like salmon. It is known for its anti-inflammatory properties and is associated with cardiovascular health, mood regulation, and cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for cognition and mental health** [\[R\]](#), [\[R\]](#).

The body can produce eicosapentaenoic acid (EPA) from alpha-linolenic acid (ALA), another type of omega-3 fatty acid found in plants. We can also get EPA directly from food sources such as oily fish, shellfish, and algae. EPA helps make DHA. [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Fish oil can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking fish oil* [\[R\]](#).

How it helps

In a study of 91 women aged 40-55 with hot flashes and psychological distress, E-EPA significantly reduced hot flash frequency and score over 8 weeks compared to placebo, with no intensity difference. E-EPA group had 1.58 fewer daily hot flashes, and responder odds were three times higher. Both groups improved menopause-specific quality of life [\[R\]](#).

35



Progressive Muscle Relaxation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [R](#), [R](#)].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R](#), [R](#)].

How it helps

In a non-placebo-controlled trial of 108 perimenopausal women, progressive muscle relaxation improved hot flushes and night sweats. This technique was more effective in combination with health education [R](#)].

36



Royal Jelly

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a royal jelly supplement daily, starting with a dose of approximately 300 mg to 500 mg. It can be consumed either in capsule form or directly, depending on your preference, for a period ranging from 3 to 6 months to observe the potential health benefits.

TYPICAL STARTING DOSE

300 mg

Description

Royal jelly is a nutrient-rich substance secreted by worker bees to feed bee larvae and the queen bee. Royal jelly contains protein B-vitamins, calcium and iron. It is taken as a supplement for it's potential energy-boosting and immune-supporting properties.

How it helps

In a [placebo-controlled trial of 200 postmenopausal women](#), supplementation with royal jelly (1000 mg/day) for 8 weeks **reduced the menopausal score** [\[R\]](#).

A multi-ingredient formula with royal jelly, evening primrose oil, damiana, and ginseng **improved menopausal symptoms by 86.7%** (vs 56.7% in the placebo group) in a [placebo-controlled trial of 120 postmenopausal women](#) [\[R\]](#).

The combination of royal jelly, flower pollen, and perga (fermented flower pollen) **reduced postmenopausal symptoms and depression** in a 3-month [uncontrolled trial of 55 postmenopausal women](#) [\[R\]](#).

A mixture of honey, bee bread, and royal jelly (20 g/day for 12 months) **improved BMI better than Tualang honey but lowered diastolic blood pressure worse** in a [non-placebo-controlled trial of 100 postmenopausal women](#) [\[R\]](#).

37



EFT Tapping

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Perform EFT (Emotional Freedom Technique) tapping daily for about 15 to 20 minutes. Focus on a specific issue while tapping with your fingertips on 9 specific meridian points on the body in a sequence: karate chop (side of the hand), top of the head, eyebrow, side of the eye, under the eye, under the nose, chin, beginning of the collarbone, and under the arm. Repeat the process 3 to 5 times or until you feel relief.

TYPICAL STARTING DOSE

20 minutes

Description

EFT Tapping is a mind-body technique that involves tapping on specific acupressure points while focusing on emotional issues or physical discomfort. Some individuals find it helpful for managing stress, anxiety, and emotional well-being.

How it helps

In a non-placebo-controlled trial of 88 postmenopausal women with mild to moderate depression, using EFT tapping for 8 weeks reduced mean depression scores [\[R\]](#).

38



Mulberry

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a mulberry supplement at a dosage of 500mg to 1,000mg per day, preferably with meals to enhance absorption. This should be continued daily for at least 3 months to observe potential health benefits.

Description

Mulberries are the fruit of the mulberry tree, often used in traditional medicine and cuisine. It is a source of vitamins and antioxidants, potentially offering health benefits such as blood sugar control and immune support.

How it helps

In a placebo-controlled trial of 62 climacteric women, supplementation with black mulberry leaf powder (250 mg/day) for 60 days significantly reduced climacteric symptoms and improved various aspects of quality of life, including functional capacity, vitality, mental health, and social aspects as effectively as hormone therapy [R].

39



Sage Extract

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take sage extract in supplement form, ideally in doses ranging from 300 to 600 mg daily, divided into 2 or 3 doses throughout the day. It is recommended to follow this regimen for at least 1 to 2 months to evaluate its effects on cognitive function and mood improvements.

TYPICAL STARTING DOSE
300 mg

Description

Common sage (*Salvia officinalis*) is an herb from the mint family. It is native to the Mediterranean region. The main compounds in sage extract include essential oils like thujone and cineole, which contribute to its flavor and potential benefit for sore throats and digestive issues [R].

People commonly use sage as a spice and a traditional remedy for [R, R]:

- Sore throat
- Mood
- Blood sugar and cholesterol control
- Heavy sweating

How it helps

In an uncontrolled trial of 30 menopausal women with hot flushes, a plant-based product derived from sage and alfalfa extracts led to the complete disappearance of hot flushes and night sweats in 20 of them, with improvements in the others [R].

In an 8-week clinical trial with 71 menopausal women in Switzerland, daily fresh sage tablet treatment reduced hot flush intensity and frequency by 64% within 8 weeks. Menopause symptoms also decreased significantly and the treatment was well-tolerated [R].

In a pilot study with ten patients experiencing hot flashes, treatment with 150 mg of *Salvia officinalis* extract orally three times daily significantly reduced hot flashes from the first week up to and including week 3. The mean weekly score declined from 112 to 59 by the end of treatment. However, there was no effect on quality of life [R].

Please note: *rosmarinic acid from sage may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using sage extract and always consult with a healthcare provider before taking this supplement* [R].

40



Thyme and Japanese Thistle

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement combining thyme and Japanese thistle in capsule or tablet form, following the manufacturer's instructions for dosage. Typically, this would mean taking 1-2 capsules daily with water, ideally before meals. Continue taking this supplement daily for at least one to three months to observe potential benefits.

Description

Thyme is an aromatic herb used in cooking and herbal remedies. It contains essential oils and antioxidants and is known for its potential antibacterial and anti-inflammatory properties, supporting respiratory health.

Japanese thistle (*Cirsium japonicum*) is a plant used in traditional Asian medicine and often praised for its antioxidant properties. Some studies suggest that Japanese thistle may have applications in supporting liver health and detoxification. Additionally, it is used in herbal remedies for various conditions, including digestive and respiratory issues.

How it helps

An herbal remedy with thyme and Japanese thistle taken for 4-12 weeks improved vasomotor, psychosocial, physical, and sexual symptoms of menopause in 2 placebo-controlled trials of 71 women [\[R\]](#), [\[R\]](#).

41



Pomegranate Seed Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 2 to 3 grams of pomegranate seed oil daily, either in capsule form or as a liquid, ideally divided into two doses. Continue this supplementation for at least 12 weeks to observe potential benefits.

TYPICAL STARTING DOSE
2 g

Description

Pomegranate seed oil is extracted from the seeds of the fruit and is rich in fatty acids, primarily puninic acid. It has been utilized traditionally for centuries in its native regions from the Mediterranean to Asia. It is rich in antioxidant compounds like punicalagins, anthocyanins, and puninic acid. It is used in skincare and haircare products for its moisturizing and potential anti-inflammatory properties.

How it helps

In a placebo-controlled trial of 78 women, supplementation with pomegranate seed oil for 4 weeks reduced menopause symptoms and improved quality of life both during and after the treatment period. In another placebo-controlled trial (81 postmenopausal women) supplementation with pomegranate seed oil (30 mg, 2x/day for 12 weeks) reduced the number of hot flashes per day by 38.7% (compared to 25.6% in the placebo group) and improved somatic symptoms, particularly sleeping disorders [\[R\]](#), [\[R\]](#).

42



Topical Aloe Vera

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

Topical aloe vera may help soothe burns and skin conditions [\[R\]](#).

Oral aloe vera may help with blood sugar and gut health [\[R\]](#).

How it helps

In a double-blinded randomized controlled trial on menopausal women with vaginal atrophy symptoms, applying *Aloe vera* vaginal cream significantly improved vaginal health, cytology, and symptoms. The cream with *Aloe vera* improved fluid volume better than an estrogen cream [\[R\]](#).

43

Hatha Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice Hatha Yoga for 60 minutes at least twice a week. Choose a quiet, comfortable space and consider guided sessions for beginners or those unfamiliar with the poses. Consistency over a period of months to years is beneficial for appreciating its full effects.

TYPICAL STARTING DOSE

1 hour

Description

Hatha yoga is a gentle and accessible form of yoga that combines physical postures, breathing exercises, and meditation. Practicing hatha yoga regularly can promote flexibility, stress reduction, and overall physical and mental well-being.

How it helps

In a 12-week trial with 88 post-menopausal women, yoga practitioners demonstrated improved menopausal symptoms, reduced stress, and depression, and enhanced quality of life compared to control and exercise groups. Yoga also led to decreased cortisol levels and lower FSH and LH levels, indicating positive psychophysiological changes for post-menopausal women, making it a valuable complementary therapy [R].

A 10-week yoga program was conducted for 12 menopausal women with frequent hot flashes. It improved symptom severity, daily interference, and sleep quality but didn't significantly reduce hot flash frequency. More research is needed with a larger sample and control group [R].

Hatha yoga's slower pace and focus on breathing and meditation might alleviate stress and improve sleep quality.

44



Chinese Rhubarb

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Chinese rhubarb extract, typically available in tablet or capsule form. The common dosage ranges from 500 to 1,000 mg per day, taken with water. It is advised to consult with a healthcare provider for the exact dosage based on individual health needs. Use this supplement daily for a period as recommended by the healthcare provider, usually not exceeding 8 weeks without medical advice.

TYPICAL STARTING DOSE

500 mg

Description

Chinese rhubarb is another traditional Chinese herbal remedy known for its potential to support digestive health and relieve constipation. It contains compounds that may have mild laxative effects.

[Rhubarb](#) (also named *Rhei* or *Dahuang*) is one of the most ancient herbs in traditional Chinese medicine. Rhubarb includes approximately 60 species of plants of the genus *Rheum* L. [\[R\]](#), [\[R\]](#).

The rhubarb rhizome is considered a top medicinal plant in Chinese medicine. It is used for [\[R\]](#), [\[R\]](#):

- Constipation
- Kidney disease
- Herpes
- Gum disease

It may help due to its antibacterial and anti-inflammatory effects [\[R\]](#).

How it helps

A 96-week observational study on Chinese rhubarb ERr 731 extract's efficacy and safety in perimenopausal women showed significant improvement in menopausal symptoms without adverse effects [\[R\]](#).

A 12-week trial revealed ERr 731 extract effectively reduces climacteric symptoms in perimenopausal women, demonstrating significant symptom relief and safety [\[R\]](#).

A study found that ERr 731 extract significantly reduces anxiety and improves overall health and well-being in perimenopausal women over 12 weeks [\[R\]](#).

Please note: *Be careful with rhubarb if you are prone to allergies. High doses of rhubarb may cause diarrhea and abdominal cramps. Avoid long-term use due to dependence risk. Rhubarb is not safe for people with gut conditions, women who are pregnant or breastfeeding, and children under 12 years of age. Make sure to consult your doctor before taking rhubarb* [\[R\]](#), [\[R\]](#).

45



Avoid Exposure to Parabens

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Check the labels of personal care products such as lotions, shampoos, and cosmetics. If they list methylparaben, propylparaben, butylparaben, or ethylparaben among the ingredients, choose alternative products that are paraben-free. Aim to do this consistently for all personal care purchases.

Description

Avoiding exposure to parabens involves avoiding personal care and cosmetic products that contain these synthetic preservatives. This is done to minimize the potential risk of skin irritation and to reduce the likelihood of exposure to compounds that may disrupt hormone regulation.

How it helps

Preliminary findings suggest that urinary paraben biomarkers (e.g., propylparaben, methylparaben) may be linked to menopause-related outcomes like hot flashes, hormone levels, and ovarian volume in midlife women [R].

46



Maca

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1.5 to 3 grams of maca root powder daily, mixed into a glass of water or a smoothie, preferably in the morning. Continue this regimen for at least 6 to 12 weeks to experience potential benefits.

TYPICAL STARTING DOSE

2 g

Description

Maca is a root vegetable native to Peru and is often used as a dietary supplement for its potential to boost energy and enhance sexual function. While research on maca's health benefits is ongoing, it is valued for its potential adaptogenic properties and use in traditional medicine.

Maca (*Lepidium meyenii*) is a plant from the mustard family. It is native to the Andes mountains of Peru [R].

Maca is used as a food. People also take it as a supplement to potentially support [R]:

- Sexual function
- Fertility
- Mood

How it helps

In a placebo-controlled trial of 14 menopausal women, supplementation with maca (3.5 g/day for 6 weeks) showed no hormonal effects but significantly reduced psychological symptoms, including anxiety and depression, and improved sexual dysfunction. Another trial of 29 participants found no hormonal or immune effects but noted reductions in diastolic blood pressure and depression after 3.3 g/day of Maca for 6 weeks [R, R].

47



Pumpkin Seed Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1 to 2 tablespoons of pumpkin seed oil daily, either directly or by adding it to salad dressings, smoothies, or yogurt. It's best consumed with meals to increase absorption.

Description

Pumpkin seed oil is a plant extract obtained from the seeds of the pumpkin (Cucurbita pepo). Traditionally, it has been used for its potential health benefits, including supporting prostate and urinary health. Its beneficial compounds include phytosterols, antioxidants, and essential fatty acids. It also nutrients like vitamin E and K, zinc, and magnesium.

Pumpkin seed oil is a good source of healthy fats and antioxidants [\[R\]](#), [\[R\]](#).

It is used to support hair and prostate health [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Women who consumed pumpkin seed oil experienced increased HDL cholesterol levels, reduced diastolic blood pressure, and improved menopausal symptoms such as hot flushes, headaches, and joint pains in a non-placebo-controlled trial of 35 menopausal women [\[R\]](#).

48



Orange Blossom Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Diffuse orange blossom essential oil in your living area or bedroom for 15-30 minutes at a time, ideally 2-3 times a day. Ensure the room is well-ventilated, and avoid direct inhalation from the bottle. Discontinue if any allergic reactions occur.

Description

Orange blossom is the fragrant flower of the bitter orange tree (*Citrus aurantium*). Its delicate, sweet scent has made it a popular ingredient in perfumes, cosmetics, and culinary creations.

Orange blossom is known for its potential to reduce anxiety when inhaled as an essential oil, making it a calming choice for aromatherapy.

People also use aromatherapy with orange blossom to help with:

- Sleep complaints
- Menopausal symptoms
- Premenstrual syndrome (PMS)
- High blood pressure

How it helps

In a non-placebo-controlled trial of 63 postmenopausal women, inhaling orange blossom oil (0.1-0.5%) for 5 minutes 2x/day for 5 days resulted in significant improvements in menopausal symptoms, sexual desire, and blood pressure. The neroli oil groups experienced reduced systolic and diastolic blood pressure, improved pulse rate, and favorable changes in cortisol and estrogen levels [\[R\]](#).

49



Kudzu and Mandarin Peel Extract

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing kudzu and mandarin peel extract daily, ideally with meals to enhance absorption. Dosage can vary based on the product, but a common recommendation is between 100-200mg of each extract per day. Consult the supplement's label for specific dosage instructions and continue for at least 4-8 weeks to assess effectiveness.

Description

Kudzu is said to have a number of health benefits, including reducing anxiety, lowering blood pressure, and improving heart health. Mandarin peel extract is a good source of antioxidants and fiber, and has been shown to have a number of health benefits, including reducing inflammation, boosting the immune system, and protecting against cancer.

How it helps

In a 12-week placebo-controlled trial of 84 menopausal women aged 45-60, supplementation with a kudzu flower and mandarin peel extract mixture reduced the frequency and severity of hot flashes, while improving bone health [\[R\]](#).

50



Maintain Optimal Vitamin D Levels

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE
1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Some studies indicate that vitamin D may improve the health of vaginal epithelial cells, decrease vaginal dryness, and improve vaginal pH in menopausal women [\[R\]](#).

Research also highlights vitamin D's role in reducing the intensity of early menopausal symptoms such as hot flashes, mood instability, and sleep disorders in perimenopausal women [\[R\]](#).

However, supplementation with calcium and vitamin D did not show a significant effect on general menopause-related symptoms such as sleep disturbance, emotional well-being, or energy/fatigue in another study on postmenopausal women [\[R\]](#).

51



Fennel

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a fennel supplement in doses ranging from 100 to 600 mg per day, divided into two or three doses. It is recommended to start with a lower dose to assess tolerance. Continue taking the supplement for up to three months to evaluate its effectiveness.

TYPICAL STARTING DOSE

100 mg

Description

Fennel is a flavorful herb and vegetable with potential digestive and anti-inflammatory properties. It can be used in cooking to add flavor to dishes while potentially offering digestive support.

[Fennel](#) (*Foeniculum vulgare*) is an herb belonging to the carrot family. Fennel shoots, bulbs, leaves, and seeds are edible and used in food. Parts of the plant are also used in soaps and perfumes [\[R\]](#), [\[R\]](#), [\[R\]](#).

As an herbal remedy, fennel may help with period cramps and anxiety [\[R\]](#), [\[R\]](#).

How it helps

A [meta-analysis of 7 RCTs and 145 women](#) found that fennel may improve menopausal symptoms (SMD -1.32 [-1.76, -0.87]) [\[R\]](#).

A [randomized study with 80 women \(45-60 y\)](#) found that fennel seed powder (2 g/day for 8 weeks) **improved menopausal symptoms**, without changing sexual desire [\[R\]](#).

52



Kudzu

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take a kudzu supplement daily, choosing a product that typically provides up to 1200 mg of kudzu extract. Continue its usage as directed on the product label or by a healthcare provider, usually for several weeks to observe potential health benefits.

TYPICAL STARTING DOSE

1200 mg

Description

Kudzu is a climbing vine originating from eastern Asia, known for its fast growth. Some people use it as a form of alternative medicine. It's believed to help with several health conditions such as heart disease, menopause symptoms and diabetes. Stating it clearly, consuming Kudzu might aid several health improvements, but it's crucial you follow advised servings and consult with a medical professional to determine its suitability for your health needs.

How it helps

In a 12-week placebo-controlled trial of 84 menopausal women aged 45-60, supplementation with a kudzu flower and mandarin peel extract mixture reduced the frequency and severity of hot flashes, while improving bone health [\[R\]](#).

53



Alfalfa and Sage

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing alfalfa and sage extract twice daily with meals. Each dose should not exceed 500 mg. Continue this regimen for at least 8 weeks to gauge effectiveness.

TYPICAL STARTING DOSE
1000 mg

Description

Alfalfa (*Medicago sativa*), is a versatile and nutrient-rich legume. It is commonly used as fodder for livestock due to its high protein and fiber content.

Because it's rich in essential vitamins, minerals, and antioxidants, alfalfa can be consumed as a dietary supplement or incorporated into various dishes. Some people take alfalfa supplements for its potential anti-inflammatory and diuretic properties. Alfalfa is also believed to support digestive health, lower cholesterol levels, and help manage blood sugar levels.

Sage (*Salvia officinalis*) is an herb from the mint family. It is native to the Mediterranean region. The main compounds in sage extract include essential oils like thujone and cineole, which contribute to its flavor and potential benefit for sore throats and digestive issues.

Sage (*Salvia officinalis*) is an herb from the mint family. It is native to the Mediterranean region [\[R\]](#).

People commonly use sage as a spice and a traditional remedy for [\[R\]](#), [\[R\]](#):

- Sore throat
- Mood
- Blood sugar and cholesterol control
- Heavy sweating

How it helps

In an uncontrolled trial of 30 menopausal women with hot flushes, a plant-based product derived from sage and alfalfa extracts led to the complete disappearance of hot flushes and night sweats in 20 of them, with improvements in the others [\[R\]](#).

54



Bee Pollen and Royal Jelly

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take a combined supplement of bee pollen and royal jelly daily, starting with a quarter teaspoon and gradually increasing up to 1-2 teaspoons per day, as per tolerance. It's best consumed in the morning with food to improve absorption and minimize potential stomach discomfort. Continue this regimen daily for at least two months to observe benefits.

Description

Bee pollen is a natural product collected by bees and is rich in vitamins, minerals, and antioxidants. It is believed to have various health benefits, including potential anti-inflammatory and immune-boosting properties.

Royal jelly is a nutrient-rich substance secreted by worker bees to feed bee larvae and the queen bee. Royal jelly contains protein B-vitamins, calcium and iron. It is taken as a supplement for it's potential energy-boosting and immune-supporting properties.

How it helps

Taking a supplement with bee pollen and royal jelly (Melbrosia, 1-2 capsules/day for 12 weeks) improved menopausal symptoms in an uncontrolled trial of 60 postmenopausal women [\[R\]](#) [\[R\]](#).

55



Lettuce

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh lettuce into your diet by adding it to salads, sandwiches, and wraps. Aim for at least one serving (approximately one cup of chopped lettuce) daily for general health benefits.

Description

Lettuce is a low-calorie, nutrient-dense leafy green that can be a valuable addition to a balanced diet. It provides essential vitamins and minerals while contributing to hydration and supporting overall health.

Lettuce is a good source of the vitamins A, C, and K, and minerals like chromium, calcium, and potassium. A 5-ounce serving provides 1.8 mcg of chromium or 5%DV.

How it helps

A study of 39 women examined the impact of fermented soybean-lettuce powder on menopausal syndrome symptoms. After 4 weeks, the experimental group experienced a significant reduction in the Kupperman index of menopausal symptoms [\[R\]](#).

56



Mandarin Peel Extract

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of mandarin peel extract supplement daily, preferably with a meal to enhance absorption. This should be continued for at least 8 weeks to evaluate its effects properly.

TYPICAL STARTING DOSE

500 mg

Description

Mandarin peel extract has been shown to have a number of health benefits, including reducing inflammation, boosting the immune system, and protecting against cancer. It is also a good source of antioxidants and fiber.

How it helps

In a 12-week placebo-controlled trial of 84 menopausal women aged 45-60, supplementation with a kudzu flower and mandarin peel extract mixture reduced the frequency and severity of hot flashes, while improving bone health [\[R\]](#).

57



Breathing Techniques

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It's often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

How it helps

Breathing exercises can help to manage stress and anxiety which can exacerbate menopause symptoms.

58

Avoid Spicy Food

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

Can help reduce hot flashes, a common symptom during menopause.

59

Mindfulness-Based Stress Reduction (MBSR)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

MBSR is shown to decrease stress and can potentially improve mood and well-being in menopausal women.

60



Elimination Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Begin by removing foods you suspect might be causing adverse reactions for 2-3 weeks. These often include dairy, gluten, soy, nuts, eggs, corn, and processed sugars. After this period, reintroduce each food group one at a time every 3 days, while noting any symptoms that may reappear. This process helps identify food intolerances or sensitivities.

Description

An elimination diet involves removing specific foods or food groups from the diet to identify and address potential food sensitivities or allergies. It can help alleviate symptoms such as digestive issues, skin problems, and allergic reactions by pinpointing trigger foods.

An elimination diet omits foods that can cause your body to have a reaction. Foods are removed for a period of time and then added back in. This helps figure out what foods are causing symptoms or making them worse [\[R\]](#).

Salicylates are compounds naturally found in many foods and drinks. These include wine, tea, beans, and tomatoes [\[R\]](#), [\[R\]](#).

One form (*salicylic acid*) is found in aspirin. People who are sensitive to salicylates may have a reaction to aspirin and other NSAIDs [\[R\]](#), [\[R\]](#).

How it helps

Identifies aggravating foods to relieve menopause-related digestive issues.

61



Zumba

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in a Zumba class at least 3 times per week for a duration of one hour each session. Choose a class appropriate for your fitness level to ensure safety and effectiveness.

TYPICAL STARTING DOSE

1 hour

Description

Zumba is a fitness program that combines dance and aerobic movements set to energetic music. It's popular for its potential to improve cardiovascular fitness, coordination, and overall physical health through a fun and engaging workout.

How it helps

Zumba can act as a fun and effective way to include aerobic exercise in the routine, reducing stress and improving mood.

62



Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness can reduce stress, improve emotional well-being, and decrease menopausal symptoms such as hot flashes.

63



Soy Protein

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Include 20 grams of soy protein in your daily diet. This can be achieved by consuming soy-based products such as tofu, soy milk, or soy nuts throughout the day.

TYPICAL STARTING DOSE

20 g

Description

Soy protein is a high-quality plant-based protein derived from soybeans. It is commonly used in vegetarian and vegan diets and may support muscle growth, weight management, and overall nutritional needs.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).
It's a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Soy protein is rich in isoflavones that can help manage hot flashes and night sweats by modulating estrogen activity in the body.

64



Fruits And Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

Provide essential nutrients and fibers that support overall health in menopause.

65



Applied Relaxation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice applied relaxation by dedicating 15-30 minutes each day to learning and practicing relaxation techniques, such as deep breathing, progressive muscle relaxation, or guided imagery. Consistency is key, so aim to incorporate these practices into your daily routine for an ongoing period to effectively manage stress and anxiety.

TYPICAL STARTING DOSE

30 minutes

Description

Applied relaxation is a stress management technique that involves systematically tensing and then relaxing muscle groups in the body to reduce tension and promote relaxation. It can be effective in reducing anxiety and stress-related symptoms.

How it helps

Applied relaxation techniques can help manage stress and anxiety, which are common during menopause, by promoting a state of calmness and reducing physical tension.

66



Tofu

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate tofu into your meals 2-3 times per week, replacing meat in dishes such as stir-fries, salads, and sandwiches. Aim for servings of about 3.5 to 4 ounces (100 to 113 grams) each time.

Description

Tofu, also known as bean curd, is a popular plant-based protein source made from soybeans. It is rich in protein, iron, calcium, and various vitamins, making it a versatile and nutritious addition to vegetarian and vegan diets.

Tofu is a high-protein soybean product with plenty of iron, copper, calcium, vitamin A, and a host of other nutrients. A ½ cup serving provides 476 mcg of copper or 53%DV.

How it helps

Tofu is rich in isoflavones, which are plant-based estrogens. These compounds can help reduce the severity and frequency of hot flashes and other menopause symptoms.

67



Tai Chi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice Tai Chi for 30 to 60 minutes at least twice a week. Choose a quiet, spacious area and follow along with a qualified instructor, either in person at a class or through an online video tutorial, to ensure proper technique and maximum benefit.

TYPICAL STARTING DOSE

1 hour

Description

Tai Chi is a traditional Chinese mind-body practice involving slow, flowing movements and deep breathing. It is known for its potential to reduce stress, improve balance, and enhance overall physical and mental well-being.

Tai chi involves gentle movements and breathing to strengthen and relax the mind and body. Practicing tai chi may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage pain
- Improve fitness
- Increase well-being
- Improve sleep and mood

How it helps

Tai Chi can contribute to stress reduction and improve physical stability, decreasing the risk of falls.

68



Acceptance and Commitment Therapy (ACT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

ACT can help cope with the psychological challenges of menopause by improving psychological flexibility and teaching techniques to deal with stress and negative thoughts.

69



Whole Grains

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don't tend to spike blood sugar like refined grains do.

How it helps

Helps with weight management and provides B vitamins to manage stress.

How to implement

TYPICAL STARTING DOSE

15 g

Description

Because it's rich in essential vitamins, minerals, and antioxidants, alfalfa can be consumed as a dietary supplement or incorporated into various dishes. Some people take alfalfa supplements for its potential anti-inflammatory and diuretic properties. Alfalfa is also believed to support digestive health, lower cholesterol levels, and help manage blood sugar levels.

How it helps

In an uncontrolled trial of 30 menopausal women with hot flushes, a plant-based product derived from sage and alfalfa extracts led to the complete disappearance of hot flushes and night sweats in 20 of them, with improvements in the others [R].

71



Flaxseed

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 2 tablespoons of ground flaxseed daily. You can add it to your breakfast cereal, smoothies, or salads.

TYPICAL STARTING DOSE

2 tbsp

Description

Flaxseed is a nutrient-dense food that's high in fiber and omega-3 fatty acids. It may contribute to heart health, promote digestive regularity, and help manage cholesterol levels when included in a balanced diet.

[Flaxseed](#) is a common ingredient in bakery products. Some people also use it as a health food to support digestion [\[R\]](#).

Flaxseed is rich in many compounds, including [\[R\]](#):

- Vitamins and minerals
- Protein
- Fiber
- Omega-3 fatty acids ([ALA](#))

How it helps

Contains lignans which may have estrogenic effects, possibly easing menopause symptoms.

72



Deep Breathing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice deep breathing exercises for 5-10 minutes at least twice a day, ideally in the morning and before bed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose.

TYPICAL STARTING DOSE

5 minutes

Description

Deep breathing techniques, such as diaphragmatic or abdominal breathing, can promote relaxation, reduce stress, and improve lung capacity. Regular deep breathing exercises can contribute to overall mental and physical well-being by reducing tension and increasing oxygen supply to the body.

How it helps

Deep breathing exercises can help manage hot flashes and improve relaxation by regulating the body’s stress response and promoting a sense of calm.

73



Restorative Yoga

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in restorative yoga sessions for 20-30 minutes, at least three times a week. Choose a quiet, comfortable space where you won't be disturbed, using props such as yoga mats, bolsters, and blankets to support your body in relaxing poses.

TYPICAL STARTING DOSE

30 minutes

Description

Restorative yoga is a gentle and therapeutic form of yoga that involves holding poses for extended periods to promote relaxation, reduce stress, and improve flexibility and joint mobility.

How it helps

In a pilot trial involving 14 postmenopausal women with frequent hot flushes, an 8-week intervention of restorative yoga resulted in a 30.8% reduction in weekly hot flushes and a 34.2% decrease in hot flush severity [\[R\]](#).

74



Thyme

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take thyme supplements in the form of capsules or pills, following the dosage instructions on the product label, usually once or twice a day with meals. It is important to consult with a healthcare provider before starting any new supplement regimen.

Description

Thyme is an aromatic herb used in cooking and herbal remedies. It contains essential oils and antioxidants and is known for its potential antibacterial and anti-inflammatory properties, supporting respiratory health.

How it helps

An herbal remedy with thyme and Japanese thistle taken for 4-12 weeks improved vasomotor, psychosocial, physical, and sexual symptoms of menopause in 2 placebo-controlled trials of 71 women [\[R\]](#), [\[R\]](#).

75



Aquatic Exercise

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in aquatic exercise sessions, such as swimming or water aerobics, for 60 minutes, 3 to 5 times per week. Ensure the exercise intensity is moderate, allowing you to talk but not sing during the activity. Consistency over time is key, so aim to incorporate this into your weekly routine for at least 3 to 6 months to observe benefits.

TYPICAL STARTING DOSE

1 hour

Description

Aquatic exercise involves physical activity performed in water, such as swimming, water aerobics, or aquatic therapy. It is gentle on the joints, making it suitable for individuals with mobility issues, and can help improve cardiovascular fitness and muscle strength.

Aquatic exercise is any type of low-impact physical activity performed in a pool. In this type of cardio exercise, water helps the body float, which reduces gravity and makes the practice more comfortable and tolerable [\[R\]](#), [\[R\]](#).

Compared to land-based exercise, aquatic exercise may be better by [\[R\]](#):

- Reducing the stress and impact on joints
- Lowering fracture risk

Hence, it is usually **recommended for the elderly**. Aquatic exercise is also suitable for people who don't know how to swim [\[R\]](#).

How it helps

Water-based exercise can help with joint and muscular comfort as well as provide a cooling environment for exercise.

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Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular physical activity can help mitigate several menopausal symptoms, including weight gain, mood issues, and sleep problems.

77



Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium may improve mood and sleep quality, which can be beneficial for menopausal women experiencing mood swings and sleep disturbances.

78



Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Walking is a gentle form of exercise that can help manage weight, improve mood, and promote better sleep. It also helps reduce hot flashes by regulating body temperature.

79



Stretching

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate stretching exercises into your daily routine, dedicating at least 10-15 minutes each day. Focus on major muscle groups such as the neck, shoulders, chest, back, hips, and legs. For best results, stretch both before and after other physical activities, holding each stretch for 15-30 seconds without bouncing.

TYPICAL STARTING DOSE

15 minutes

Description

Stretching involves gently elongating the muscles to improve flexibility, reduce muscle tension, and enhance joint mobility. Regular stretching can help prevent injuries, promote better posture, and increase overall physical comfort.

Stretching is a form of physical exercise that involves moving a muscle or group of muscles to their maximum range of motion. The most common types are **dynamic** (involving movement) and **static** stretching.

Stretching can help **improve flexibility, range of motion, and posture**. It may also relieve stress, reduce muscle soreness and tension, increase blood flow, and reduce the risk of injuries.

To get the most out of stretching, try to do it regularly, breathe deeply, and ease into the stretches.

How it helps

Stretching exercises can improve flexibility and reduce muscle tension that can increase during menopause.

80



Dietary Antioxidants

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in antioxidants, such as fruits (berries, oranges, plums), vegetables (spinach, kale, bell peppers), nuts (walnuts, almonds), and seeds (flaxseeds, chia seeds) into your daily meals. Aim for at least 5 servings of fruits and vegetables per day, ensuring a variety of colors to cover different antioxidants.

Description

Dietary antioxidants are compounds found in foods that help neutralize harmful molecules called free radicals, potentially reducing the risk of oxidative stress-related diseases and supporting overall health. Examples include vitamins C and E, beta-carotene, and polyphenols.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

Antioxidants are substances that help combat ROS [\[R\]](#).

Antioxidants are found in many plants. Good sources include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fruits like tomatoes, berries, and pomegranates
- Vegetables like onions, spinach, and celery
- Chocolate
- Olive oil
- Wine

How it helps

Antioxidants combat oxidative stress which is linked with menopausal aging.

81



Genistein

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a genistein supplement daily, with a usual dosage range between 30 mg to 100 mg. It is best taken with food to enhance absorption. Continue this regimen daily for at least six months to evaluate its benefits fully.

TYPICAL STARTING DOSE

30 mg

Description

Genistein is an isoflavone found in soy products that may offer potential health benefits, including antioxidant and anti-inflammatory properties. It has been studied for its potential role in hormone regulation and the reduction of certain cancer risks.

How it helps

Genistein is an isoflavone commonly found in soy products that can help alleviate hot flashes and night sweats. It works by interacting with estrogen receptors in the body, helping to reduce hormonal fluctuations.

82



Art Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

Art therapy can be a therapeutic outlet to express emotions and reduce stress during menopause.

83



Relaxation Techniques

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R, R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R, R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R, R\]](#).

How it helps

Practicing relaxation techniques can reduce stress and the severity of menopausal symptoms.

84



Vitamin D and Calcium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600 IU of vitamin D and 1000 mg of calcium daily. For adults over 70 years, the vitamin D intake should be increased to 800 IU daily. These supplements can be taken together or separately, usually with a meal to enhance absorption, and it is advisable to continue this regimen as part of your daily routine indefinitely unless advised otherwise by a healthcare provider.

Description

Vitamin D plus calcium supplements typically combine vitamin D, often sourced from sunlight exposure or dietary sources, with calcium, primarily found in dairy products and leafy greens. This combination is used to promote bone health, reduce the risk of osteoporosis, and support overall musculoskeletal well-being.

How it helps

Vitamin D and calcium are important for bone health, which can decline during menopause. They help maintain bone density and reduce the risk of osteoporosis.

How to implement

TYPICAL STARTING DOSE

2000 mg

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [[R](#), [R](#), [R](#)].

Fatty fish are rich in EPA and DHA. They include [R]:

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [R].

How it helps

Omega-3 fatty acids can help reduce depression and mood swings during menopause due to their anti-inflammatory properties and role in brain health.

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Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

May reduce hot flashes and has heart-protective benefits.

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Acupuncture

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [[R](#), [R](#), [R](#), [R](#), [R](#)]:

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture can help reduce some menopausal symptoms such as hot flashes, sleep disturbances, and mood swings.

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

