



Understanding Menopause

**HORMONES &
THE PHASES EXPLAINED**

Understand the phases of menopause and go-to tips and tricks for managing your symptoms and supporting bone health in perimenopause and menopause.

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INTRODUCTION TO MENOPAUSE



Let's Talk About What's Really Happening in Your Body,

First things first - menopause isn't something to "fix," and you're definitely not broken!

Menopause is a completely natural transition that every woman goes through, just like puberty was at the other end of your reproductive years. Think of it as your body's way of shifting gears into a new phase of life.

Here's the thing, though - nobody really prepares us for this journey! You might be experiencing symptoms and wondering, "Is this normal?" or "When will this end?" The truth is, menopause isn't just one event that happens overnight. It's actually a process that unfolds over several years, and understanding where you are in that process can be incredibly empowering.

Knowledge is power, and when you understand what's happening hormonally, you can work **WITH** your body instead of feeling like you're fighting against it.

You'll know why you might be feeling a certain way, what to expect, and most importantly, what you can do to support yourself through each phase.

Let's break down the hormonal changes and three phases of menopause so you can figure out where you are in your journey and what comes next. Remember, every woman's experience is unique, but having this roadmap can help you navigate with more confidence and less confusion.

I'm Coach Tammy. This guide's content is based on years of coaching women about health and menopause so you can feel supported, informed, and confident in your next steps.

I invite you to learn more [about me here](#).





Hormonal Changes EXPLAINED

Now that you understand this is a natural transition, let's dive into what's actually happening with your hormones during this journey.

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HORMONAL CHANGES EXPLAINED



While there are multiple hormones we should focus on during the menopause transition, the two main players you hear about most are estrogen and progesterone.

But here's what's important to understand - these hormonal changes affect every woman differently, which is why your menopause experience might be completely different from your friend's or sister's.

Think of your hormones as a carefully choreographed dance team that's been performing the same routine for decades - and now they're learning completely new steps!

Estrogen - The Leading Lady:

Estrogen has been running the show for your entire reproductive life, and now it's gradually stepping back. This hormone doesn't just control your periods - it affects your brain, bones, heart, skin, and so much more.

As estrogen levels decline and fluctuate, you might notice changes in mood, sleep, temperature regulation (hello, hot flashes!), and even how your body stores fat. Some women feel these changes intensely, while others barely notice them.

Progesterone - The Calming Influence:

Progesterone is often called the "calming hormone" because it has a soothing effect on your nervous system. It's usually the first to start declining during perimenopause, which is why you might notice sleep issues, anxiety, or mood changes before your periods even become irregular.

For some women, this creates significant sleep disruption, while others maintain good sleep throughout their transition.



HORMONAL CHANGES EXPLAINED



But Wait, There's More:

While estrogen and progesterone get most of the attention, other hormones play important supporting roles during menopause:

Testosterone - The Energy Driver: Yes, women have testosterone too! It's your energy, motivation, and libido hormone. Testosterone levels also decline during menopause, which can affect your drive, libido, muscle mass, and overall zest for life.

The Domino Effect:

When your sex hormones start changing, it can affect other hormones in your body too. Your thyroid might need some extra support, your cortisol (stress hormone) might become more reactive, and insulin sensitivity can change. This is why menopause can feel like it affects everything - because hormonally, it kind of does!

Why Every Woman's Experience is Different:

Your unique hormonal blueprint, genetics, lifestyle, stress levels, and overall health all influence how these changes affect you. Some women sail through with minimal symptoms, others have a more challenging journey, and most fall somewhere in between. There's no "right" way to experience menopause - there's only YOUR way.

How These Hormonal Changes Create Symptoms:

Here's the important connection to understand: every symptom you experience during menopause is your body's way of responding to these hormonal fluctuations and declines. When estrogen drops, it affects your body's temperature regulation system, which is why you get hot flashes. When progesterone declines, your nervous system loses its natural calming influence, which can lead to sleep issues and anxiety. When testosterone decreases, your energy and motivation can take a hit.

These aren't random symptoms happening to you - they're your body's logical responses to significant hormonal changes. Knowing this connection helps you realize that what you're experiencing makes complete sense given what's happening hormonally.

The Good News? Understanding these changes helps explain why you might be feeling different, and more importantly, it shows you that there are specific ways to support each of these hormonal shifts through nutrition, movement, stress management, and lifestyle choices.



Perimenopause

“THE TRANSITION”

PHASE

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PERIMENOPAUSE: THE TRANSITION



What It Is:

Perimenopause literally means "around menopause" - think of it as the opening act before the main event. This is when your ovaries start winding down their hormone production, but they're not quite ready to retire yet. It's like your hormones are doing a slow dance instead of their usual predictable routine.

When It Happens:

- Usually starts in your 40s (but can begin in late 30s)
- Lasts anywhere from 2-10 years (average is 4-5 years)
- Ends when you reach menopause

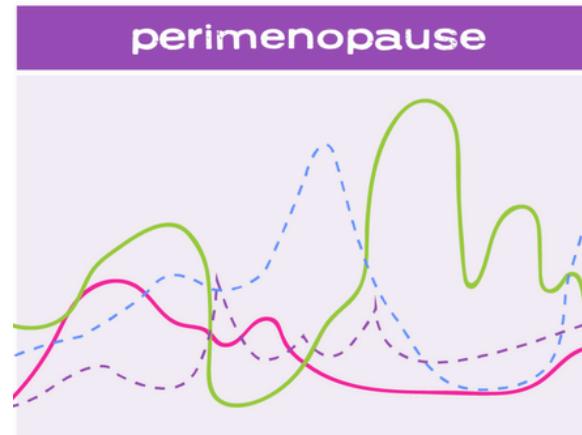
What's Going On Hormonally: Your hormone production is becoming more unpredictable. Some months, your ovaries might pump out normal levels of estrogen and progesterone; other months, they might barely produce any. This hormonal roller coaster is why perimenopause can feel so chaotic - your hormones are literally all over the place, and your whole body is trying to figure things out as they fluctuate!

Common Signs You Might Notice:

- Irregular periods

(shorter, longer, heavier, lighter, skipped months)

- Hot flashes and night sweats may start to appear
- Sleep disruptions
- Mood swings or increased irritability
- Brain fog or forgetfulness
- Changes in your metabolism
- Changes in weight
- Decreased sex drive
- Breast tenderness



The Real Talk:

Perimenopause can honestly feel like the most confusing phase because you never know what to expect next month! One month, you feel totally normal, the next you're wondering if aliens took over your body. This is completely normal, even though it doesn't feel normal at all.



Menopause

“THE MILESTONE”

PHASE

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MENOPAUSE: THE MILESTONE



What It Is:

Menopause technically happens once, in one day. It is the day that marks 12 consecutive months without a period. It's when your ovaries have completed their shift into this new phase! Once you hit this milestone, you're no longer in perimenopause; you're officially menopausal.

When It Happens:

- The average age is 51 in North America
- It can happen anywhere from the late 40s to the mid-50s
- Surgical menopause (hysterectomy) can happen at any age. Once your ovaries and womb are removed, you enter menopause immediately.
- Early menopause is before age 40

What's Going On Hormonally:

Your ovaries have significantly reduced their estrogen and progesterone production because your egg reserve has become depleted. Think of it like turning down the volume on these hormones to a very low level. They don't disappear completely (your adrenal glands and fat tissue still make small amounts), but the levels are much lower than in your reproductive years.

How You Know You've Reached It:

- No period for 12 consecutive months (if you're not on hormonal birth control)
- Blood tests can confirm, but aren't always necessary
- Symptoms may peak around this time

The Real Talk:

Reaching menopause can feel like a relief because at least now you KNOW what's happening! No more wondering "Am I or aren't I?" You've crossed the finish line of your reproductive years, and that's actually something to acknowledge and honor.

This is also an important time to focus on your long-term health - things like bone density, heart health, and metabolism become even more important to support as your hormones settle into their new levels.





Postmenopause

“THE NEXT CHAPTER”

PHASE

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POSTMENOPAUSE: THE NEXT CHAPTER



What It Is:

Postmenopause is everything that comes after you've officially reached menopause. This is your new normal - think of it as settling into the next chapter of your life. Your hormones have found their new baseline, and your body is adapting to this hormonal landscape, for the most part.

When It Happens:

- Begins the day after you've been officially menopausal (12 months with no periods)
- This stage lasts for the rest of your life
- Early postmenopause is the first few years after menopause

What's Going On Hormonally:

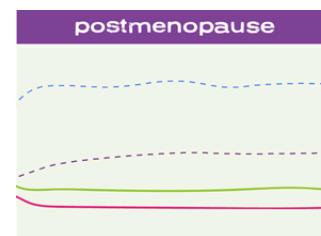
Your hormone levels have stabilized at their new, lower levels. While estrogen and progesterone remain low, your body starts adapting to function with these levels. Other hormones like testosterone, thyroid hormones, and cortisol become more important players in how you feel day-to-day.

What You Might Experience:

- Many menopause symptoms start to ease up
- Hot flashes may continue, but often become less frequent and/or intense
- Sleep patterns may improve
- Mood often stabilizes
- Long-term health considerations become more important (bone health, heart health)
- Many women report feeling more settled and confident

The Real Talk:

This phase brings both challenges and opportunities. Your body is learning to function with different hormone levels, which means staying proactive about your health becomes more important than ever. At the same time, many women appreciate the predictability after years of hormonal ups and downs.



KEY THINGS TO REMEMBER



Your Journey is Unique:

These phases are general guidelines, but your experience might be completely different from your sister's, your mom's, your friend's, or even what you expected. Some women sail through with minimal symptoms, others have a rockier ride. Both experiences are completely normal!

Symptoms Can Overlap:

You might experience symptoms from multiple phases at once, or symptoms might come and go. Hormones don't go by the textbooks. They do their own thing!

You Have More Control Than You Think:

While you can't stop the natural aging process, you have tremendous power to influence how you feel through nutrition, movement, stress management, and lifestyle choices.

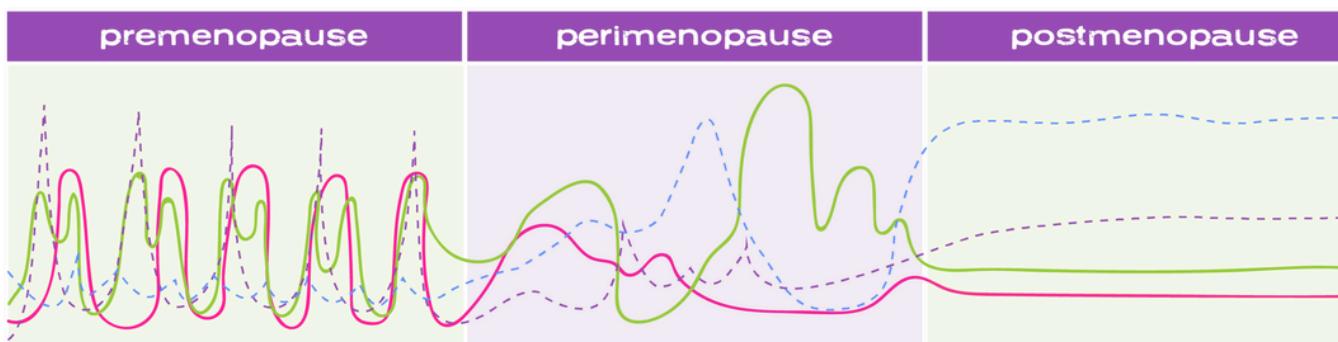
It's Not All Downhill:

Despite what you might have heard, menopause doesn't mean your best years are behind you. Many women report feeling more confident, clear about their priorities, and free to pursue what truly matters to them in this phase of life.

Support Matters:

Whether it's working with healthcare providers, joining support groups, or working with a coach who understands this transition, you don't have to navigate this alone!

Remember: Understanding where you are in this journey helps you make informed decisions about your health and well-being. You're not just surviving menopause - you're learning to thrive through it and beyond!





HOW TO Balance Hormones Naturally

Checklist

Your hormones don't have to control your life! During perimenopause and menopause, simple daily choices can make a huge difference in how you feel. This checklist gives you science-backed, natural strategies to support your changing hormones, reduce symptoms like hot flashes and mood swings, and help you feel more like yourself again.

Small, consistent changes add up to big results!

NUTRITION FOR HORMONE BALANCE



DAILY ESSENTIALS

- Eat protein at every meal (20-30g minimum) - supports hormone production
- Include healthy fats daily - avocados, nuts, seeds, olive oil, fatty fish
- Consume fiber-rich foods (25-35g daily) - helps eliminate excess hormones
- Stay hydrated - drink half your body weight in ounces of water
- Limit caffeine to morning hours - avoid after 2 PM to support sleep

HORMONE-SUPPORTING FOODS TO INCLUDE

- Phytoestrogen-rich foods - flax seeds, soy, lentils, chickpeas
- Cruciferous vegetables - broccoli, cauliflower, Brussels sprouts (support liver detox)
- Omega-3 rich foods - salmon, sardines, walnuts, chia seeds
- Magnesium-rich foods - leafy greens, dark chocolate, almonds
- Zinc sources - pumpkin seeds, oysters, grass-fed beef

FOODS TO LIMIT OR AVOID

- Reduce refined sugar - causes insulin spikes and hormone disruption
- Limit processed foods - contain hormone-disrupting chemicals
- Minimize alcohol - affects the liver's ability to process hormones
- Reduce caffeine excess - can increase cortisol and disrupt sleep
- Limit trans fats - found in fried and processed foods



SUPPLEMENTS FOR HORMONE BALANCE



FOUNDATION SUPPLEMENTS

- High-quality multivitamin - fills nutritional gaps
- Omega-3 (EPA/DHA) - 1000-2000mg daily for inflammation support
- Vitamin D3 - get levels tested, supplement as needed
- Magnesium - 200-400mg daily for stress and sleep support
- Probiotics - support gut health and hormone metabolism

PERIMENOPAUSE/MENOPAUSE SPECIFIC

- Evening Primrose Oil - supports hormone production
- Black Cohosh - may help with hot flashes and mood
- Maca Root - an adaptogen for hormone balance and energy
- Ashwagandha - stress support and cortisol regulation
- B-Complex - supports energy and the nervous system

Always consult your healthcare provider before starting new supplements



MOVEMENT FOR HORMONE BALANCE



WEEKLY EXERCISE GOALS

- Strength training - 2-3x per week (builds muscle, supports metabolism)
- Cardio exercise - 150 minutes moderate or 75 minutes vigorous weekly
- Yoga or stretching - 2-3x per week for stress reduction
- Daily movement - aim for 8,000-10,000 steps
- Include resistance training - helps maintain bone density

MOVEMENT TIPS

- Exercise in the morning when possible - supports circadian rhythm
- Don't over-exercise - excessive cardio can increase cortisol
- Include weight-bearing activities - walking, dancing, hiking
- Try mind-body practices - tai chi, qigong, gentle yoga



SLEEP & STRESS MANAGEMENT FOR HORMONE BALANCE



SLEEP HYGIENE CHECKLIST

- Aim for 7-9 hours nightly - crucial for hormone production
- Keep a consistent sleep schedule - same bedtime and wake time daily
- Create a cool, dark environment - 65-68°F ideal temperature
- No screens 1 hour before bed - blue light disrupts melatonin
- Limit caffeine after 2 PM - can interfere with sleep quality

EVENING ROUTINE

- Dim lights 2 hours before bed - supports natural melatonin production
- Try relaxation techniques - deep breathing, meditation, gentle stretching
- Consider magnesium supplement - a natural sleep and muscle relaxant
- Keep bedroom for sleep only - no work, TV, or stimulating activities
- Use blackout curtains or an eye mask - complete darkness is ideal

DAILY STRESS REDUCTION

- Practice deep breathing - 5-10 minutes of focused breathing daily
- Try meditation - even 5 minutes can help regulate cortisol
- Spend time in nature - reduces stress hormones naturally
- Practice gratitude - write down 3 things you're grateful for daily
- Set boundaries - learn to say no to unnecessary stressors

WEEKLY STRESS MANAGEMENT

- Schedule downtime - plan relaxation into your week
- Connect with loved ones - social support reduces stress
- Engage in hobbies - activities you enjoy for pure pleasure
- Consider massage or acupuncture - professional stress relief
- Limit news/social media - reduces anxiety and stress exposure



HELPING YOURSELF PREPARE FOR HORMONE BALANCE



ENVIRONMENT & LIFESTYLE

REDUCE HORMONE DISRUPTORS

- Use glass or stainless steel containers - avoid plastic for food storage
- Choose organic when possible, especially for the dirty dozen foods
- Use natural cleaning products - reduce chemical exposure
- Filter your water - remove chlorine and other chemicals
- Choose natural personal care products - avoid parabens and phthalates

DAILY HABITS

- Get morning sunlight - 10-15 minutes to support circadian rhythm
- Limit blue light exposure, especially in evening hours
- Practice good hygiene - but don't over-cleanse (disrupts microbiome)
- Maintain a healthy weight - excess fat tissue produces estrogen
- Stay consistent with routines - helps regulate internal clock

MEDICAL SUPPORT

WORK WITH HEALTHCARE PROVIDERS

- Get comprehensive hormone testing - baseline levels are important
- Regular check-ups - monitor changes and health markers
- Discuss symptoms openly - track patterns and changes
- Consider bioidentical hormones - if natural methods aren't sufficient
- Monitor bone density - important during menopause transition

TRACK YOUR PROGRESS

- Keep a symptom diary - track patterns and triggers
- Monitor energy levels - note improvements or changes
- Track sleep quality - use apps or a simple journal
- Record mood changes - helpful for healthcare discussions
- Note cycle changes - if still menstruating





HOW TO Navigate Hot Flashes & Night Sweats Guide

Hot flashes and night sweats don't have to control your life! While they're one of the most common (and frustrating) symptoms of perimenopause and menopause, affecting up to 80% of women, the good news is that there are proven natural strategies that really work. This guide gives you evidence-based tools to reduce their frequency, minimize their intensity, and help you feel more confident and comfortable in your own body again.

UNDERSTANDING HOT FLASHES & NIGHT SWEATS



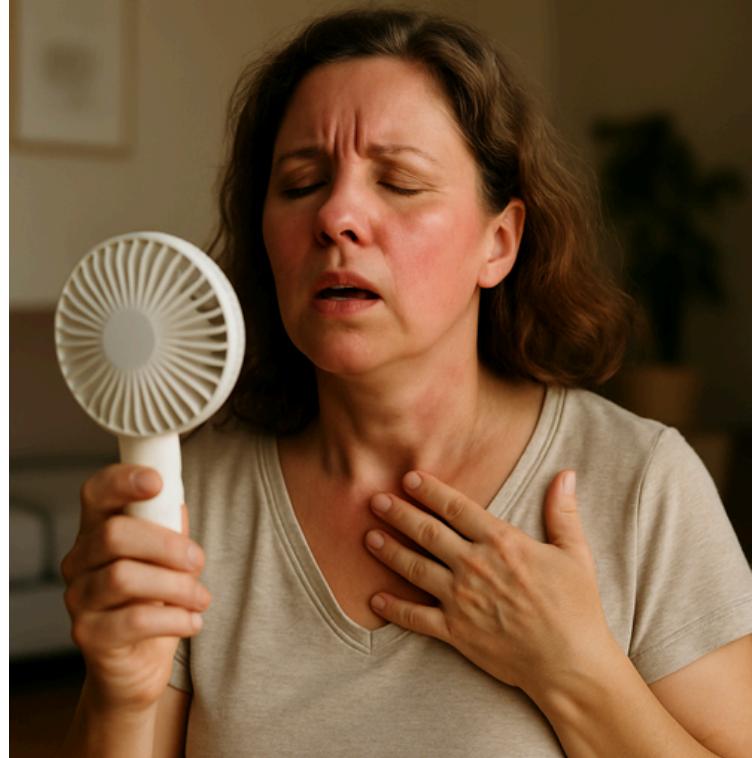
WHAT'S HAPPENING IN YOUR BODY

Hot flashes are sudden feelings of intense heat that spread over the body, often accompanied by sweating, rapid heartbeat, and flushing.

Night sweats are hot flashes that occur during sleep and can be severe enough to wake you up, and soak clothing and bedding.

Common Triggers

- Hormonal fluctuations (declining estrogen)
- Stress and anxiety
- Certain foods and drinks
- Environmental factors
- Lifestyle factors
- Medications



When They Typically Occur

- Perimenopause: Can start years before menopause
- Menopause: Often most intense during this transition
- Post-menopause: May continue for several years after

Three Practical Tips to Handle Hot Flashes

- Cool from the inside out – avoid alcohol, sugar, and spicy foods at dinner; they trigger night sweats.
- Stabilize blood sugar – have a small protein-rich snack before bed (like yogurt, nuts, or a boiled egg).
- Lower nighttime stress – try 5 slow breaths or magnesium glycinate before sleep to calm your nervous system.

FOODS TO INCLUDE

MAY REDUCE HOT FLASHES & NIGHT SWEATS

PHYTOESTROGEN-RICH FOODS

- Soy products - tofu, tempeh, edamame, soy milk
- Flax seeds - 1-2 tablespoons ground daily
- Sesame seeds - tahini, sesame oil
- Chickpeas and lentils - natural plant estrogens
- Red clover tea - steep 1-2 cups daily

COOLING FOODS

- Cucumber - high water content, naturally cooling
- Watermelon - hydrating and cooling
- Mint - natural cooling properties
- Coconut water - electrolytes and cooling effect
- Leafy greens - cooling and anti-inflammatory

MAGNESIUM-RICH FOODS

- Dark leafy greens - spinach, Swiss chard
- Pumpkin seeds - 1-2 tablespoons daily
- Dark chocolate - 70% cacao or higher
- Almonds and cashews - a handful daily
- Avocados - rich in healthy fats and magnesium

FOOD TO AVOID

MAY INCREASE HOT FLASHES & NIGHT SWEATS

COMMON TRIGGER FOODS

- Spicy foods - can trigger immediate hot flashes
- Caffeine - especially coffee, can worsen symptoms
- Alcohol - dilates blood vessels, increases heat
- Hot beverages - can trigger episodes
- Refined sugar - causes blood sugar spikes

PRO-INFLAMMATORY FOODS

- Processed foods - increase inflammation
- Trans fats - found in fried and packaged foods
- Excessive red meat - can increase body heat
- High-sodium foods - can worsen night sweats



NATURAL HERBS & SUPPLEMENTS FOR HOT FLASHES & NIGHT SWEATS



EVIDENCE-BASED NATURAL REMEDIES

HERBAL SUPPLEMENTS

- Black Cohosh - 20-40mg twice daily (most researched)
- Red Clover Extract - 40-80mg daily
- Evening Primrose Oil - 500-1000mg daily
- Sage Extract - 280mg daily for night sweats
- Dong Quai - 200-400mg daily

SUPPORTIVE NUTRIENTS

- Magnesium - 200-400mg before bed
- Vitamin E - 400-800 IU daily
- B-Complex - supports the nervous system
- Omega-3 fatty acids - 1000-2000mg daily
- Vitamin D3 - get levels tested first

Always consult a healthcare provider before starting new supplements



LIFESTYLE MODIFICATIONS FOR HOT FLASHES & NIGHT SWEATS



IMMEDIATE COOLING STRATEGIES

During a Hot Flash

- Use a handheld fan: portable cooling relief
- Apply a cool, damp cloth to the neck, wrists, or face
- Remove layers: dress in easily removable clothing
- Sip ice water - helps cool from the inside
- Practice slow, deep breathing: helps regulate body temperature



PREVENTATIVE MEASURE

- Dress in layers - easy to adjust temperature
- Choose breathable fabrics - cotton, linen, moisture-wicking materials
- Keep the environment cool: 65-68°F when possible
- Use a personal fan - desk or bedside
- Carry cooling supplies - portable fan, cooling towel
- Sleep Environment Optimization



LIFESTYLE MODIFICATIONS FOR HOT FLASHES & NIGHT SWEATS



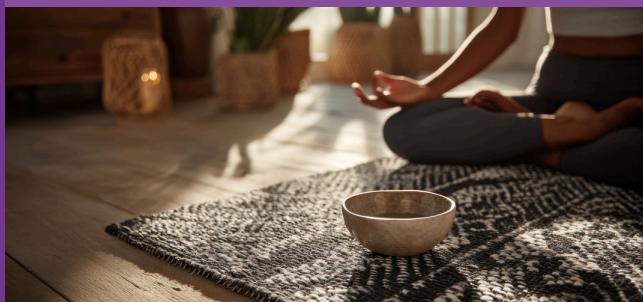
STRESS MANAGEMENT & MIND-BODY APPROACHES

PACED BREATHING (PROVEN EFFECTIVE)

- 4-7-8 Breathing: Inhale for 4, hold for 7, exhale for 8
- Box Breathing: Inhale 4, hold 4, exhale 4, hold 4
- Belly Breathing: Deep diaphragmatic breathing for 5-10 minutes
- Cool Breathing: Breathe in through pursed lips, exhale slowly

RELAXATION TECHNIQUES

- Progressive muscle relaxation: tense and release muscle groups
- Guided imagery: visualize cool, calming places
- Meditation: even 5-10 minutes daily helps
- Yoga: gentle, cooling poses
- Tai chi: gentle movement and breathing



SLEEP OPTIMIZATION

BEDROOM SETUP

- Lower room temperature: 60-65°F is ideal for sleep
- Use breathable bedding: cotton or bamboo sheets
- Layer blankets: easy to remove during night sweats
- Place a fan near the bed: for quick cooling relief
- Keep ice water bedside: for immediate cooling

NIGHTTIME STRATEGIES

- Cooling mattress pad: gel or water-based cooling
- Moisture-wicking sleepwear... or sleep nude
- Extra pillowcases: change if they become damp
- Towel by the bedside: for quick cleanup
- Cool shower before bed



EXERCISE CONSIDERATIONS FOR HOT FLASHES & NIGHT SWEATS



BEST EXERCISES FOR HOT FLASH MANAGEMENT

RECOMMENDED ACTIVITIES

- Gentle yoga - cooling poses, avoid hot yoga
- Swimming - naturally cooling exercise
- Walking - especially in cooler temperatures
- Low-intensity strength training - builds muscle without overheating
- Stretching - improves circulation and reduces stress

EXERCISE TIMING

- Early morning - cooler temperatures
- Evening - after temperatures drop
- Avoid midday - peak heat hours
- Air-conditioned spaces - when outdoor exercise isn't comfortable

EXERCISE MODIFICATIONS

- Stay hydrated - drink water before, during, and after
- Wear breathable clothing - moisture-wicking fabrics
- Exercise in shorter bursts - prevent overheating
- Cool down properly - gradual temperature reduction
- Listen to your body - adjust intensity as needed

TRACKING & MONITORING HOT FLASHES & NIGHT SWEATS



HOT FLASH & NIGHT SWEAT DIARY

DAILY TRACKING ELEMENTS

- Time of occurrence - identify patterns
- Duration - how long episodes last
- Intensity - scale of 1-10
- Triggers - what you ate, did, or felt beforehand
- Relief strategies used - what helped or didn't help

WEEKLY PATTERN REVIEW

- Frequency changes - are they increasing or decreasing?
- Trigger identification - common patterns
- Strategy effectiveness - what's working best
- Sleep impact - how night sweats affect rest
- Overall wellbeing - mood, energy, daily function

USEFUL APPS FOR TRACKING

- Menopause tracker apps - specialized for symptoms
- General health apps - for comprehensive tracking
- Sleep tracking - monitors night disruptions
- Mood tracking - connects the connection between emotions and symptoms



GUIDE TO Bone Health

FOR WOMEN 40+

Here's the truth: your bones are living tissue that's constantly rebuilding itself. Yes, menopause affects bone density, but you're NOT powerless!

Your bones respond incredibly well to the right nutrition, movement, and lifestyle choices: we'll be covering what to eat, how to move, which supplements matter, and simple ways to fall-proof your life.

No overwhelm, no perfection required - just practical strategies that fit your real life. Let's build some seriously strong bones together

WHY BONE HEALTH MATTERS DURING MENOPAUSE



Women can lose up to 20% of their bone density in the first 5-7 years after menopause due to declining estrogen levels. But here's the good news - you can take action NOW to protect and even build stronger bones!

What's at Stake:

- 1 in 2 women over 50 will experience an osteoporosis-related fracture
- Hip fractures can be life-changing and impact independence
- Spine fractures can cause chronic pain and height loss
- Prevention is always easier than trying to rebuild lost bone

BONE HEALTH MYTHS BUSTED

✗ Myth: "Osteoporosis is inevitable as you age."
✓ Reality: Peak bone mass and lifestyle choices greatly influence bone health

✗ Myth: "Only calcium matters for bones."
✓ Reality: Vitamin D, magnesium, K2, and protein are equally important

✗ Myth: "If you have osteoporosis, you shouldn't exercise."
✓ Reality: Appropriate exercise is crucial for bone health at any stage

✗ Myth: "Dairy is the only good calcium source."
✓ Reality: Many non-dairy foods provide excellent calcium

✗ Myth: "Supplements are better than food sources."
✓ Reality: Food sources often provide better absorption and additional nutrients

BONE BUILDING NUTRITION

Your bones are constantly rebuilding themselves, and they need the right raw materials to stay strong. Think of these nutrients as the construction crew for your skeleton!



Nutrients	Why you need it	Best Food Sources
Calcium	The main building block of bones	Dairy products, fortified plant milks, canned fish with bones, leafy greens, almonds, and tahini
Vitamin D	Helps your body absorb calcium	Fatty fish (salmon, sardines, mackerel), fortified foods, egg yolks, mushrooms
Magnesium	Works with calcium for bone formation	Pumpkin seeds, spinach, dark chocolate, avocados, nuts
Vitamin K	Directs calcium to bones (not arteries)	Leafy greens, broccoli, Brussels sprouts, olive oil
Protein	Forms the bone matrix structure	Lean meats, fish, eggs, legumes, dairy, nuts
Vitamin C	Needed for collagen production	Citrus fruits, berries, bell peppers, tomatoes



MOVEMENT FOR STRONG BONES

Your bones get stronger when you challenge them. Weight-bearing exercise tells your bones "we need to be stronger!" while resistance training pulls on bones through muscle contractions.



Exercise Types	How It Helps Your Bones	Examples
Weight Bearing	Makes bones work against gravity	Walking, hiking, dancing, tennis, jogging
Resistance Training	Muscle pull stimulates bone growth	Weight lifting, resistance bands, bodyweight exercises
High-Impact	Provides maximum bone-building stimulus	Jumping, running, plyometrics
Balance & Flexibility	Prevents falls that cause fractures	Yoga, tai chi, balance exercises

New to Exercise? Start where you are!

Even a 10-minute walk counts as weight-bearing exercise. Begin with bodyweight exercises like wall push-ups or chair-assisted squats.

The key is consistency over intensity - your bones respond to regular movement, not perfection.



BONE ROBBERS: WHAT TO AVOID

Some everyday habits can silently steal calcium from your bones or interfere with bone building. Awareness is the first step to protection!



Bone Robber	How It Affects Your Bones	Healthier Alternatives
Excess Caffeine	Increases calcium loss through urine	Herbal teas, green tea, limit to morning
High Sodium	Forces kidneys to excrete calcium	Fresh herbs, lemon, garlic for flavor
Excessive Alcohol	Interferes with bone formation	Sparkling water, iced teas, non alcoholic alternative (no sugar added)
Smoking	Accelerates bone loss significantly	Seek cessation support, stress management
Sedentary Lifestyle	"Use it or lose it" applies to bones	Find movement you enjoy daily
Chronic Stress	Elevates cortisol which breaks down bone	Meditation, yoga, adequate sleep

Don't Worry - Small Changes Make a Big Difference!

You don't have to eliminate everything overnight. These "bone robbers" cause the most damage when consumed regularly in large amounts. Focus on moderation and smart swaps rather than complete restriction. Your bones are forgiving - a few conscious changes can dramatically reduce their impact.

RESOURCES



THANK YOU SO MUCH FOR DOWNLOADING THIS GUIDE!

I hope it helped you feel more informed, a little more supported, and a lot less alone in this season of life. Menopause isn't something to "push through." It's a transition that deserves understanding, patience, and the right tools and guidance. Small, consistent changes can make a powerful difference in how you feel day to day, and my hope is that this guide gave you clarity and confidence to take your next steps.

If you'd like to keep learning and supporting your body now and beyond this transition, here are some of my helpful resources:

- **3-Day Sugar Reset** - A simple, guided reset to calm blood sugar, reduce cravings, and ease symptoms like hot flashes, fatigue, and mood swings by removing hidden sugars that fuel hormone chaos.
- **3-Day Energy Reset** - Designed to help you feel more energized, clear-headed, and steady by supporting your metabolism, sleep, and stress response in just a few days. It goes deeper than the 3-Day Sugar Reset.
- **TBHealthy.com** - Your hub for articles, resources, programs, and tools to support hormone balance, energy, and healthy aging at every stage.
- **Join Me On Facebook** - A private group where I share daily tips, science-backed education, women's health news, and real-life strategies for navigating menopause with more ease and confidence.

