A picture containing food, drawing

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Supplements for Menopause and Perimenopause

1. Check Vitamin D, You should be between 50-70. Here’s a home kit: <https://www.everlywell.com/products/>
2. If you are having hot flashes, you will be low in electrolytes. Consume 2-2.5 tsp daily of salt, more if you sweat a lot. I’ve been using this because it includes the right balance of sodium, potassium and a little magnesium. <https://drinklmnt.com/>
3. Essential oils like grapefruit and metabolic blend in ice water and drink throughout the day. <https://www.doterra.com/US/en/site/mariaemmerich>
4. Hot flashes and sleep issues: Estrovera is comparable to hormone therapies, take 1 capsule with a huge glass of water. <https://amzn.to/3sdFvC1>
5. Chasteberry is a time tested, research based herb known to encourage healthy ovarian function and progesterone synthesis. 1 cap at breakfast, lunch, dinner. <https://amzn.to/3rcJ1v3>
6. Progest cream. If no longer menstruating; 1 hour before bed on thin skin like wrist, breast tissue, inner thigh. Days 1-14 use another ¼ tsp on thyroid every morning. If menstruating, 1 tsp an hour before bed, it’s on packaging. <https://amzn.to/2OYyMgM>
7. L-Carnitine can help reduce irritability, anxiety, enhances muscle strength and even suppress appetite. (3 grams) <https://amzn.to/2NJXlNZ>
8. 7-keto is a naturally occurring metabolite of DHEA. The body’s production of DHEA declines with age. Weight gain is a common sign that accompanies the decrease production of DHEA. 7 Keto promotes thermogenesis, helps with fat loss, increases immune function, can elevate your active free T3 thyroid hormone and even memory. 100mg twice a day on an empty stomach. [https://amzn.to/3sgQmLj](https://www.itsoursheffield.co.uk/sheffref21/)
9. Low in energy, helps with stress and sleep, Siberian Ginseng (Eleuthero) it is an adaptogenic herb shown in studies to help protect against the effects of physical and mental stress. Morning. One capsule twice daily, with food. (500mg) Use for 8 weeks then take a 2 week break. <https://amzn.to/2QorvqQ>
10. Bifido Bacteria increases serotonin, regular bowel movements, decreases cravings. <https://amzn.to/2PkOH8Q>
11. GLA in the form of EMU oil. The gamma-linoleic acid in this oil improve elasticity of skin and is also a treatment for aging problems, acne, heart disease, PMS, hyperactivity in children, symptoms of menopause, multiple sclerosis, weight control and schizophrenia.2 capsules at each meal, 6 per day. You can do it all at once at one meal. If no change with emu oil, try evening primrose oil, 1300 mg 3x per day. <https://amzn.to/3seVJL4>
12. Potassium will help with low energy. A deficiency in potassium causes low energy, headaches, heavy legs, salt cravings, dizziness. Keeping potassium levels up will help safeguard muscle mass during weight loss. Adequate potassium prevents cramping and fatigue. 200mg. <https://amzn.to/2NJztdj>
13. Kelp/iodine- All of our hormones need iodine to function. Over 80% of the US is deficient in iodine. Symptoms,- sluggish, tired, dry skin, constipation, difficulty losing weight, hair loss. <https://amzn.to/2Poysba>
14. Zinc is really important for making progesterone. Deficiency can lead to low thyroid, stunted growth, diarrhea, acne, hair loss, eye lesions, depression, salty cravings or craving sweet after a meal. You lose zinc when you sweat. Work up to 50mg start slow can cause nausea. **Good sources**: Oysters, shrimp (prawns), beef, lamb, liver, shellfish, red meat, pumpkin and cashew nuts. <https://amzn.to/3cesJxo>
15. Vitamin D- 5000-10,000 IU if your levels are less than 50. Low moods, too high vit d can cause sleep issues. K2 with D, helps get calcium into the bones where its needed. Fat soluble. <https://amzn.to/3cdo2nr>
16. 400-800 Magnesium glycinate. Helps preserve progesterone levels. Critical for energy, muscle contractions, bone mineralization, precursor to serotonin, important for regulation of calcium balance. Helps with digestion, elimination, relaxation and sleep, cramps at night, muscle pain, anxiety, blood sugar and kidney health. It also assists the breakdown of the antagonistic estrogen metabolites, reducing estrogen dominance. Other good sources: Cacao, cashews, leafy greens such as kale and Swiss chard, pumpkin seeds. <https://amzn.to/2NHcqzE>
17. 5-HTP- only if not on antidepressant. 400 mg. 5-HTP is a metabolite of the amino acid tryptophan. Cravings for carbs and binge eating is associated with low serotonin levels. 5-HTP increases serotonin, increases mood, decreases cravings, sleep quality and PMS. 5-HTP is a direct precursor of the neurotransmitter serotonin, which is secreted in response to mood or emotional swings. Serotonin helps soothe and calm and brings feelings of contentment. <https://amzn.to/3lOVMuD>
18. If 5-HTP doesn’t work, could switch to 1 to 5 grams L-Tryptophan. <https://amzn.to/3vOAfXA>
19. Wise Woman’s Balance from Hormonesbalance.com is a combination of chaste tea extract, black cohosh which helps with hot flashes and night sweats, Calicum D Glucarate to support liver detox, DIM, Resveratrol, Green Tea extract, calcium and magnesium, Vitamins B6, B12, and folate and Chrysine. <https://wellena.com/products/wise-womens-balance?_pos=1&_sid=c234212cb&_ss=r>
20. Caster oil compress which can help relieve hot flashes. Apply 2-3 tablespoons on compress, wrap over your lower abdomen and liver. 2-3 hours or overnight is better. 7 days on, 7 days off. <https://amzn.to/2Plndjq>
21. Infrared Sauna which lowers inflammation, deepens detoxification, reduces pain. I have a Sunlighten- <https://www.sunlighten.com/>

**DISCLAIMER:** Please always check with your primary health care provider before starting any supplement regime. More  
importantly, it is critical to monitor your numbers and levels of which you are on medication for; insulin, thyroid medication, blood pressure, whatever it may be.