

Seven Smart Eating Essentials for Menopause

1. Love Your liver

When it comes to menopause and your eating habits, the most important thing to do is to love your liver, which is your main detoxing organ.

The simplest way to do this is to start each day with a mug of hot water and half a freshly squeezed lemon. This will help flush out any toxins.

Your liver loves lots of green vegetables, so cabbage, broccoli, kale and spinach are all great.

It also needs omega-3s, which you can find in salmon, tuna and avocado.

2. Pump your Body Full of Phytoestrogens

Next, you need to pump your body full of phytoestrogens, which help protect you from xenoestrogens.

Xenoestrogens are chemical compounds that mimic oestrogen and further disrupt your hormone levels.

Phytoestrogens are plant-based substances with a similar molecular structure to oestrogen, and they'll help block those xenoestrogens.

Phytoestrogens are present in anything green, such as spinach, lettuce, runner beans and broad beans. You can also find them in:

- Beans and lentils

- Non-GMO fermented soya
- Red clover
- Tofu
- Garlic
- Sesame seeds

3. Nourish Your Adrenals

The third step is to nourish your adrenal glands to minimise stress and the release of cortisol, which is your main stress hormone. Some of the foods that help you do this are:

- Green juices and smoothies (yes there's a definite green theme going on here!)
- Soya beans
- Asparagus
- Broccoli
- Peppers
- Sweet potatoes

4. Eat Essential Fats

Fourth on your eating checklist is to make sure you have enough essential fats in your diet. There's a reason they're called essential—you absolutely need them and they're crucial for hormone balance. Essential fats are in:

- Avocados
- Seeds
- Coconut oil
- Oily fish
- Flax
- Eggs

5. Eat Antioxidants

Fifth on your list of nutrition requirements are antioxidants. These will reduce inflammation, which is another form of stress. And managing stress (internal and external) is key to managing your symptoms.

Vegetables are packed with antioxidants, so fill your trolley or your online shopping list with a rainbow of vegetables. Seriously, you cannot eat too many; aim to cover half your plate at every meal with vegetables.

6. Increase Dietary Lignans

Number six is to increase dietary lignans, which are essential for removing excess oestrogen from your system.

Dietary lignans occur only in seeds. Flax seeds are the best. Add a spoonful to your smoothies, sprinkle them on your breakfast porridge or lunchtime salad or even eat them as a snack before dinner.

Sesame seeds and pumpkin seeds also contain dietary lignans, but not as much as flax seeds.

7. Combat xenoestrogens

Finally and most importantly, you need to do everything you can to combat xenoestrogens. They are your enemy when it comes to hot flushes, brain fog and night sweats.

Xenoestrogens are a chemical compound that mimic natural oestrogen and further disrupts your hormones.

Here are additional steps you can take to minimise your exposure to them.

- Eat organic, or if you can't go organic, wash or even peel your fruits and vegetables.
- Avoid plastic water bottles and containers. Instead, use BPA-free containers, which you can buy in the supermarket or on Amazon.
- Buy vegetables loose rather than wrapped in plastic.
- Ditch your microwave! Microwaveable meals are often in packaging that contains an assortment of chemicals.