



My Top Natural Menopause Remedies + My Take On Bioidentical HRT

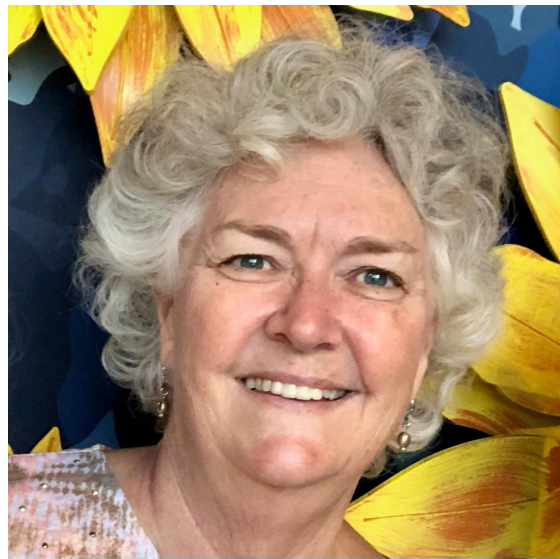
Message from Milly

Happy New Year to all!

I hope everyone had a blessed holiday of rest and celebration with friends and family.

As promised, this month, we're focusing on menopause.

Specifically, what you can do to set yourself up for a joyful (versus miserable) season of energetic empowerment and self-discovery.



[Last month's newsletter](#) covered perimenopause, and this month's will follow a similar format, touching on things like:

- The modern challenges of menopause.
- The best herbs & supplements for various menopausal symptoms.
- My take on bioidentical HRT during menopause
- The most important lifestyle practices to maintain youthful vitality into your 50s, 60s, and beyond.

Menopause is a big topic, and we cannot cover it all today.

However, my goal is to arm you with

some helpful holistic tips to create ease and health during this season of life.

Blessings to all,

-Milly



The Modern Challenges of Menopause

In many traditional cultures, menopause (occurring after menstruation has ceased for 12 months) is seen as the most powerful time in a woman's life.

With the child-bearing years and transition of perimenopause complete, she can step fully into her true self and share the wisdom collected and embodied throughout the years.

In other words, the menopause years should be prime time for self-realization, presence, confidence, strength, and wisdom.

How sad that in our culture, the opposite is often true.

Though much of this is due to ridiculous standards and expectations set by the media and years of cultural programming, it also stems from the modern challenges of menopause, which can make us feel tired, unattractive, outdated, unsexy, and frankly, old!

What do I mean by "modern challenges of menopause?"

Like many other health practitioners, I've noticed women struggling much more with perimenopausal and menopausal symptoms than they did a decade or generation ago (and I've been working in healthcare for over 50 years now!).

Yes, we do talk about menopause

more today---which is hugely helpful--
-but it's not just that; women are
definitely having a more challenging
time with symptoms.

**So, has menopause changed, or
have women changed?**

**It's likely a bit of both, plus a third
factor: environment.**

Menopause hasn't changed much.

It's still a naturally occurring process
of diminishing ovarian and hormonal
function, resulting in the absence of
menstruation and fertility.

The one thing that may have changed
is the age of onset, which some
experts believe is now earlier than in
generations past, but not for everyone
([see last month's newsletter](#) for
information on factors that can
influence the age of onset).

Women have definitely changed their
lifestyles and expectations of
themselves and their abilities as they
age.

This has changed the game insofar as
what is possible and considered
"normal" for menopausal and post-
menopausal women.

**Perhaps the biggest factor, though,
is that our environment has
changed.**

One theory discussed for decades in
the naturopathic field, and is now
starting to be discussed in the
mainstream, is the role the adrenals
should play in picking up the slack
after the ovaries "retire," so to speak.

Unfortunately, most women's
adrenals are severely taxed before
they turn 40, making them unable to
help compensate for the dips of other
types of hormones during
perimenopause and menopause.

Chronic diseases, which are much more prevalent than ever, can also increase the severity of menopausal symptoms and even the time of onset.[2]

Then there's the rampant increase in often undiagnosed thyroid-related issues, which can mimic menopausal symptoms and/or make them worse.

Ready for some good news?!

Despite all this, you can absolutely overcome modern menopausal challenges by addressing the root cause of pre-existing issues, getting to know your herbal and nutrition allies, and adopting specific lifestyle changes.

We'll discuss these next.

References:

1: <https://www.acog.org/womens-health/faqs/the-menopause-years>

2:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7961833/>

Herbal & Nutritional Allies for Menopausal Symptoms

Can herbs and supplements really work for menopausal symptoms?

Yes, they can, and many can even help prevent future issues.

To be clear, no supplement can replace lost estrogen, progesterone, or testosterone.

Only HRT can do that, and there are risks and benefits to going this route, which we'll discuss more in the next section.

So, what can herbs and supplements offer for menopause?

- They can provide various levels of



phytoestrogens, plant compounds that mimic the effects of estrogen on the body, helping reduce symptoms and ease the transition.

- They can support normal adrenal function, which can be very beneficial for energy, stress adaptation, and hormonal equilibrium as one ages.
- They provide critical nutrients, such as antioxidants and trace minerals, to support cardiovascular function, skin health, brain function, immune function, and more.
- Specific probiotics can help support vaginal health as we age.
- Various vitamins and minerals are critical for bone health, energy, joint health, sleep, stress, hormonal health, stamina, and every other aspect of well-being.

There are dozens of traditional herbs used across cultures for menopause, in addition to nutritional supplements.

The following is a list of a few of my favorites that can benefit nearly anyone:

- **Black Cohosh** is one of the most researched herbs for various menopausal symptoms, including hot flashes, mood swings, and sleep disturbances.[1]
- **Dong Quai** is a popular Traditional Chinese herb for hot flashes, night sweats, and mood. [2]
- **Maca or Ginseng** are wonderful for stress, energy, hormonal equilibrium, and promoting libido and healthy sexual function.[3][4]
- **Energetix Phyto Cal-Mag** is a must for promoting healthy bone density and also supports sleep.
- **Vitamin D3 with K2** is essential for women. D3 is critical for bone health, while K2 ensures calcium is properly deposited in the bones vs. other soft tissues, like the arteries. D3 also helps with

immunity, hormone function, gut health, and dozens of other bodily processes.[5][6]

- **Probiotics**, either supplemental and/or from foods, help promote the health of various microbiomes, including the gut, urinary system, and vagina.[7]
- **Magnesium glycinate** is incredible for stress, sleep, mood, muscle and joint aches, and exercise recovery.[8]
- **Licorice is an excellent herb to support adrenal function, immunity, and energy, and it has been shown helpful for decreasing hot flashes.**[9]
- **Melatonin or Melatonin + Ashwagandha** for improved sleep quality, onset, latency, and cognitive function.[10]
- **Alfalfa** for neurological benefits and other symptoms (plus it's highly nutritious and great for the liver).[11]

Again, this is not an exhaustive list of beneficial supplements for menopause, but it's a great start.

Taking a multivitamin/multimineral, like **Energetix BioNutrient Complex**, and/or a B-Complex with methylated B-vitamins, like **Energetix Phyto-B Complex**, is also generally recommended as certain nutrient deficiencies, like B12 and others, become more prevalent as we age.

References:

1: <https://pubmed.ncbi.nlm.nih.gov/33861455>

2:

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3:

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Non-Negotiable Lifestyle Practices for Menopause + My Take on Bioidentical HRT

(Pictured left: Me walking my talk on a sailing excursion in Bora Bora last year. I sailed a lot in my youth, including trans-Atlantic voyages as a ship's nurse, and decided to revisit this part of my life---it was a blast!)

HRT is experiencing a resurgence in popularity as a safe and viable treatment for perimenopause and menopausal symptoms.

[As discussed in the previous newsletter](#), I am not against using bioidentical or body-identical hormones when natural options aren't providing enough relief.

There is even evidence that starting HRT early provides more benefits than risks for many women.[1]

Localized applications, like vaginal estrogen, may also be helpful for symptoms of vaginal atrophy or genitourinary symptoms that don't respond to natural options. But again, there are risks and benefits.

However, the risk-benefit ratio

changes as you get older, which leads many women to wean themselves off HRT during menopause (but talk to your doctor as this is an individual matter).

Fortunately, many of the benefits HRT provides for things like bone density, cognitive health, mood, sleep, heart health, and libido can be accomplished by adopting some simple lifestyle changes.

Here are a few non-negotiables backed by research.

- **Exercise with an emphasis on strength training.** This is one of the best ways to preserve bone density, improve mood, prevent sarcopenia, boost confidence, reduce hot flashes, and promote healthy sleep.[2]
- **Get early morning light.** This helps reset and preserve your sleep cycle while providing vision benefits.[3]
- **Sleep 7-9 hours per night**
Sleep is the ultimate adaptogen and helps reduce stress and anxiety, regulates hormonal function, promotes youthful skin, speeds workout recovery, promotes cognitive health, and benefits immune function. Can't sleep? See: [Solutions for Better Sleep \(beyond sleep hygiene\)](#) for more tips.
- **Do Kegel and pelvic floor exercises for vaginal and urinary health.** Genitourinary symptoms, such as vaginal atrophy and incontinence, are a reality of menopause, which is why the vaginal muscles must be exercised to preserve tone and vitality! Kegels, pelvic floor exercises, squats, and even yoga and pilates can all help. Learn all about it [in this article from Menopause Now.](#)
- **Eat a whole-foods-based Mediterranean-style diet.**
Chock-full of colorful fruits and

vegetables, lean proteins, and whole grains, this diet has been shown to be incredibly beneficial for menopausal women by improving bone density, reducing vasomotor symptoms, preventing cognitive decline, reducing the risk of breast cancer, and more. [4]

- **Keep an eye on heavy metals for cognitive health.** We are exposed to various heavy metals in our food, water, soil, dental materials, and household products daily. **One of particular concern with cognitive decline is aluminum, a known neurotoxin that can accumulate in the brain over time.** Various studies have shown a correlation between aluminum levels and Alzheimer's,[5][6] and some of those researchers, such as **Dr. Christopher Exley, PhD**, have been defunded and ostracized for sharing their findings (aluminum is big business and used in many applications, including pharmaceuticals)! Yet the topic remains controversial, and researchers have been painfully slow to recommend avoiding aluminum for cognitive health. I highly recommend becoming mindful of heavy metals if cognitive health and longevity are your goals.
- Learn more about how to avoid and detox heavy metals in: [How to Protect Yourself from Heavy Metals.](#)

All this is not to deny the benefits of bio-identical/body-identical HRT, which may outweigh the risks for some menopausal women.

However, these simple lifestyle changes provide multi-faceted benefits with little to no risk.

I know they've made a huge difference in my life and allowed me to stay healthy, active, and adventurous (sailing, international travel, and more!) into my 70s.

If you're interested in working together on menopausal symptoms or need to order supplements,

[email Holly at:](mailto:info@quintessentialhealth.net)

info@quintessentialhealth.net.

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