

The Menopause **SOLUTION**

**YOUR 30-DAY GUIDE TO BALANCING
HORMONES AND FEELING LIKE YOU AGAIN!**

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Hello there!

Welcome to the Menopause Solution, your 30-day guide to getting back to feeling great, losing menopausal weight and enjoying life again!

- Do you want to get back to feeling like yourself again?
- Are you exhausted all day long, but can't sleep at night?
- Do hot flashes sneak up on you at the worst possible times?
- Have you been gaining weight, especially around the middle, even though you haven't changed your diet?
- Is low libido putting a damper on your love life?

IT DOESN'T HAVE TO BE THIS WAY!

Menopause is the time in a woman's life when her ovaries stop producing hormones and menstrual periods stop. A woman is said to be in menopause when she hasn't had a period for 12 months in a row. The average age of menopause in America is around 50, but every woman is unique, and the time you enter menopause can vary. Perimenopause is the time when a woman's body starts to change and different symptoms can start to show up such as hot flashes, irregular periods, and insomnia.

This guide is for all menopausal and perimenopausal gals, wherever you are on your journey.

Menopause is a time for living to your fullest, and I'm here to help you navigate the most common issues that come up in menopause and perimenopause.

I'm Dr. Helene Pulnik ND. I wrote this guide for women who are sick and tired of feeling tired, frustrated with irregular hormones, stubborn weight gain, hot flashes and more, and finding the root cause answers to balance your body naturally.

As a licensed Naturopathic Doctor I specialize in helping women who are experiencing menopausal hormone imbalances, fatigue, insomnia, brain fog, weight gain, and just not feeling like themselves.

I am passionate about helping women harmonize and feel in tune with their bodies by addressing the root cause of health issues instead of the typical “band-aid” fix. My goal is to create balance naturally so that you can feel healthy, happy, and vibrant to engage with life and thrive.



In the Menopause Solution 30-Day Guide, I have given you the foundational tools and habits that will set you up for long term success. These tools work because tiny changes add up to massive impact over time. It addresses not only the more common symptoms of menopause like hot flashes and weight gain, but you will find the tools also help with other menopause related topics like fatigue, brain fog and insomnia and the path to a healthier you.

Each week of the Menopause Solution 30-Day Guide, you will learn how to reduce the symptoms of menopause naturally, start losing weight and feeling better.

You can choose one of the two recommendations from each week, or both. These recommendations are designed to build upon each other.

You will also receive great tips, videos, and bonuses and resources each week via email, so add my email address to you contacts to make sure it lands in your inbox. Check your spam/junk box and mark the email as “not junk”.

NOW, LET'S JUMP IN!



WEEK 1

The Foundation PROTEIN AND PHYTONUTRIENTS

This week, you will learn how to make changes to your diet that will stop hot flashes, rev up your energy, and lower insulin resistance so you can start losing menopausal belly fat.

Menopause is a great time to look at your diet and make a few small changes that have big impacts on your health, wellness and longevity.

The first thing is to make sure you are eating enough protein and including high phytonutrient, antioxidant foods in your everyday diet.

1. PROTEIN

Protein is often called the building block of life because it is found everywhere in our cells, brain, skin, bones, muscles, blood, hormones, and more. Not enough protein in your diet can cause fatigue, weakness, brain fog, sugar cravings and loss of muscle, which leads to weight gain. Protein also contains the amino acids needed for healthy brain function, sleep and mood balance.

Hot flashes can be triggered not only by hormone imbalances but also by poor diet. Excess sugar and carbs can lead to low blood sugar, which can trigger hot flashes and make you feel tired and shaky. Low blood sugar from eating a diet high in process carbs and sugar also interferes with sleep and can cause night sweats as well.

Start every day with a protein-fueled breakfast. Many people skip breakfast or focus on sugary carb options. Eating protein with every meal will help to balance your blood sugar, prevent sugar cravings and keep you feeling energized.

Protein needs vary from woman to woman, but aim to get 20-30 grams of clean, healthy protein with each meal. This can be organic, free-range pasture raised meats and collagen powders, eggs and poultry, organic vegan protein powders, whey protein powder from grass-fed cows, wild caught fish and shellfish.

2. EAT A HIGH PHYTONUTRIENT PLANT DENSE DIET

Focus on organic, whole, non-processed foods. Studies show that women who eat more vegetables, fruits, healthy fats and whole grains tend to have less severe menopausal symptoms than those who eat fewer of those foods.

We also know that eating these foods has been linked to a reduced risk of heart disease, cancer, and premature death.

My recommendation is that every meal you eat should include vegetables and foods in every color of the rainbow.



Incorporating a variety of fruits and vegetables into your diet each day can provide essential nutrients and may help alleviate hot flashes:

- Apples, with their skin rich in quercetin (an antioxidant), offer additional support in reducing inflammation and promoting overall health.
- Berries like strawberries, blueberries and raspberries, are not only bursting with antioxidants but also rich in phytochemicals that have been shown to support hormonal balance and combat inflammation.
- Citrus fruits like oranges, grapefruits and lemons are renowned for their high vitamin C content, which plays a crucial role in hormone synthesis and immune function.

EAT THE RAINBOW, IT'S GOOD FOR YOU!

WEEK 2

CONQUERING MENOPAUSAL

Weight Gain:

HOW STRESS & CORTISOL CAUSE MENOPAUSAL HOT FLASHES AND WEIGHT GAIN

3. CORTISOL THE MENOPAUSAL HOT FLASH AND WEIGHT GAIN HORMONE

Menopausal hot flashes, insomnia and weight gain are often associated with lower estrogen levels, but many of my patients have said that hormone replacement therapy alone does not help them lose weight or sleep any better.

The reason is because you also need to balance Cortisol, also known as the Weight Gain Hormone or Belly Fat Hormone.

Cortisol is released when we are under stress, and anyone who has been under stress knows that Cortisol is the #1 disruptor of any good weight loss intentions.

Prolonged stress results in elevated cortisol levels, which can cause...

- elevated insulin levels, which causes the body to hold onto fat instead of burning fat.
- elevated blood glucose (sugar) levels, which are stored as fat.
- higher cortisol levels have been associated with more severe hot flashes and insomnia in menopausal women

Although you cannot always remove the stressors in your life, you can change the way your body responds to Stress, and you CAN break free from stress eating, food cravings and hot flashes!

Fortunately, there are some simple hacks that we can do to stop stress in its tracks and bring your body out of the fight or flight stress response that wreaks so much havoc on the body.

4. MANAGE YOUR STRESS LOWER CORTISOL & LOSE WEIGHT WITH MEDITATION & MINDFULNESS

Having a regular daily mindfulness or meditation practice can help lower your Cortisol and stay relaxed and calm in the long term.

Here are 5 ways to de-stress and relax. Find what works for you.

1. PRACTICE MINDFULNESS AND MEDITATION:

Take a few minutes each day to sit quietly, focus on your breathing, and clear your mind. Mindfulness meditation can help reduce anxiety and improve your overall sense of well-being.



2. ENGAGE IN PHYSICAL ACTIVITY:

Regular exercise, whether it's a brisk walk, yoga, or a workout session, can release endorphins, which are natural stress relievers. Physical activity can also help clear your mind and improve your mood.



3. CONNECT WITH NATURE:

Spend time outdoors, whether it's a walk in the park, hiking, or simply sitting in your garden. Nature has a calming effect and can help reduce stress levels.

4. SET TIME ASIDE FOR YOURSELF EVERY DAY:

Dedicate a portion of your day to do something you enjoy or find relaxing. Whether it's reading a book, listening to music, or engaging in a hobby, taking time for yourself can help recharge your mind and body.

5. PRACTICE GRATITUDE AND POSITIVE THINKING:

Keep a gratitude journal and write down things you are thankful for each day. Focus on positive aspects of your life and try to reframe negative thoughts. Cultivating a positive mindset can help reduce stress and improve your overall outlook on life.



Some Mindfulness apps I like to listen to:

- Insight
- Timer
- Breathing Zone
- Headspace
- Calm
- Muse

WEEK 3

MOVEMENT & Hydration

5. GET MOVING!

Physical activity is one of the recommended methods to reduce menopausal symptoms, and studies have shown that a moderate level of physical activity is significantly associated with reduced menopausal symptoms.

Regular exercise will strengthen your bones, lower stress levels, improve your mood and energy, get rid of brain fog and help you build muscle, lose weight and sleep better. Even regular walking can increase key hormone levels, potentially improving strength and quality of life.

Exercise and movement are a crucial part of staying healthy. Our bodies are designed for movement throughout the day, and we know that a sedentary lifestyle increases your risk for obesity, heart disease, hormone imbalances, diabetes and more.

Aim for 150 minutes of moderate intensity exercise every week. That breaks down to 30 minutes, 5 days a week. A combination of cardio (walking, swimming, cycling) and strength training (weight lifting, resistance bands, Pilates) will keep your heart healthy and strengthen your bones in menopause.

Stay motivated by doing movement you love like dancing, hiking, cycling, yoga or pickleball.

I love walking outside every day! We get so many health benefits just from being outdoors.

Outdoor exercise, also called “green exercise”, has numerous benefits beyond physical health. From lowering stress and elevating mood, we also get all the benefits of connecting to nature.

*If you have a medical issue or have not been exercising, work with your doctor to create a safe and comfortable plan to start exercising again.



6. STAY HYDRATED!

Dehydration-or not drinking enough water-can lead to fatigue, headaches, dizziness. Some studies show an increase in hot flashes among women who are chronically dehydrated.

Drinking more water is the one simple lifestyle change that can improve brain fog, make skin, hair, and nails healthier, reduce urinary tract infections in post-menopausal women, and relieve hot flashes.

Your choice of beverages may make a difference if you have hot flashes. It might be a good idea to limit your intake of sugary soft drinks, caffeine and alcoholic drinks. They can trigger or worsen hot flashes in some women.

Aim roughly for half your body weight in ounces of water every day as a baseline, then adjust based on exercise, heat, sweat. Add a zero-sugar electrolyte to drive hydration into your cells, and drink from a glass or stainless-steel water bottle to detoxify plastics and BPA's out of your body.



WEEK 4

MENOPAUSAL BLOATING & Sleep

7. MENOPAUSAL BLOATING

If you're feeling any of these uncomfortable stomach symptoms related to age and menopause-related digestion changes, you're not alone:

- Bloating, as in increased feelings of fullness or heaviness of the stomach
- Gas
- Stomach pressure and cramping
- Constipation
- Heartburn or increased acid reflux
- Indigestion



Causes of Menopausal Bloating include:

- Digestive Changes: Menopause can impact gut health, altering gut flora and slowing down the digestive process.
- Hormonal Changes: Fluctuations in estrogen and progesterone levels can slow down digestion and cause water retention, leading to bloating.
- Dietary Factors: Certain foods and beverages, like caffeine, alcohol, and foods high in salt, sugar, or carbohydrates, can contribute to bloating. Additionally, food intolerances or sensitivities (e.g., lactose intolerance) can exacerbate the issue

Management Strategies for Menopausal Bloating:

When it comes to bloating, here are some ways to reduce the symptoms you're experiencing:

- Dietary Adjustments: Reducing intake of salty and processed foods, incorporating more fiber, and drinking plenty of water can help alleviate bloating.
- Regular Exercise: Physical activity can help stimulate digestion and reduce bloating. Activities like walking, yoga, and swimming are particularly beneficial.
- Mindful Eating: Eating smaller, more frequent meals and chewing food thoroughly can aid digestion and reduce bloating.
- Gut Soothing Natural Remedies: Favorite remedies include Ginger tea to calm nausea and a queasy stomach, Fennel Tea for gas, and Peppermint tea for abdominal cramping.
- Probiotic rich foods: Eating foods that are naturally fermented can be a good source of pre and probiotics, such as sauerkraut, kimchi, pickles, yogurt and kefir.

*As with any discomfort, if bloating or indigestion are not resolving, it's a good idea to talk to a doctor.

8. THE IMPORTANCE OF SLEEP DURING MENOPAUSE

Poor sleep is a major risk factor for weight gain and obesity. If you're trying to lose weight, the amount of sleep you get may be just as important as your diet and exercise.

Unfortunately, many people aren't getting enough sleep. In fact, about 30% of adults are sleeping fewer than six hours most nights, according to a study of US adults. Evidence shows that sleep may be the missing factor for many people who are struggling to lose weight.

Night sweats, another common menopausal symptom, are common in up to 80% of U.S. women experiencing menopause. Night sweats are basically "hot flashes" that happen while you're trying to sleep. They're a real bother during the day, but at least you're awake and can try to cool yourself down.

Menopausal night sweats are caused by changes in your hormones which affect your body's ability to regulate temperature. In menopause, low levels of estrogen and progesterone affect your brain's ability to cool you down, and it's this that triggers the hot flashes and sweating.

Because your brain is now less able to regulate your body temperature, even the smallest change in temperature can cause blood to rush to the skin's surface, causing excessive hot flushes during the day and night sweats at night at night.

For a great night's sleep, uninterrupted by night sweats, here are 5 helpful tips:

5 Tips to Manage Night Sweats:

1. Avoid alcohol caffeine, spicy foods and heavy meals at least 4 hours before bedtime. These foods and beverages are all known to be triggers of night sweats.
2. Drink cooling herbal teas before bed such as peppermint tea, sage tea and rose tea.
3. Keep the room cool. Put a fan in your bedroom or leave windows open to keep your temperature down.
4. Wear natural fibers. Make sure that you wear cotton rather than synthetic clothing to bed. Natural fibers are more breathable than synthetic alternatives, helping to keep you cooler as you sleep.
5. Avoid memory foam mattresses. Memory foam relies on your body heat to make it work. Every time you sleep on the foam, the foam is molding itself around your body, causing your body temperature to increase. Not a good fit for those experiencing night sweats!

PUTTING IT ALL

Together

Congratulations on making it through the Menopause Solution 30-Day Guide to Balancing Hormones and Feeling Like YOU Again!

Seriously. That was an act of self-care in itself.

If you only skimmed it, that's okay too. Pick just 1 step or recommendation to try out!

Putting all the pieces together and taking the right actions can help you lose weight, balance your hormones and reduce menopausal symptoms.

For some folks, they are feeling great at this point, their hot flashes are gone or fading, and they are feeling lighter, and committed to including these new healthy habits in their lifestyle going forward.

For others, they are not there yet, either they didn't follow all the steps as strictly as they could have or there may be something else going on with their body that needs to be addressed. Sometimes women discover that an underactive thyroid or other underlying condition is contributing to their fatigue, menopausal symptoms, and inability to lose weight.

If you are in the first group, well done and congratulations .. stick with it!

If you are in the 2nd group, and want to explore how to go deeper, identify the real root causes, and fix your health naturally with long term results, click the link below to book your 45 Minute Free Discovery Call with Dr. Helene.

Health is the key to unlocking a life of potential, I want to get you back to feeling lighter, energetic, hot flash free and feeling great again!

In Health,
Dr. Helene Pulnik ND



Want to find out if our Menopause Solution program is a good fit for you in achieving your health, hormone balance and weight loss goals?

If you feel like you need more support or guidance in your 30-Day Guide to Balancing Hormones and Feeling Like YOU Again, I invite you to schedule a Complimentary 45 Minute Discovery Call with Dr. Helene.

**CLICK HERE TO SCHEDULE YOUR
FREE 45 MIN DISCOVERY CALL**

**CLICK HERE FOR MORE ABOUT
DR. HELENE PULNIK**
LICENSED NATUROPATHIC DOCTOR
IFM CERTIFIED FUNCTIONAL MEDICINE
PRACTITIONER

Why work with Dr. Helene Pulnik ND for weight loss and hormone balance?



I am a licensed Naturopathic Doctor and certified Functional Medicine Practitioner.

My focus is proactive, using a holistic approach to find and correct the root cause of health issues.

Naturopathic Medicine has a focus on holistic and proactive prevention using natural methods in combination with the rigors of modern science and evidence-based medicine.

Rather than trying to mask symptoms of a condition with pharmaceutical drugs, the goal of Naturopathic Medicine is to find the root cause, remove those barriers to health, and help facilitate the body's inherent ability to restore health and maintain optimal wellness.

Yours In Health,

Dr. Helene Pulnik ND

www.pcnaturopathichealth.com

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