

Dr. Crystal Sciarini, ND

Nutrition	Lifestyle
<ul style="list-style-type: none"> <li>● Eat phytoestrogens               <ul style="list-style-type: none"> <li>○ Ex. soy, flax</li> </ul> </li> <li>● Increase soluble fiber               <ul style="list-style-type: none"> <li>○ Ex. beans, carrots, oats</li> </ul> </li> <li>● Eat whole/real foods</li> </ul>	<ul style="list-style-type: none"> <li>● Hydrate!</li> <li>● Avoid plastics</li> <li>● Exercise</li> <li>● Stress management</li> <li>● Sleep</li> </ul>

## Supplements for Perimenopause/Menopause Relief

Choose a product that has 1 or more from ea. Category for best results.

<b>1) Estrogen Receptor Support</b> <ul style="list-style-type: none"> <li>○ Black cohosh</li> </ul>	<b>2) Progesterone Support</b> <ul style="list-style-type: none"> <li>● Chasteberry</li> <li>● Evening primrose oil</li> </ul>
<b>3) Adaptogen</b> <ul style="list-style-type: none"> <li>● Maca root</li> <li>● Rhodiola</li> </ul>	<b>4) Estrogenic</b> <ul style="list-style-type: none"> <li>● Red clover</li> <li>● Angelica sinensis</li> <li>● Valerian</li> </ul>
<b>5) Liver/Detox Support</b> <ul style="list-style-type: none"> <li>● Dandelion</li> <li>● NAC/Glutathione</li> </ul>	<b>5) Brain Support</b> <ul style="list-style-type: none"> <li>● Ginkgo biloba</li> <li>● Gotu kola</li> </ul>

## Additional Supplements for systemic support:

<ul style="list-style-type: none"> <li>● Probiotics               <ul style="list-style-type: none"> <li>○ Oral and vaginal!</li> </ul> </li> <li>● Digestive enzymes</li> <li>● Vitamin D               <ul style="list-style-type: none"> <li>○ Get outdoors too!</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● B-complex</li> <li>● Boron               <ul style="list-style-type: none"> <li>○ Or get from foods (apples, nuts, avocado, peaches)</li> </ul> </li> </ul>
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