YOUR MENOPAUSE JOURNEY

10 BEST PRACTICES for GREAT HEALTH

1. FOOD

- Enough clean, organic protein
- Good fats only (support the heart, brain and articulations)
- Limit inflammation foods (alcohol, sugar, gluten, dairy from cow)
- Avoid under-eating!!
 (≯muscle, ≯fat burning, ≯thyroid support)

2. ALL-MUSCLE TRAINING

Adjusted training, integrating ALL the below, every week (to prevent muscle & bone density loss):

- small muscles pelvic, shoulders, knees, ankles (smart stability, mobility, pilates),
- big muscles regular strength training
- heart muscle cardiovascular



3. BASAL BODY TEMPERATURE

daily scan

- thyroid function awareness
- detect hormonal fluctuations
- immunity early warnings



4. HYDRATE

- Drink enough water (urine daily check)
- Electrolytes balance (Mg, Ca, K, Na...)
- Limit dehydrating substances (caffeine, alcohol, spicy foods)



5. BREATHING

- match your technique with your goal!
- practice cardiac coherence and body scans for stress relief

6. GUT & ELIMINATION

- include daily, organic sources of polyphenols, cruciferous and antioxydants
- daily elimination is crucial for health

7. MICRONUTRIENTS FIX



- Anemia related (Fe, ferritine, transferine, TBC, B12, B9)
- Thyroid related (Selenium, Iodine, Mg, Zn and Co, Q10)
- Others: Vit D, omega 3 (and more...)
- Re-check past deficiencies regularly

8. THYROID CARE



(see 1, 3 and 7)

10. XENOESTROGENS

- avoid BPA and parabens from selfcare and cleaning products
- avoid pesticide intake by buying organic fruits, veggies, meat and dairy products