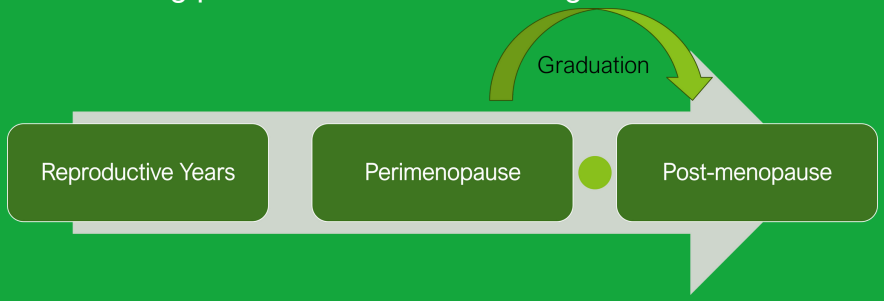
NICKY CLARK NUTRITION

Eat Right in Perimenopause

with Nicky Clark

Perimenopause is the two to ten years leading up to menopause. It's different from menopause (or post-menopause) which begins one year after a woman's final period. Perimenopause is the time when symptoms are most likely to occur. Symptoms include anxiety, insomnia, weight gain, night sweats, and a reduced ability to deal with stress. Diet plays a pivotal role in helping women to manage these symptoms and adapt to the changes taking place in their bodies until 'graduation'.



These changes don't have to be daunting. Many women thrive through this time and come out stronger and happier.

1

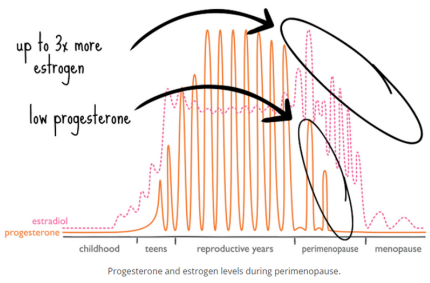
WHAT ARE THE EARLY SIGNS?

- A period of hormonal transition
- Timing is largely genetic
- Anxiety and depression
- Poor sleep
- Weight gain around the middle
- Menstrual cycle changes (heavier, shorter, longer, breast tenderness)

2

WHAT IS THE CAUSE?

- Not a pathology, but a computer software upgrade
- Progesterone quietly leaves (anxiety, stress, heavy periods)
- Estrogen goes high and wild (mood, breast pain, night sweats)
- Relative increase in testosterone (weight around middle)
- Changes can create a hormone rollercoaster



Progesterone and estrogen levels during perimenopause.

3

HOW CAN DIET HELP?

- An important window of opportunity
- Gut health is key
- Measurable changes to the brain's energy supply: metabolism must be flexible
- Food must provide raw materials needed to calm mood and anxiety

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4

WHICH FOODS TO FOCUS ON?

- Build 3 square meals around protein with a focus on taurine
- Moderate and consistent fasting
- Alcohol is not your friend
- Magnesium to calm the nervous system
- Phytoestrogens to modulate estrogen
- Prioritise good gut health
- Download the Protein Amounts for your fridge

Protein Amounts Download

5

A WINDOW OF OPPORTUNITY!

- This is not about aging: evolution has selected us!
- A window of opportunity for health with a lot at stake
- Symptoms should only be temporary
- Manage stress in a busy and demanding time of life
- Exercise for muscles, not to burn calories
- Sleep is all powerful

About Nicky

Nicky is a registered Nutritional Therapist working in Sydney's CBD. Nicky sees clients privately for one-to-one consultations, delivers talks and workshops, and runs online health programmes. Nicky's interest in nutrition started when diet changes helped her to get pregnant with her first child. This prompted her to leave the corporate world (Tax?!) to learn the science of how the diet changes she made resulted in the creation of her son.

If you would like **to book a consultation or speak with Nicky use the** link below to book an initial free 15 minute chat using the QR code below.

Book 15 mins with Nicky

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Suite 6, 102 Gloucester St
Sydney CBD
0487 660 161
info@nickyclarknutrition.com
www.nickyclarknutrition.com
Instagram/Facebook: @nickyclarknutrition