

5

THINGS YOU CAN DO TO


Reduce Perimenopause Symptoms

When you have fluctuating hormones, your world can turn upside down. Some of the symptoms of perimenopause — the years before menopause when your hormones start fluctuating — can really wreak havoc on your body, your mood, and your relationships. Here are some actions you can take to reduce those symptoms and improve your resiliency.

RECIPES

SIMPLE TOFU SCRAMBLE

—  4 servings

 20 minutes

This tofu scramble makes a great savory high-protein breakfast option for those avoiding eggs. Turmeric is added for color (and extra nutrition), however you can skip it if needed.

Ingredients

- 1 to 2 teaspoons avocado oil or olive oil
- 1 yellow onion, finely chopped
- 2 stalks celery, finely chopped
- Pinch of turmeric, for color
- 16-oz package firm or extra-firm tofu
- Shoyu or soy sauce, to taste



Directions:

1. Heat oil in a large skillet over medium-high heat. Add onions and celery and cook until softened, 4 to 5 minutes.
2. Stir in turmeric, then crumble in tofu. Reduce heat to medium and cook, covered, for about 10 minutes, stirring occasionally. Season with soy sauce and serve.

OTHER RECIPES



[Cilantro Lime Chicken Salad](#)



[Ginger Lime Salmon and Baby Bok Choy](#)



[Slow Cooker Lentil Cauliflower Stew](#)



[Tempeh Mushroom Bowl](#)



[Roasted salmon with coconut kale and sweet potatoes](#)



[Quinoa Porridge](#)

#2. LIMIT ALCOHOL

Not only can alcohol cause hot flashes by promoting hormone fluctuations, it can also increase the severity of those hot flashes, and disrupt quality of sleep with profuse sweating and restlessness. In addition to non-alcoholic spirits, there are many mocktail recipes that creatively use other healthful products for refreshing beverages. Most non-alcoholic spirits or shrubs can be swapped into your favorite cocktail recipes without any additional modifications, making it much easier to find a substitute for your favorite refreshment — but without the hormonal side effects.



Ritual Zero Proof and Seedlip are some alcohol-free alternatives to liquor.

There are many small shrub producers now, and they can be an ingredient in great non-alcoholic mocktails. These are a base of apple cider vinegar usually made with a natural fruit flavoring.

RECIPES

NON-ALCOHOLIC POMEGRANATE MARGARITA

Ingredients

- 1 ½ ounces 100% pomegranate juice (purchased or fresh squeezed)
- 1 ½ ounces Tequila Alternative (Ritual, Spiritless, Free Spirits, or another non-alcoholic brand)
- ½ ounce lime juice
- ½ ounce simple syrup or maple syrup

Optional: Kosher salt or Himalayan pink salt, for the rim

- Ice, for serving
- For the garnish: pomegranate seeds, orange wedge or lime wedge



Directions:

1. Cut a notch in a lime wedge, then run the lime around the rim of a glass. Dip the edge of the rim into a plate of salt.
2. Place all ingredients in a cocktail shaker and fill it with ice. Shake until cold. Strain the margarita into the glass with the salted rim. Fill the glass with ice, garnish with pomegranate seeds and an orange wedge or lime wedge.

Recipe adapted from A Couple Cooks <https://www.acouplecooks.com/pomegranate-margarita/>

NON-ALCOHOLIC BLUEBERRY MOCKTAIL

Ingredients

- 10 fresh or frozen blueberries
- 1 rosemary stem
- 1 tablespoon honey or simple syrup
- 1 oz fresh lime juice
- 1 oz of your shrub of choice
- 5 oz sparkling water
- 1 oz berry flavored kombucha

Directions:

1. Strip the rosemary of its leaves, add them to a cocktail shaker along with the blueberries and the honey (or simple syrup). Muddle with a pestle for around 30 seconds to mash the blueberries and incorporate the rosemary.
2. Add the lime juice and shrub and stir.
3. Strain the liquid into a glass and add a good handful of crushed ice.
4. Top with sparkling water and berry kombucha and stir.
5. Add fresh blueberries and rosemary springs for garnish.



#3. STRENGTH TRAINING & EXERCISE

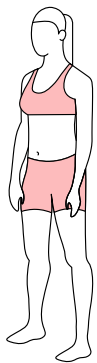
Many women who start to feel their bodies change will amp up their cardio workouts, which can leave them feeling even more exhausted. Strength training, with heavy weights, done slowly and repeated 3-6 times, will help you build more muscle in less time. The more muscle you have, the more calories you burn at rest, and the more energetic you'll feel. Strength training can also boost our neural pathways — leading to better cognition — improve fat-burning metabolism, increase and maintain bone density, and help maintain our cardiovascular health. Aim for adding strength training to your workout routine three times per week for the best results. Including exercises such as squats, deadlifts, lunges, chest presses, and rows will ensure you hit all of the major muscle groups. Many of these can be done at home without equipment, or join one of the new studios targeting women of peri- or menopausal age. Some are listed below.



NEED SOME INSPIRATION?

DAY 1

Bodyweight squats

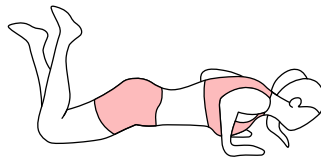
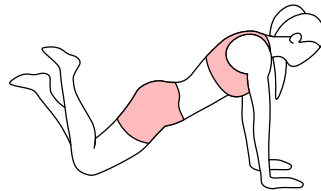


(add a dumbbell or a weighted backpack for extra resistance)



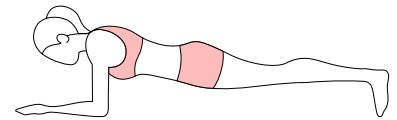
8 reps

Kneeling push-ups



8 reps

Plank

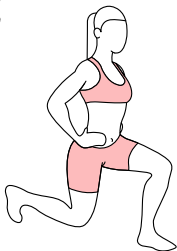


15 - 20 seconds

REPEAT 2X

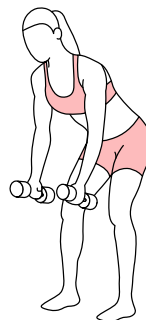
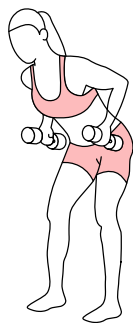
DAY 2

Backward-stepping lunges (per side)



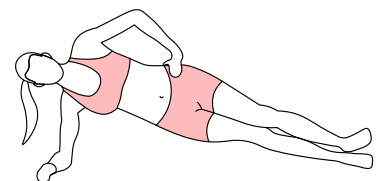
8 reps

Rows (use a TRX strap or dumbbells)



6 reps

Side plank



15 - 20 seconds

REPEAT 2X

We highly recommend working with a professional trainer to avoid injury! As always, please consult with your healthcare provider before starting a new exercise routine.

The Perfect Workout or OsteoStrong are some national studios that cater to this style of strength training.

#4. DEEP BREATHING

Hormone fluctuations during perimenopause can increase anxiety, which can cause that awful overwhelmed feeling. Deep breathing has proven to be highly effective for calming the nerves, and managing stress. The friction of the air going through your sinuses sends calming nerve signals throughout your body and mind. Try the two exercises below.



NEED SOME INSPIRATION?

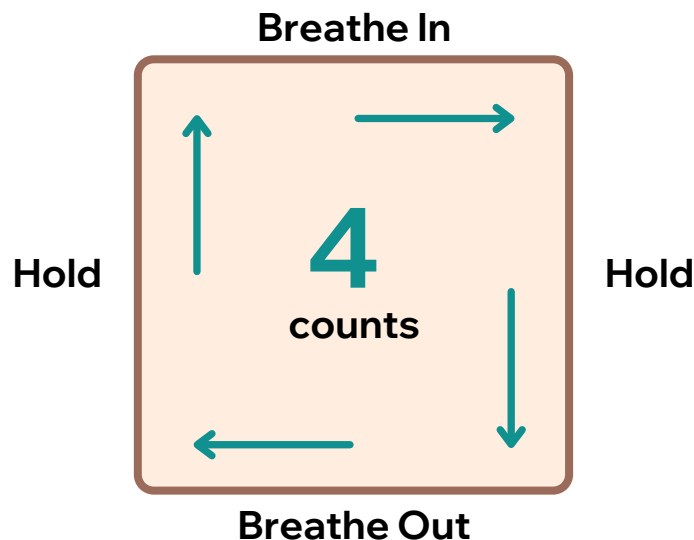
THE 7s BREATHING EXERCISE:

- Breathe in through your nose for 7 seconds.
- Hold your breath for 7 seconds.
- Exhale through your mouth as if you are blowing through a straw for 7 (or more) seconds.
- Repeat up to 7 times.



BOX BREATHING:

- Breathe in, counting to 4 slowly. Feel the air enter your lungs.
- Hold your breath for 4 counts. Avoid inhaling or exhaling for this time.
- Slowly exhale through your mouth for 4 counts.
- Hold your breath with no air in your lungs for 4 counts.
- Repeat as many times as you'd like.



#5. CONSIDER MENOPAUSE HORMONE THERAPY

Menopause Hormone Therapy (MHT) has come a long way in the last 50 years. The hormones progesterone, estrogen (a few types), and testosterone all fluctuate and fall during perimenopause. Many women benefit greatly from hormonal treatment to improve sleep, increase your “oomph” and drive, and help with cognitive issues like brain fog, memory issues and temporary depression. Some women, due to surgery or illness, are thrown into menopause suddenly at a younger age than is typical, and can greatly benefit as well.

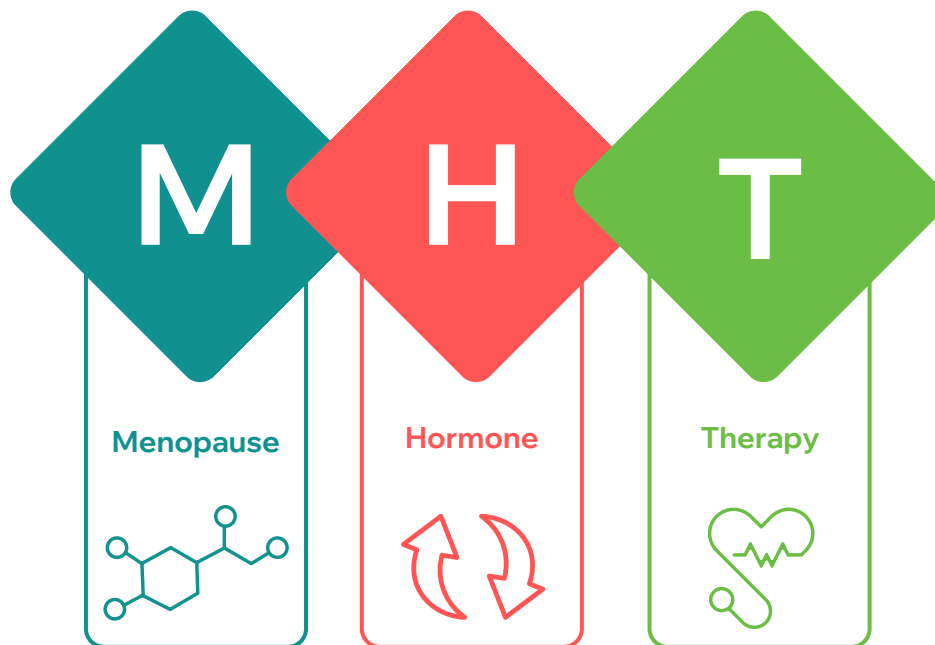
The latest research available has shown us that, hormones can actually protect women from increased risk of health conditions post-menopause, such as heart disease, some cancers, and cognitive decline. Poor research from the past has caused a lot of confusion and fear in this area, but reviews of that research and more recent studies have proven that the benefits often outweigh the risks.

There are so many delivery methods for MHT, some systemic or affecting the whole body, and some localized to certain areas. Delivery varies greatly and may include patches, vaginal creams, oral pills, IUDs, injected pellets, or a combination of these. Some women are able to start with a one-size-fits-all approach, and others opt for specialized testing followed by compounded formulas specific to their hormonal situation. There are even estrogen creams used to help slow the aging process of facial skin.

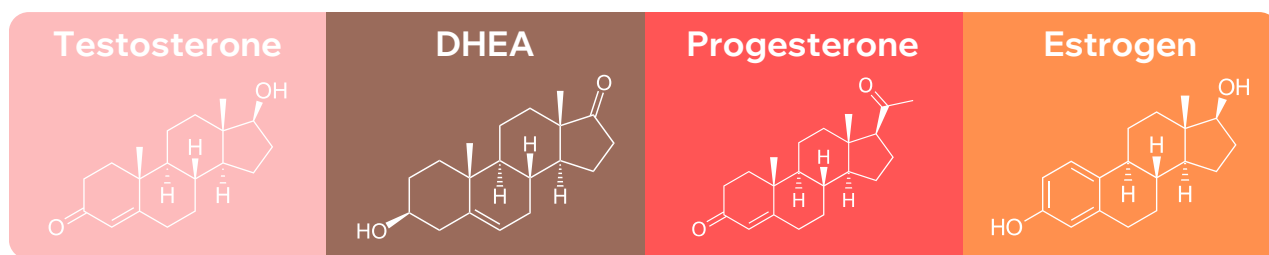


Talk to your naturopath or ob/gyn about the latest information. Here are some questions you can ask to see if MHT is right for you.

- Do I have any past medical conditions or genetic reasons that would disqualify me from pursuing MHT?



- If interested, you may ask if they are familiar with testing and prescribing compounded formulas.
- At what age do you think I should start MHT? (Are you perimenopausal with symptoms, menopausal, or postmenopausal?)
- Should I take testosterone, DHEA, and progesterone in addition to estrogen, and why?



It is a personal decision to go on MHT that no one can make for you. Get informed about the pros and cons, benefits and risks, by talking to experts who know the research.

If you'd like to **learn more** about **what is really going on with your body** and how you can **improve your health and reduce symptoms** during perimenopause and menopause, check out our

FREE WEBINAR:

The Menopause Prep Toolkit: Top 5 Actions to Power Through Perimenopause and Menopause

The Details:

- A free LIVE webinar Tuesday, September 16, 2025 from 6-7 pm PT
- Including a Q&A section
- Led by a women's health expert and registered dietitian nutritionist, Julie Starkel, MS, MBA, RDN



Julie Starkel, MS,
MBA, RDN

What we'll cover:

- Discover the difference between perimenopause and menopause and why it's important
- The major areas of the body affected (it's not just your ovaries!)
- Effective and NEW therapies available & questions to ask your doctor
- Top 5 Actions you can take now to reduce menopausal symptoms

[To register, please click here, or scan the QR code!](#)

