



Supporting the
(peri)menopause life-
stage with life-style



Who am I?

Dana Chapman

DC Nutrition Ltd

Nutritional Therapist, BSc (Hons)
Nutrition Science

mBANT, CNHC

www.dc-nutrition.co.uk



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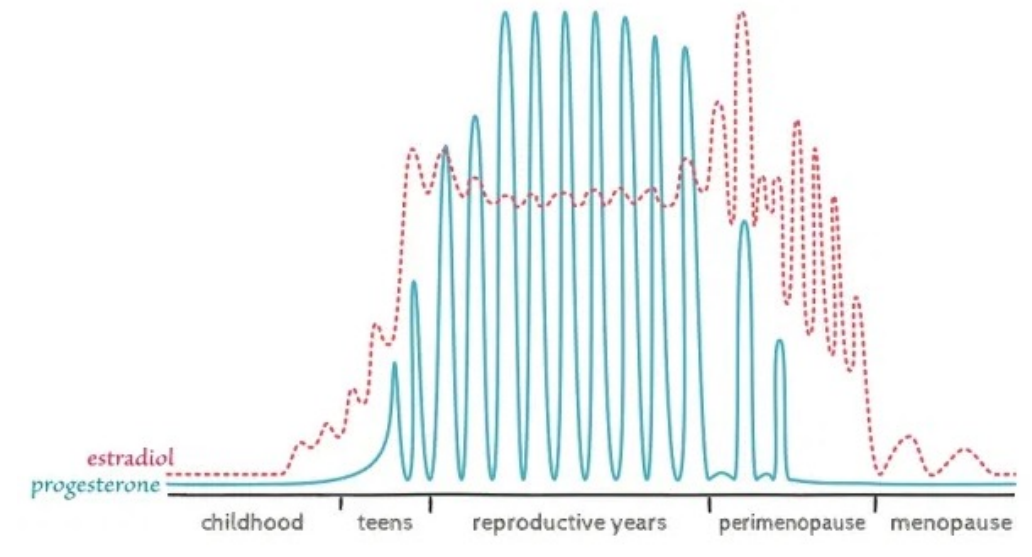
What I will cover.....

- Menopause and perimenopause what's happening??
- Why and how lifestyle matters
- What to watch out for
- Top lifestyle tips
- My favourite brands



Menopause and Perimenopause What's Happening...?

- During perimenopause ovulation doesn't always occur monthly
- Levels of other sex hormones also change (testosterone and DHEA)
- Peri-menopausal oestrogen levels tend to be a third higher than in younger women
- Progesterone levels drop
- Oestrogen dominance symptoms may occur (headaches, migraines, breast tenderness, PMS, decreased sex drive, bloating, mood swings, fatigue, anxiety and depression, hormonal weight gain)
- Bone density starts to decrease



How and Why Lifestyle Matters

- During menopause the ovaries stop producing high quantities of oestrogen
- Adrenal glands, the heart, brain and fat cells can make oestrogen
- Adrenal glands can make progesterone
- Extra load on adrenal glands which also produce our stress hormones (cortisol and adrenaline)
- We are more sedentary, lack of movement reduces bone mineral density



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What to watch out for

- For hormones to become active they need to bind to a protein called Sex Hormone Binding Globulin
- Xenoestrogens bind to SHBG and displace our actual hormones leading to more hormone disruption
- Before a woman leaves the house she has used over 100 chemicals on her body (xenoestrogens)
- We are exposed to these xenoestrogens in our environment too through plastic exposure and phthalates found in things like soaps, shampoos and household cleaning products



Top Lifestyle Tips

- Is it time to take a pay cut...?
- Reduce stress and or bring in stress relieving activities
- Yoga has been shown to reduce psychological complaints in menopausal women
- Weight bearing exercises to support bone density
- Remove all non-natural/ synthetic skin care and cleaning products from your home
- Remove plastic exposure as far as possible



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My Favourite Brands

- Skincare – Tropic and Balance Me
- Perfumes – Medeau Fragrances (non toxic)
- Household – Ecover, Purdy & Figg
- Handwashes etc – Faith in Nature, Green People



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TROPIC



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Thank you!
I'd love to connect

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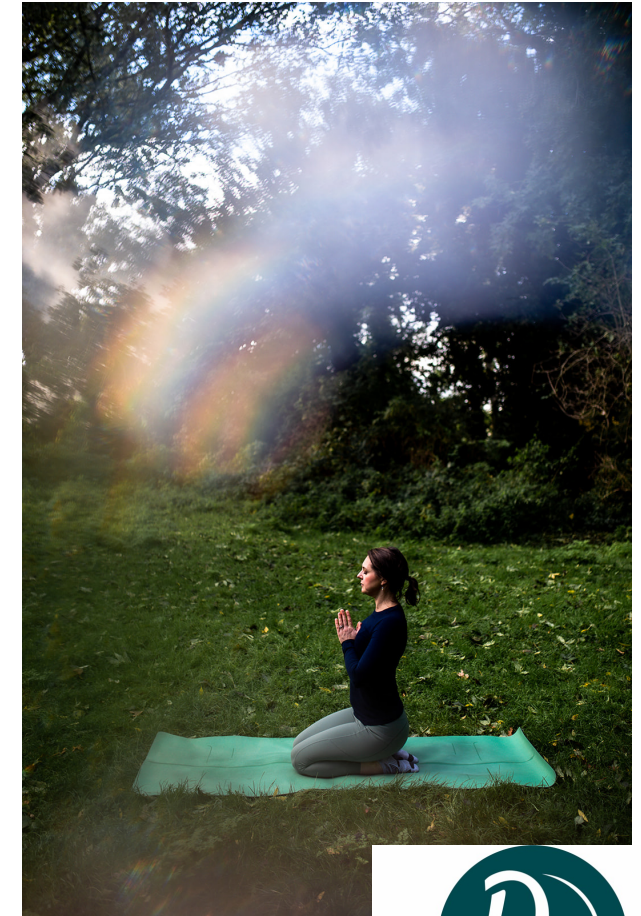
Free downloadable: Nutrition support for menopause

E: dana@dc-nutrition.co.uk

I: dcnutritionltd

F: DC Nutrition

L: Dana Chapman



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