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WHAT SUPPLEMENTS YOU SHOULD BE TAKING TO

***MANAGE YOUR
MENOPAUSE***

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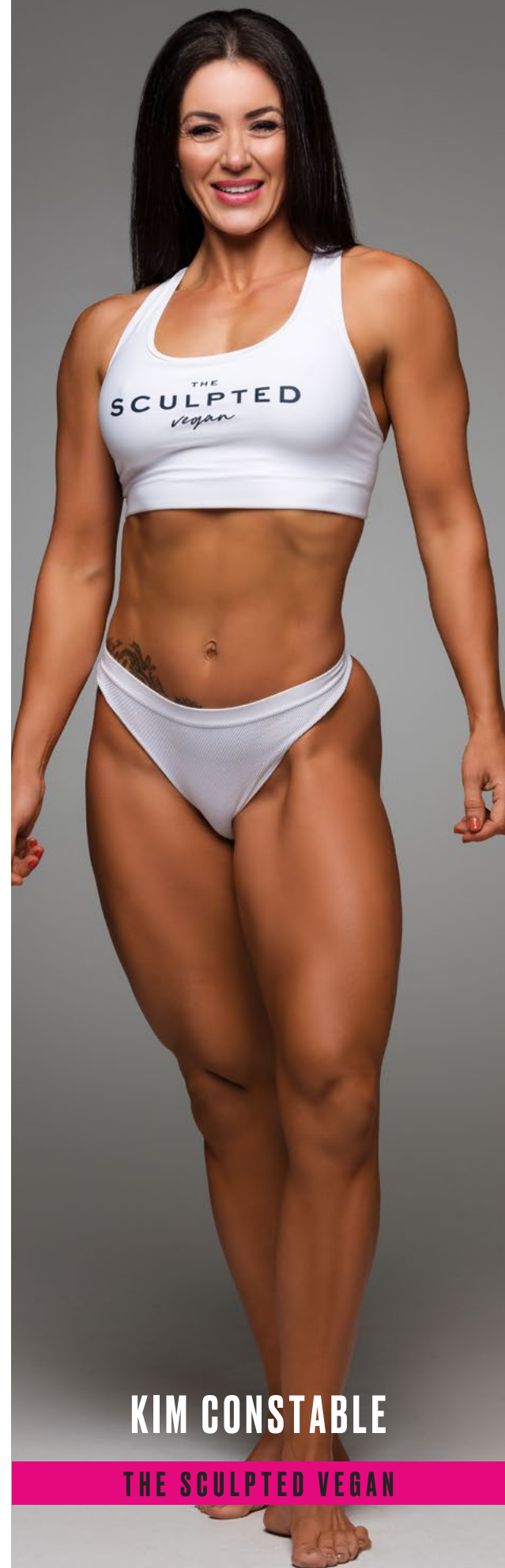
The only thing predictable about menopause is that it's unpredictable. The menopause experience can feel like the craziest rollercoaster ride you have ever been on—like when you go to Disneyland and decide to get on the biggest and scariest ride in the park, only to realize the moment you get strapped in that this is the worst idea ever. But it's too late to get off, and you are now along for the wild ride.

In my years of experience working with hundreds of thousands of women all over the globe at all stages of life, I also have an enormous understanding of the human body, muscle growth, fat loss, and the systems that support it.

I understand that changes in sleep, weight gain, libido, and body temperature can all affect your wiser years in all kinds of bothersome ways. But all is not lost; you can keep your body slim, your mind calm, and your libido healthy by managing the body's response to your changing hormones. Menopause matters at *The Sculpted Vegan*. We are over the silence that has been deafening menopausal women for all these years; it's time to get real about one of the most natural occurrences all women will ever experience.

Whether you're considering traditional hormone replacement therapy or want to try a more holistic approach, smart supplementation can also help manage the many symptoms of menopause. I have created this supplement guide to help you navigate this new stage of your life so that you feel supported, understood, and like you have the tools to cope with anything life throws at you. Please note that the information included in this guide is not medical advice and should never replace your doctor's advice.

Kim x



KIM CONSTABLE

THE SCULPTED VEGAN



Supplements for Perimenopause

Agnus Castus (vitex, chaste berry or chaste-tree) - The hormone-balancing effects of Vitex Agnus-Castus may help relieve symptoms of perimenopause. In one study, vitex oils were given to 23 women in menopause. Women reported improved symptoms, including better mood and sleep, and some even regained their period. It can be used for PMS, irritability, low mood and irregular periods. Take 60mg a day.

Dong Quai - Herbalists prescribe Dong Quai to women who need to “enrich” their blood. Its nickname is the “female ginseng.” Enriching or nourishing your blood means increasing the quality of your blood. Women may find the most benefits from Dong Quai during and after menstruation for issues like PMS, menopause, and cramps. Some women take Dong Quai to treat hot flashes. Take 1000mg a day.

Red Raspberry - Red raspberry leaf tea is an effective way to lessen heavy menstrual flows or help regulate irregular periods, especially those at the onset of perimenopause for many women. Drink as a tea in the morning.

Supplements for Hot Flashes

Black Cohosh - Black Cohosh is a member of the buttercup family. It has been widely studied as an alternative to HRT (hormone replacement therapy) to alleviate symptoms of menopause, such as hot flashes, night sweats, and low mood. It is beneficial in improving sleep quality by reducing hot flashes. Take 6.5g a day or drink as a tea.

Sage - Sage has been traditionally used to alleviate menopausal symptoms. It's believed that compounds in sage have estrogen-like properties, allowing them to bind to specific receptors in your brain to help improve memory and treat hot flashes and excessive sweating. Take 1600mg a day.

Supplements for Low Mood, Anxiety & Stress

St. John's Wort - St. John's Wort is a traditional herbal medicinal product that has been used for many years to relieve the symptoms of slightly low mood and mild anxiety. It can also be taken for hot flashes and insomnia. Before using St. John's Wort, please check with your doctor, as it can interfere with other drugs, including those used to treat breast cancer (such as tamoxifen) and antidepressants. Take 250mg a day.



Ashwagandha - Ashwagandha, also known as Indian Ginseng, is used in traditional Ayurvedic practice. It has become an increasingly popular herbal supplement among women of different ages in the modern world. It can help with poor sleep, anxiety, and stress. Take 1000mg a day.

Supplements for Reduced Tiredness & Fatigue

Rhodiola - Rhodiola is an adaptogenic plant that balances stress responses and supports brain, liver, and heart health. The plant is traditionally used in Chinese medicine to stimulate the nervous system, improve performance, and is recommended for fatigue, low mood, and stress. Take 500mg a day.



Vitamin B12 - Low Vitamin B12 can mimic the symptoms of dementia, with studies showing that approximately 20% of people aged 60 and older are deficient. This is one of my most recommended supplements but especially for menopausal women. Vitamin B12 improves energy levels, nerve conduction, concentration, and much more! I recommend that everyone take this supplement for general health as it is quickly depleted with stress, caffeine, and alcohol. Take 1000mcg a day.

Supplements for Sleep Quality

Valerian Root - Valerian Root is a traditional herbal medicinal product used to relieve sleep disturbances due to symptoms of mild anxiety temporarily. Studies have shown that taking Valerian extract before bed helps you fall asleep faster and improves sleep quality. Take 400mg before bed.

Montgomery Tart Cherry Juice Concentrate - Tart cherry juice is high in melatonin's sleep-promoting chemical and has anti-inflammatory properties (inflammation can disrupt sleep). Research shows that older women slept better and longer if they drank it before bed. For best results, sip an ice-cold glass 30 minutes before bed to help your core temperature drop and help send you to sleep.

Supplements for Libido

Maca - Multiple studies have found that Maca helps alleviate menopausal symptoms, including hot flashes and interrupted sleep. A 2018 study found that post-menopausal women who took Maca had reduced anxiety and lower measures of "sexual dysfunction." It can be used for hot flashes, night sweats, insomnia, libido, and stress. Take 5000mg a day.

Supplements for Memory & Cognitive Function

Ginkgo Biloba - Ginkgo Biloba has been found to contain phytoestrogens and can raise estrogen levels, naturally improving hormonal imbalances. Studies have found that one week of treatment with Ginkgo Biloba improved post-menopausal women's attention, memory, and mental flexibility. Take 600mg a day.

Holy Basil - Holy Basil, also known as Tulsi, has been revered for thousands of years as part of the Indian system of Ayurveda. As an adaptogen, Holy Basil has powerful anti-stress properties, and it is primarily used to support the body in dealing with stress, memory, and cognitive function. It supports the adrenal system, which during menopause, fluctuates hormonally. Take 500mg a day.

Supplements for Bone Health

Red Clover - Red Clover is considered one of the richest sources of isoflavones, which are water-soluble chemicals that act like estrogens (known collectively as phytoestrogens). Menopause increases a woman's risk of developing osteoporosis (significant bone loss). Some studies suggest that Red Clover isoflavones may slow bone loss and boost bone mineral density in pre-and peri-menopausal women. Several studies also suggest that Red Clover may significantly reduce hot flashes in menopausal women. Take 1000mg a day.

Vitamin D3 - Vitamin D3 is essential for promoting calcium absorption in the gut and maintaining bone health. It helps with immune function and reduces inflammation. Low Vitamin D can mimic early stage perimenopause symptoms. Get in spray form preferably and take 4000IU every morning.



Supplements for Digestion

Ginger - Ginger tea is an excellent digestive aid. Use it to curb lesser-known menopause symptoms such as nausea, vomiting, or help to settle an upset stomach. It may also help relieve stomach-churning menopause stress and anxiety. Ginger is anti-inflammatory and can reduce joint pain and stiffness. It can be helpful to curb sugar cravings as it regulates blood sugar. Taken as a tea, to make; take a piece of fresh ginger, peel it, chop it, or grate it, add it to a cup of water in a pan, and let it simmer gently for 10-15 minutes. Then strain it, and add either a little bit of honey or a squeeze of lemon juice. Drink one cup in the morning or when needed to aid digestion.

Glutamine - Glutamine can help gut function, the immune system, and other



essential processes in the body, especially in times of stress. The gut produces around 95% of the body's feel-good hormone 'serotonin'. By looking after our gut, we can manage the low moods that many women experience during menopause. Glutamine can be taken first thing in the morning to help rebuild the lining of the digestive system. Take up to 15g per day, spread over the day.

(For example, I take 5g in a smoothie or porridge in the morning and 10g in my post-workout smoothie.)

Supplements for Fat Burning

L-Carnitine - L-Carnitine carries fat to cell mitochondria to be converted into usable energy, increasing your energy level and improving your health. It decreases cravings while increasing your metabolic rate. It helps to lower cholesterol and triglyceride levels and improve cardiac performance. Take two L-Carnitine tablets 30 minutes before working out to maximise benefits.

Green Tea - Green Tea contains theanine, a compound that reduces the release of cortisol (a stress hormone). It also has antioxidants that reduce inflammation and lower the risk of disease. Studies have shown that Green Tea can help strengthen bone metabolism and decrease the risk of bone fractures, especially in women experiencing menopause. Green Tea has also been shown to boost metabolism; it can be a great fat-burning alternative for those sensitive to caffeine. Take up to 200mg a day.



Supplements for General Health

Omega-3 Algae Oil - Omega-3 helps treat a range of menopausal symptoms, such as Hypertriglyceridemia. Postmenopausal women may have higher triglyceride concentrations than premenopausal women, exposing them to an increased risk of coronary heart disease. Unfortunately, cardiovascular disease is the number one cause of death in women, so it is of utmost importance to care about our heart health. Research suggests that Omega-3 could be helpful for depression, anxiety, eye, heart, and brain health. Take 400mg a day.

Magnesium - Magnesium helps regulate muscle contraction and relaxation for muscle cramps and spasms. It regulates blood pressure and cholesterol and strengthens the bones by improving bone mineral density. It also plays a vital role in carbohydrate metabolism as it influences the release and activity of cortisol and insulin, the hormone that helps control blood glucose sugar levels. In perimenopause, it could be good for anxiety, restless legs, aching muscles, sleep issues, migraines, and high blood pressure. Take 1000- 3000mg per day before bed.



Additional Resources

1. The Kim Constable Podcast



FEATURED PODCAST

**GAINING WEIGHT
IN MENOPAUSE**

TAP HERE TO TUNE IN!



FEATURED PODCAST

**CARBS & MENO BELLY
IN MENOPAUSE**

TAP HERE TO TUNE IN!

2. Menopause Matters Facebook Group

In November 2021, we launched our new Menopause Matters private coaching group. In this group, we have 12 months of live training by world-leading experts in female health and hormones and daily support and advice from highly trained Sculpted Vegan coaches on health, fitness, losing weight, and hormones.

This coaching program will help you shred the menopause belly, clear brain fog, sleep deeply, and have boundless energy. If you would like to join a community of like-minded women who understand your same struggles and are here to support and cheer you on, [Click here.](#)



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