



Prompt Notes for:

FOOD & MENOPAUSE

ADVISORY - Many of your guests will have their own story to tell about food, and you will find it interesting. However, unless you are qualified in nutrition make answers vague unless you know something categorically. You should always be reverting back to the training program for information, and you can find something out during a break time if you need to address it later in the day. Use things like flip charts or post-it notes to ask for questions they may want you to address, it breaks the ice and will open up debates and conversations during the session, keep your eyes on timings though.

Health-related questions: If you're being asked specific details about what to do and it is a medical question please do not try to answer this or give your best guess if you are not qualified to do so. Always refer guests to their own GP to discuss. You can however provide anecdotal support and stories that you may have heard from other women, but always follow up with 'it is advisable to discuss this with your own GP'.

OPENING SLIDE: This slide should be left open if you have all gone off for a tea break. It will act as your guide when you return and give your guests an idea of what comes next.

PAGE 1: Covered During This Session - Give an overview of the list on the slide to let them know what you will be covering.

PAGE 2: Go back over why women experience symptoms. Discuss how diet plays a role within symptom management. Use references like Japanese women, for example, who have a diet high in soy, which is a phytoestrogen, and explain that you will talk more later on about how we can get some

estrogen from plants. Touch on how we are all at some point deficient in vital nutrients and this can play havoc on hormone balancing.

PAGE 3: Balance - ask about what might be causing them stress in their lives, are they still looking after children, or elderly relatives for example, perhaps even having difficulties at work. Perhaps they don't recognize their own stress?

PAGE 4: Talk in detail about what the liver is and how it functions. Also, talk about how so many women go into diabetes when their sugar levels get out of control. Remembering that carbs are also sugars. Talk about cortisol and how it increases during times of stress, and in turn, estrogen goes down - that is to say that if cortisol decreases, then estrogen improves. You do need to understand this slide, and confidently talk about the functions. Throw in some research of your own here that you may have found, some amusing stories or anecdotes. Try to keep things light yet informative.

PAGE 5: There is more and more research being carried out to do with how our gut and brain react together. It is where the saying 'gut feeling' comes from. We must look after our gut health to absorb all the nutrients we need during menopause.

Has anyone in your audience experienced poor gut health or has a story to share? Some people carry their stress in the gut, and this may result in things like IBS etc.

PAGE 6: Now you can talk about how we make our gut healthier by looking at what enters it! Live cultures, food that has not been sprayed - always advise buying organic where possible, and fermented foods are all great. Fermented foods can easily be made at home - find a recipe that you can share, give them top tips at this stage; they will be very keen to understand more.

Perhaps talk about being able to buy things like Kefir in the supermarket (unflavored, as added flavorings may contain sugar). Talk about what fiber does, how it can help clear the intestines, helping to prevent diseases like cancer - for example.

PAGE 7: During this slide, you need to identify some useful foods that relate to the vitamins and nutrients listed - a great way to get magnesium is through Epsom salts in your bath. Come up with foods that you also like to use in recipes and talk openly about how you get these nutrients into your own body. Give them ideas that they can take away - and even if they only change one

meal a week, it is a start. Lots of recipes on Menopause Experts Training and within our magazine that both you or they can look up.

PAGE 8: This slide about caffeine always creates a stir - women feel they cannot give up coffee, but some will have done so already - caffeine is a major contributor to negative symptoms like hot flushes or sweats, and even palpitations! Your audience will tell you stories about what may have happened to them - please cover the fact that even diet fizzy drinks like Pepsi Max are full of caffeine but don't shout about it. This is what makes it addictive. Always read labels.

Give them top tips on how to reduce alcohol even if they cannot give it up. Drink one glass of water to each glass of wine, they will find that they most likely reduce their intake by 50% which will help. Also, add tonic to make spritzers if needed. But recommend non-alcoholic wine or gin and tonic, you would be hard-punished to know the difference these days. Always serve chilled in a wine or gin glass as that tricks the brain too!

PAGE 9: Come back to the estrogen receptors all over the body and why our hair may thin. There are lots of ways to combat this - eating more protein and keeping hydrated can both help. But mostly, we need to look at our diet and stress levels. Hair will grow back in time. Issues with vision may mean that some women will not like driving at night any longer. Advise they get regular eye check-ups.

PAGE 10: Self-explanatory - and a continuation of the previous slide. This is all to do with estrogen.

PAGE 11 : This is your opportunity to really go into detail when it comes to processed foods - 'processed food' means in essence anything that has a container with a label; all unprocessed foods do not need any form of packaging. Take a look at what processed foods might be regularly in cupboards that could be replaced with something homemade and nutritious. Pasta sauces, gravy granules, maybe even frozen chips, are all processed. Talk about chemicals that enable food to stay edible, and that anything fresh goes off quickly. Talk about how cancers have increased coinciding with processed foods, and how previous generations like our mothers and grandmothers would have grown their own or bought from the local shop, greengrocer, bakery, etc. Changes to what women put into their bodies could make a difference to symptoms. If some women do not have a garden, a good thing to bring up is that a window box can grow salad crops.

The next slides in this section do not require notes - but add some of your own if you wish, share stories and recipes. Get the audience involved.

Moving into the break:

Non-alcoholic fizz - we recommend Noughty, Thomson & Scott. Please talk about the benefits of reducing alcohol, but do not preach. You are simply showing them how much fun it can still be!

Dark chocolate - try Montezumas' dark chocolate buttons. Dark chocolate is really good for the brain, and research is being carried out all of the time, some showing how it helps prevent dementia. A few buttons a day can help reduce high blood pressure as it's full of antioxidants.

Where they grow cacao in countries like Brazil or Peru they feed raw cacao to their babies as they know how nutritious it is. A few buttons a day, really good for the brain and reduces high blood pressure - it's full of antioxidants. Find some interesting stories of your own as there are plenty out there.