



Women's Health

Understand & improve your hormone health for a happier, healthier & vibrant you





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- SuperWellness founded in 2011 - we simplify your path to effective workplace wellbeing, by providing all the support you need in one place
- Worked with over 1000 organisations, including Arriva Rail London, Hitachi, Sky, Vitality, Viking RAJA Group & many more





AGENDA

Quiz: let's warm up our brains!

Some key hormones and phases of womanhood

Spotlight on oestrogen & progesterone

Nutrition and Lifestyle Foundations for Better Health

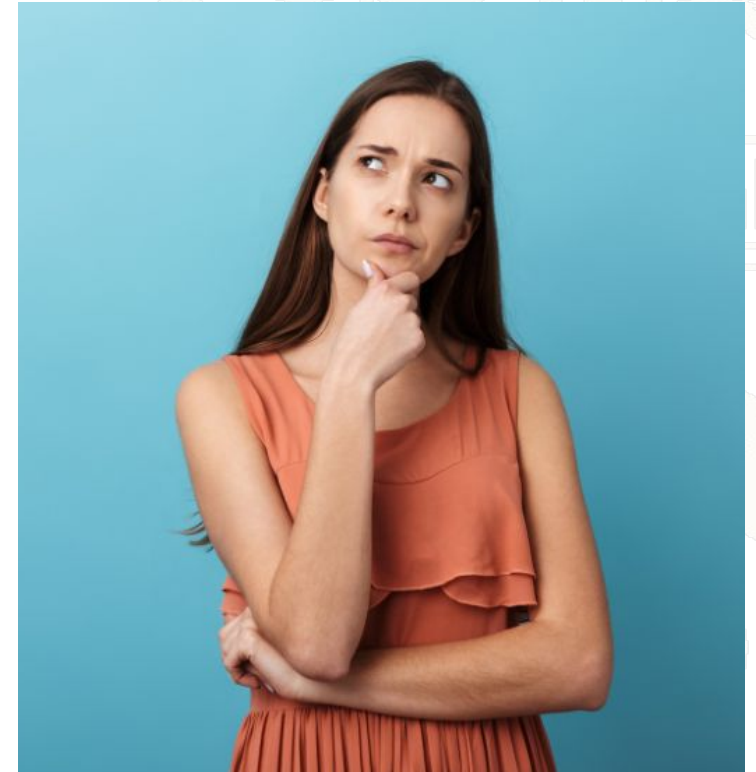


Quiz

Q1. Can you name any hormones?

Q2. What are hormones made from?
Fat, protein or carbohydrates?

Q3. Which mineral is best for stress support?





Some of your key hormones

- **Insulin** – blood sugar balancing hormone
- **Cortisol** – stress & body clock hormone
- **Thyroid hormone** – metabolism regulator
- **Oestrogen & progesterone** – “female” sex hormones
- **Testosterone** – “male” sex hormone (women **need it too!**)
- **Melatonin, Growth hormone, Leptin, Ghrelin** – impact sleep, metabolism, appetite, cravings, body fat



The phases of womanhood

Menstrual cycling years **part 1** – from first period in teens



Menstrual cycling years **part 2** - perimenopause (late 30's+)



Menopause (1 day) – after 12 months with no period



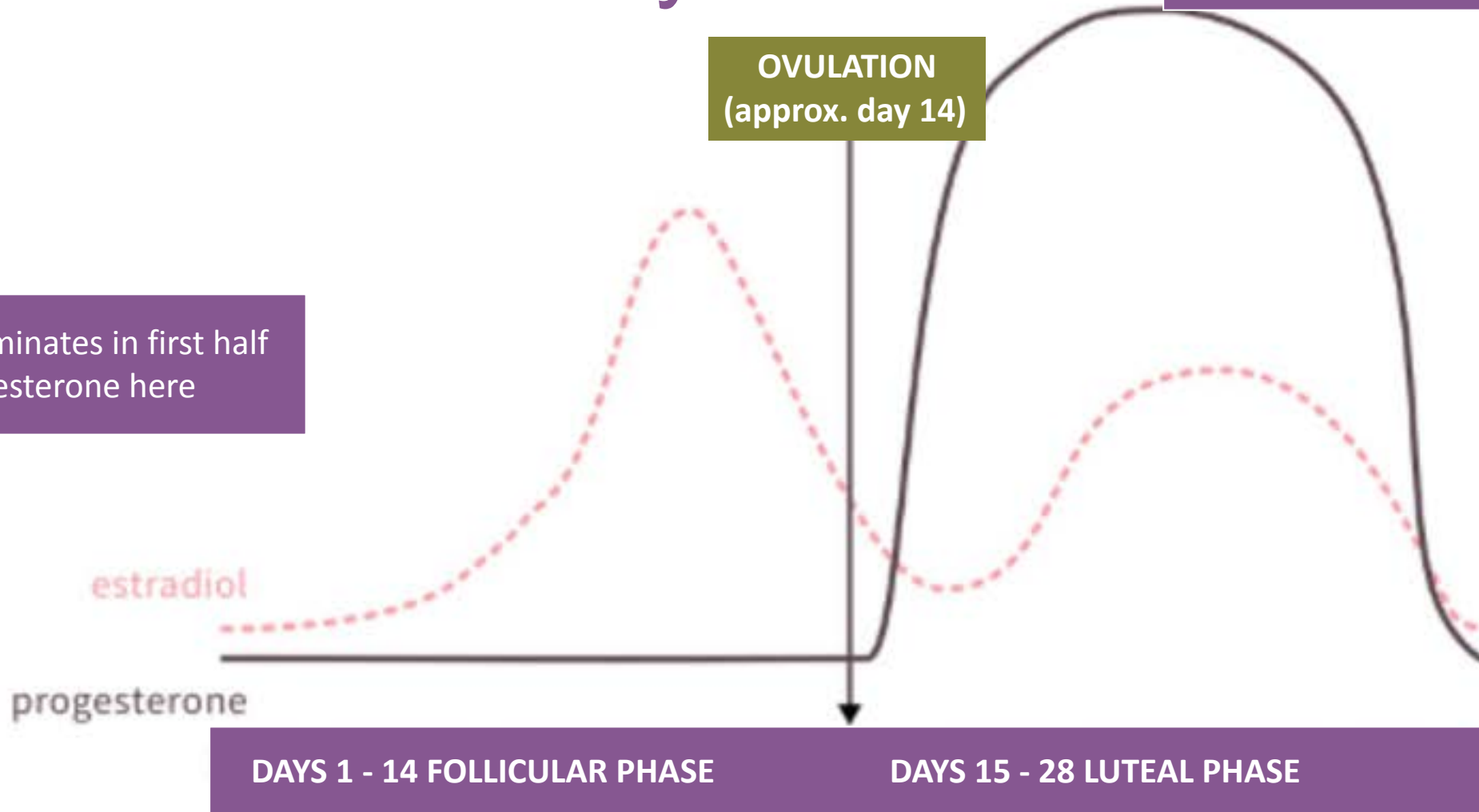
Post-menopause - a new & wonderful phase of womanhood



The menstrual cycle

Oestrogen dominates in first half
Low / no progesterone here

Progesterone made after
ovulation, dominates second half





Oestrogen's magic



- Key whole-body hormone
- Supports metabolism & energy
- Anti-inflammatory effects
- Supports brain, bones, heart & skin
- Influences mood, motivation & wellbeing (serotonin, dopamine, melatonin)
- Supports skin health, blood flow & collagen
- Plays a role in body composition & physical characteristics



Changes in oestrogen

- Natural decline after menopause
- Hot flushes & night sweats
- Changes in mood, memory & focus
- Reduced bone strength (osteoporosis risk)
- Changes in metabolism & blood sugar balance
- Increased tendency for weight gain (especially midsection)
- Loss of muscle mass & strength
- Skin changes (tone, elasticity)
- Increased inflammation





Progesterone's magic



- Supports calm, steady mood
- Promotes restful, good-quality sleep
- Calming effect on the nervous system
- Supports brain health (memory & clarity)
- Supports metabolism & muscle maintenance
- Supports thyroid function
- Helps regulate fluid balance
- **Produced after ovulation** (during cycling years)



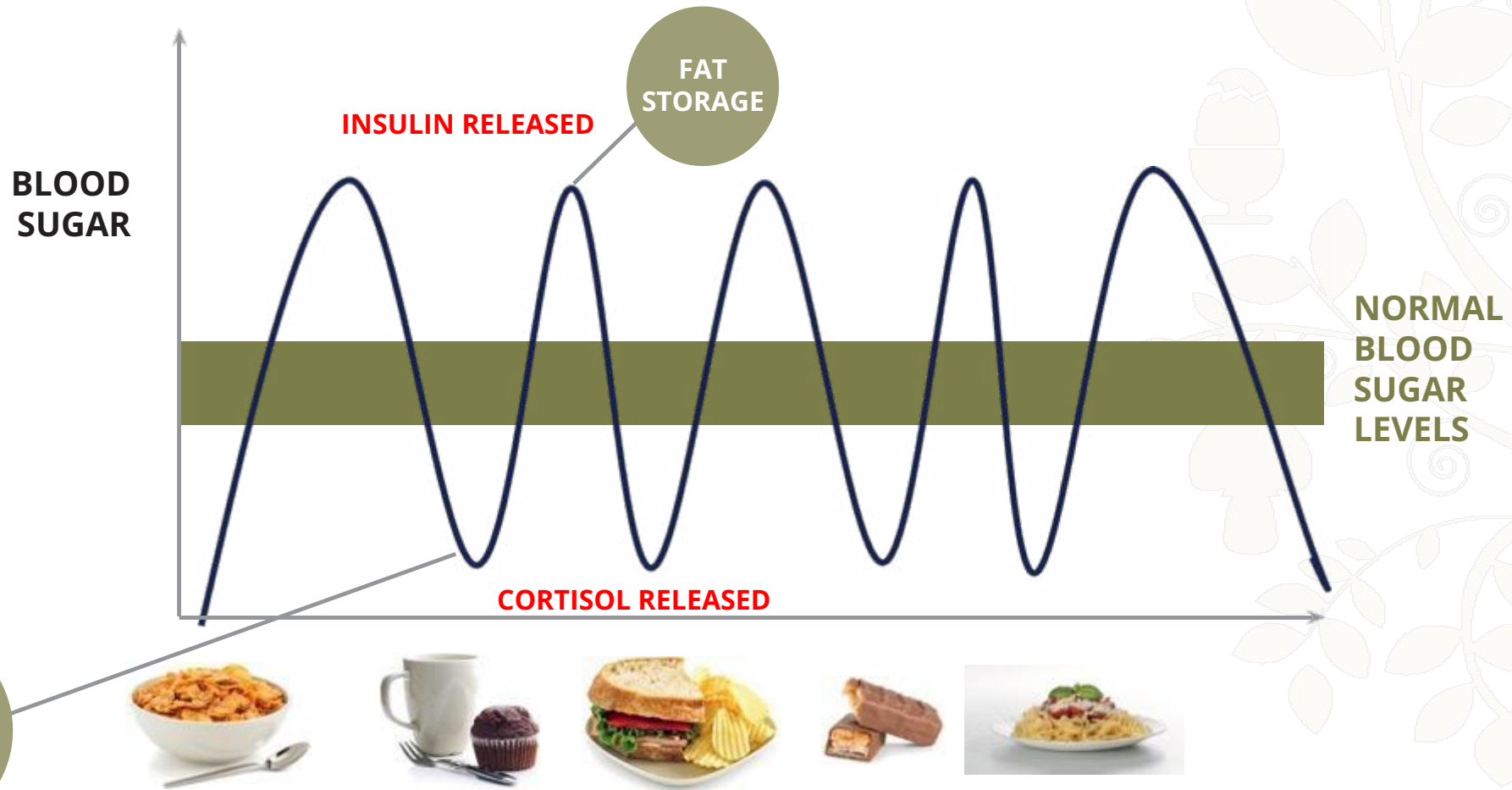
Changes in progesterone

- Natural through perimenopause and after menopause
- Increased sensitivity to stress
- Anxiety, irritability, or low mood
- Sleep disturbances or insomnia
- Changes in memory or focus
- Fluid retention (feeling “puffy”)
- Changes in body composition
- Can overlap with other hormonal imbalances





Why blood sugar balance matters



The 10 Point Plan



For a happier, healthier, more vibrant you



1. Manage stress

- Has a significant impact on energy, mood, sleep, and all hormones
- **Stress isn't just emotional, it can come from:**
 - Work demands & busy schedules
 - Poor sleep
 - Diet & blood sugar fluctuations
 - Exercise (too much or too intense)
 - Relationships & finances
 - Life events and ongoing responsibilities
- **The goal isn't to eliminate stress, but to support how the body responds to it**



Rebalance cortisol

- Ring-fence small pockets of “me time” each day
- Mindfulness or simple breathing techniques
- Gentle movement (walking, yoga, stretching)
- Spend time outdoors / in nature
- Prioritise things that help you switch off (music, reading, baths)
- Connect with others: laughter, conversation, support
- Practice gratitude or reflection
- Rest and recovery practices (e.g. Yoga Nidra, body scan)





Magnesium for stress

- **Number one mineral for stress support!**
- Almonds, cashews, buckwheat, oats, pecans, beans, green leafy vegetables
- 2 handfuls of Epsom salts in a warm bath (or 1 handful in a footbath), for 15 minutes





#2. Embrace good fats



- Omega 3
- Omega 6
- Saturated
- Monounsaturated
- Medium Chain
- Dietary cholesterol

A special mention for omega-3 fats

- **Anti inflammatory**
- EPA & DHA
- **Best source is oily fish:**
 - **S**almon
 - **M**ackerel
 - **A**nchovies
 - **S**ardines
 - **H**erring
 - **T**ROUT
- Flaxseed, walnuts, chia seeds
(ALA only, not EPA & DHA)





#3. Protein with every meal

- Key nutrient for **stable sugar levels** & keeping insulin under control
- Building blocks for brain chemicals (e.g. serotonin & dopamine)
→ supporting mood, sleep & overall wellbeing
- Manage cravings, supports muscle mass, supports bone health
- **Every meal & snack, *especially* breakfast**



From a variety of sources

- Fish
- **Grass fed, organic** red meat
- Chicken, turkey
- Eggs
- Nuts & seeds
- Chickpeas, lentils, edamame
- Organic tofu & tempeh
- Quinoa
- Cheese (moderation)
- Quality protein powder





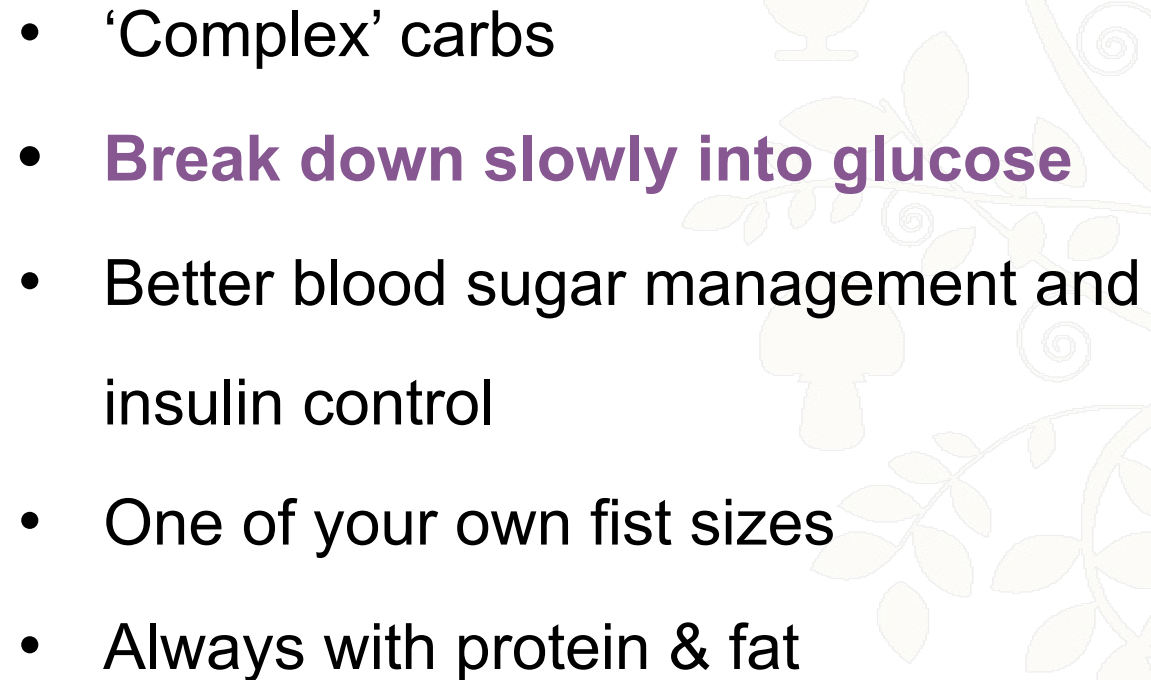
How much protein?

1.2g – 2g

per kg of body weight per day,
depending on health, activity
levels, and goals

Typical serving size*	How much protein?*
1 medium sized fillet of chicken (~175g)	41g
125g of lean beef	39g
1 fillet (~120g) salmon	29g
50g (1/2 a tin) of tuna	12.5g
120g (1/2 a tin) of kidney beans or chickpeas	9g
1 medium egg	6g
1 tablespoon of nut butter	4g
1 cup of broccoli (~80g)	3.5g
1 tablespoon of sunflower seeds	3g
10 almonds	2.5g
30g soft cheese	1.6g
1 tablespoon of hummus	1g

*values subject to natural variation



#5. Cruciferous vegetables

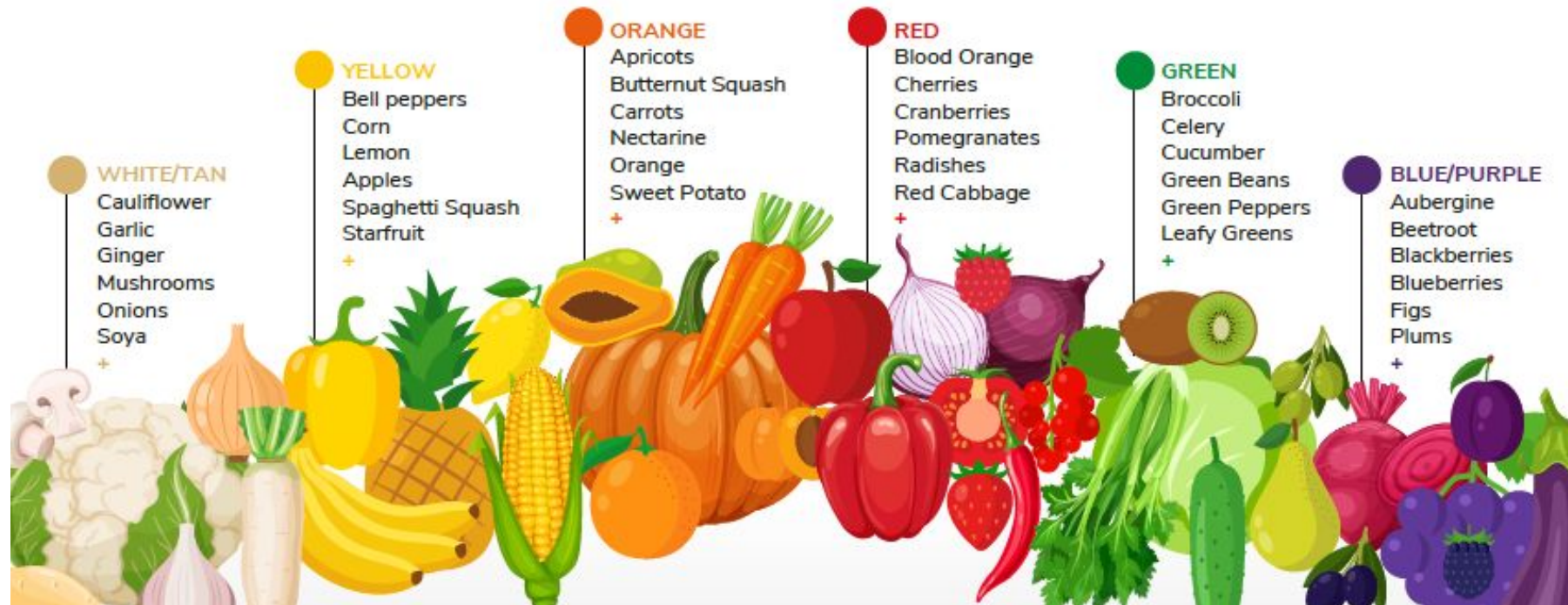
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Kale
- Bok Choy
- Rocket
- Watercress



- Sulphoraphane
- DIM
- Indole 3 Carbinol

#6. Liver-helper rainbow foods

- ✓ Array of different 'phyto' nutrients (antioxidants) that **support detoxification pathways** in liver
- ✓ Protective effects on body cells for healthier ageing and **reducing inflammation**



#7. Anti-inflammatory herbs & spices

- Dill
- Sage
- Rosemary
- Red Clover
- Ginger
- Paprika
- Turmeric
- Cumin
- Cayenne Pepper
- Parsley
- Coriander Seeds
- Liquorice
- Cinnamon
- Green Tea
- Nutmeg
- Fennel seed
- Hops
- Mint





#8. Care for your gut

- Colourful veg & fruit, whole-grains
- **Fermented (probiotic) foods:** Sauerkraut, kimchi, kombucha, miso, kefir, live natural yoghurt
- **Prebiotic fibre:** garlic, onions, asparagus, leeks Jerusalem artichoke, cooked & cooled potatoes
- **Chew 32 times before swallowing!**
- Keep colon hydrated
- Limit gluten & dairy



#9. Reducing Everyday Chemical Exposure

- Some everyday chemicals can interact with hormone systems and increase inflammation
- Found in plastics, personal care, fragrances & cleaning products

Simple ways to reduce exposure:

- Use glass, ceramic or stainless steel where possible
- Be mindful of heavily fragranced products
- Choose more natural options when it feels easy to do so





Cleaner products

- **Cleaner skincare:** Green People, Antipodes, Sukin, Jason, Ren, and Neal's Yard, Tropic and others
- **Household cleaning & detergents:** Bio-D, Method and Attitude and others
- *Natural Collection* - www.naturalcollection.com
- *Big Green Smile* - www.biggreensmile.com
- *Healthy Supplies* - www.healthysupplies.co.uk



#11. Movement that builds strength

- Supports muscle mass & healthy ageing
- Improves blood sugar balance & insulin sensitivity
- Supports metabolism & energy
- Strengthens bones & reduces fracture risk
- Releases beneficial “muscle chemicals” (myokines) that support overall health



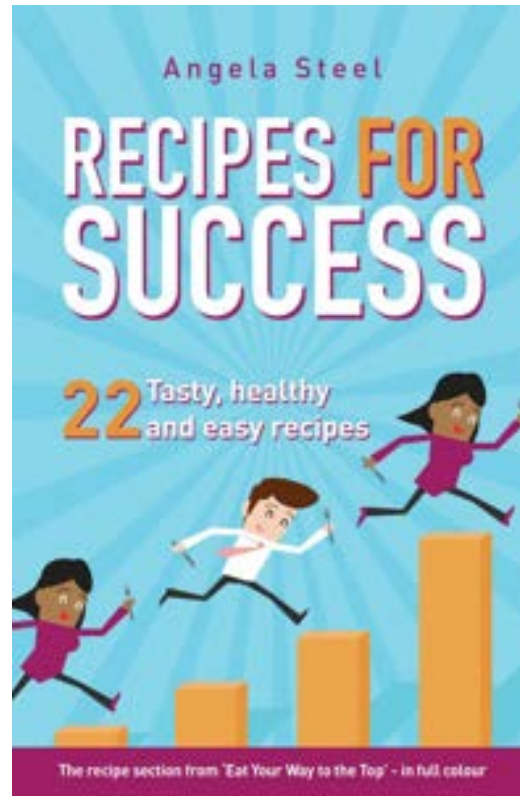


What changes might you make?

- One thing at a time
- **Not about perfection!**
- Slow & steady wins the race
- **Be in it for the long term**
- 80/20 rule



Additional Resources



FEEDBACK

Please take a moment to complete the feedback form –
your thoughts are greatly appreciated!







References

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