

# Navigating Menopause

## A Comprehensive Guide

## 更年期全攻略



Menopause is a significant phase in a woman's life, indicating the end of reproductive years. Happening between ages 45 and 55, this transition involves complex hormonal changes. To understand menopause, we need to grasp its phases, like perimenopause and postmenopause.

### Perimenopause: the Lead-up to Menopause

Perimenopause, the time before menopause, usually starts in the mid-40s. It brings irregular menstrual cycles and hormonal changes. Estrogen levels fluctuate, causing various symptoms. One key feature is unpredictable periods due to ovaries releasing eggs inconsistently. Hormonal shifts lead to physical and emotional symptoms like hot flashes, night sweats, and mood swings. Each woman's experience is unique during this phase, lasting several years before menopause. Recognizing individual differences is crucial.

### Postmenopause: the Aftermath of Menopause

Postmenopause follows the cessation of menstruation. It is a stable phase with predictable hormone levels, marking the end of menopausal changes. Postmenopause is confirmed when there is no menstruation for at least 12 consecutive months. While it signifies the end of reproductive years, it brings health considerations. Low estrogen levels impact bone density and heart health, increasing the risk of osteoporosis and heart disease. Despite potential health risks, postmenopause offers freedom from menstruation constraints, empowering women for personal growth and self-care.

### Understanding Hormonal Changes: Estrogen and Progesterone

The decline of estrogen and progesterone, important hormones in a woman's reproductive years, triggers menopausal symptoms. Hot flashes, mood swings, and libido changes are common. Holistic wellness strategies, focusing on lifestyle changes, become crucial in managing postmenopause challenges. A balanced diet, regular exercise, and overall health support are key components.

更年期是女性生命中的一个重要阶段，它代表着生育年龄的结束。这种转变发生在45岁到55岁之间，包括复杂的荷尔蒙变化。要了解更年期，我们需要掌握它的各个阶段，如围绝经期和绝经后。

### 围绝经期：绝经过渡期

围绝经期发生在更年期之前，通常在45岁左右开始。这个阶段可能出现诸多不适，例如：经期不规律和荷尔蒙变化。此外，雌激素水平的波动会引起各种症状。其中一个特征是由于卵巢不规律地释放卵从而造成经期不规律。荷尔蒙变化会导致生理和情绪症状，如潮热、盗汗和情绪波动。这个阶段会持续几年，而且每个女性的经历都是独特的。因此，意识到这一点很重要。

### 绝经后期：更年期之后

绝经后期是指月经停止后的绝经期。这一阶段是稳定的，因为激素水平变得可预测，也标志着更年期变化的结束。如果连续至少十二个月没有月经，则确认进入绝经后期。虽然它标志着生育年龄的结束，但女性的身体也会发生许多变化。雌激素水平低会影响骨密度和心脏健康，增加患骨质疏松症和心脏病的风险。尽管面临着很多挑战和潜在的健康风险，但绝经后妇女没必要因为更年期限制自己的人生，每位女性都应该能好好利用这段自己的“人生变化期”——实现个人成长和自我护理。

### 了解荷尔蒙变化：雌激素和黄体酮

雌激素和黄体酮是女性生育年龄重要荷尔蒙，它们的下降会引发更年期症状。常见的症状如：潮热、情绪波动和性欲改变等等。面对更年期，我们应该积极落实整体健康促进措施：均衡饮食、定期锻炼和整体健康支持都是关键。



#### Perimenopause:

Usually occurs in the mid-40s

#### 围绝经期:

通常45岁左右开始



#### Menopause:

Usually occurs between the ages of 45-55

更年期: 通常发生在45岁到55岁之间



#### Postmenopause:

Usually occurs in the 50s

#### 绝经后期:

通常45岁左右开始

## Balanced Diet & Supplements: Nourishing Your Body

Strategically choosing foods and supplements helps counter hormonal fluctuations. A balanced diet provides essential nutrients, promoting physical and emotional well-being. Key nutrients include:

### 1. Calcium and Vitamin D

Prioritize calcium-rich foods like yoghurt, leafy greens and fortified foods, paired with vitamin D sources such as sunlight exposure and fatty fish (wild-caught salmon or mackerel) for optimal absorption. This combination supports mood regulation, cardiovascular health, muscle function and bone health, combating the increased risk of osteoporosis associated with decreased estrogen levels.

Homemade yoghurt is one of the best sources of easily digestible protein and calcium. Because of the culturing process, yoghurt contains good bacteria that help to break down the lactose found in milk. This makes it easy to digest and it is the recommended dairy option for those who are lactose intolerant. You can make yoghurt at home conveniently with the **NewLife™ Yoghurt Maker, Yoghurt Starter** and **Low Fat Milk Powder!**



Sunlight exposure is a natural and effective way for the body to produce vitamin D. When ultraviolet B (UVB) rays from the sun interact with the skin, a chemical reaction occurs, leading to the synthesis of vitamin D.

Sunscreen blocks UVB rays, which are necessary for vitamin D synthesis. If you are specifically seeking vitamin D from sunlight, consider spending some time in the sun without sunscreen.

Note: those who are taking cholesterol-lowering drugs may be more deficient in vitamin D as cholesterol is an important component for the body to produce vitamin D from sun exposure.

### NewLife™ Calcium Complex with Boron

Our carefully formulated blend goes beyond calcium alone. With the inclusion of vitamin A, C, D, B-12, magnesium, phosphorus, zinc, and B6, this supplement provides a holistic approach to anyone concerned with maintaining peak calcium levels for total protection.

The addition of boron helps to support the body's production and utilization of vitamin D while helping the body retain estrogen hormones and reduce calcium loss.

The magnesium in **NewLife™ Calcium Complex** is crucial for muscle relaxation, stress management, quality sleep, mood regulation, as well as bone and cardiovascular health.



## 均衡的饮食和补充剂滋养您的身体

策略性地选择食物和补品有助于对抗荷尔蒙波动。均衡的饮食提供必需的营养，促进身体和情绪的健康。主要营养素包括：

### 1. 钙和维生素D

优先考虑富含钙的食物，如酸乳酪、绿叶蔬菜和强化食品，搭配维生素D来源，如阳光照射和脂肪丰富的鱼（野生鲑鱼或鲭鱼），以获得最佳的吸收。这种组合支持情绪调节、心血管健康、肌肉功能和骨骼健康，对抗因雌激素水平降低而增加的骨质疏松风险。

自制的酸乳酪是一种易于消化的蛋白质和钙的最好来源。由于发酵过程，酸乳酪含有有益的细菌，有助于分解牛奶中的乳糖。这使得它很容易消化，对于那些乳糖不耐症的人来说，这是推荐的乳制品选择。有了**新生命酸乳酪制造机、酸乳酪酵母和低脂奶粉**，您就可以在家方便地制作酸乳酪了！

阳光照射是人体产生维生素D的一种自然而有效的方式。当来自太阳的紫外线B (UVB) 与皮肤相互作用时，会发生化学反应，导致维生素D的合成。

防晒霜可以阻挡UVB射线，而UVB是合成维生素D所必需的。如果您特别想从阳光中获取维生素D，可以考虑在没有防晒霜的情况下晒晒太阳。

注意：服用降胆固醇药物的人可能更缺乏维生素D，因为胆固醇是人体在阳光照射下产生维生素D的重要成分。

### 新生命钙合成剂加硼

精心配方：除了钙，它还含有维生素A、C、D、B12，镁，磷，锌和B6，为任何关心维持钙峰值水平的人提供了全面的保护。

硼的添加有助于支持身体对维生素D的生产和利用，同时帮助身体保留雌激素，减少钙的流失。

新生命钙合成剂加硼中的镁对肌肉放松、压力管理、睡眠质量、情绪调节、骨骼和心血管健康至关重要。



(Singapore | 新加坡)

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## 2. Omega-3 Fatty Acids

Found in wild-caught fatty fish, flaxseed oil and walnuts, these aid in inflammation reduction as well as joint and heart health, and may help manage mood swings.

Flaxseed oil is high in Omega-3, 6, and 9, essential fatty acids that are necessary building blocks for all cell structures, including neurons in the brain, smooth skin and healthy hair. **NewLife™ Omega Gold Flaxseed Oil** is processed using a cold-pressed method to eliminate the damaging effects of light, oxygen and heat.

Rich in alpha-linolenic acid (ALA), flaxseed oil contains double the amount of Omega-3 than ordinary fish oil which helps to maintain an appropriate balance of Omega-3 to Omega-6 fatty acids ratio in the body.

## 3. Whole Grains and Fibre

Include whole wheat, oats, fruits, vegetables, and legumes in your diet. They regulate mood, bone and heart health, digestion, blood sugar, and weight.

**NewLife™ Herbal Klenz / Herbal Matrix Powder** fills your daily fibre gaps, reduces toxin absorption and keeps your gut system running smoothly.

## 4. High Antioxidant Foods

Researchers found that women whose diet had more antioxidants were less likely to experience menopausal symptoms such as hot flashes, night sweats, insomnia and irritability. The following antioxidant-rich supplements are beneficial to women in the perimenopausal and postmenopausal phases:

**NewLife™ Super Green Food++** contains an antioxidant blend that is all-natural and extremely potent! It combines extracts from the most powerful plants and herbs from around the world to offer the best in anti-aging, anti-inflammatory, disease prevention, and protection from free radical damage.

**NewLife™ C Complex** offers sustained release protection hour after hour, providing a 40% better utilisation rate than regular tablets. This daily supplement is enhanced with bioflavonoids to give your body the armour it needs for optimal immune function and virus protection for peace of mind.

**NewLife™ CoQ10 Plus** is an important antioxidant supplement to add to our daily routine. As we get older, cardiovascular health becomes more of a concern and CoQ10 helps to directly improve heart health and prevent cardiovascular diseases. Also, CoQ10 may reduce harmful compounds that could increase our risk of neurodegenerative diseases, such as Alzheimer's and Parkinson's diseases. In turn, this could slow disease progression.

## 2. 奥美加-3脂肪酸

野生捕获的多脂鱼、亚麻籽油和核桃中都含有这些成分，它们有助于减少炎症，促进关节和心脏健康，并有助于控制情绪波动。

亚麻籽油富含奥美加3、6和9，这些必需脂肪酸是所有细胞结构的必要组成部分，包括大脑中的神经元、光滑的皮肤和健康的头发。**新生命奥美加黄金亚麻籽油**采用冷压方法加工，以防止光、氧和热的破坏。

亚麻籽油富含α亚麻酸(ALA)，含有比普通鱼油多一倍的奥美加3脂肪酸，有助于维持体内奥美加3与6脂肪酸比例的适当平衡。

## 3. 全谷物和纤维

在日常饮食中加入纤维包括全麦、燕麦、水果、蔬菜和豆类。这个食物组有助调节情绪、骨骼和心脏健康、消化、血糖和体重。

**新生命天然净化粉**填补您每天的纤维缺口，减少毒素吸收，保持肠道系统正常运行。

## 4. 高抗氧化食物

研究人员发现，饮食中含高抗氧化剂的女性比较不容易出现潮热、盗汗、失眠和情绪化等更年期症状。研究发现，以下抗氧化剂对围绝经期和绝经后的女性有益：

**新生命超级绿食品++**是一种抗氧化混合物，包含全天然和极其有效的成分！它结合了来自世界各地最强大的植物和草本植物的提取物，提供最佳的抗衰老，抗炎，预防疾病，保护免受自由基损伤。

**新生命维生素C综合丸**提供持续释放保护，比普通药片的使用率高出40%。它含有增强生物类黄酮，为您的身体提供所需的最佳免疫功能和防护病毒，让您安心。

**新生命辅酶Q10**是一种重要的抗氧化补充剂，可以添加到日常生活中。随着我们年龄的增长，心血管健康变得越来越令人担忧，辅酶Q10有助于直接改善心脏健康和预防心血管疾病。此外，辅酶Q10可以减少有害化合物，这些有害化合物可能增加我们患上神经退行性疾病的风险，如阿尔茨海默氏症和帕金森病。反过来，辅酶Q10可能会减缓疾病进展。

## 5. B Vitamins

B vitamins support mood, energy metabolism, hormonal balance, heart health, and mental well-being.

**NewLife™ B Complex** provides a wide spectrum of B vitamins that fill the nutritional gaps in our daily diet. It is uniquely formulated with the addition of Choline, Inositol and PABA, to provide a wider array of health benefits.

## 6. Kelp

**NewLife™ Kelp** is rich in organic iodine, an essential component for thyroid health. The thyroid gland produces hormones that regulate the body's metabolic rate. It plays an important role in brain health, bone maintenance and controlling heart, muscle and digestive functions.

## 7. Collagen

Collagen is a nutrient that gives structure, strength and elasticity to skin. It helps the skin to renew and repair while maintaining hydration and skin tone. Our body's natural collagen production reduces over time and can be further impacted by factors like poor diet or stress. Thus, taking **NewLife™ Collasta** can help supplement the body with easily absorbed collagen. It also contains an antioxidant complex with astaxanthin—a powerful antioxidant that can pass through the blood-brain barrier to support brain and eye health.

## 5. B族维生素

维生素B有助于情绪、能量代谢、荷尔蒙平衡、心脏健康和精神健康。

**新生命维他命B综合丸**配方独特，除了提供广泛的B族维生素，它还添加了胆碱、肌醇和对氨基苯甲酸(PABA)，填补了日常饮食中的营养缺口，给我们带来更广泛的健康益处。

## 6. 海带

**新生命海藻宝**(海带)富含有机碘，是甲状腺健康的重要组成部分。甲状腺产生激素调节身体的代谢率。它在大脑健康、骨骼维护和控制中心脏、肌肉和消化功能方面发挥着重要作用。

## 7. 胶原蛋白

胶原蛋白是一种赋予皮肤结构、强度和弹性的营养物质。它有助于皮肤更新和修复，同时保持水分和改善皮肤光泽。随着年龄的增长，身体天然胶原蛋白的生成会减少，再加上不良饮食或压力等因素的影响，更加速了胶原蛋白的流失，因此有必要补充胶原蛋白。**新生命康丽达胶原红藻**，容易被吸收可以帮助补充身体所需。此外，它还含有虾青素的抗氧化剂复合物。虾青素是一种强大的氧化剂，可以穿过血脑屏障，支持大脑和眼睛健康。



### Lifestyle Choices: Beyond Diet and Supplements

- ✓ **Regular Exercise:** Supports healthy body weight, cardiovascular health, bone density, and mood. Include aerobic exercises, strength training, and flexibility exercises.
- ✓ **Quality Sleep:** Maintain a regular sleep schedule and create a comfortable environment.
- ✓ **Social Support:** Stay connected with friends, family, or support groups for emotional support.
- ✓ **Pelvic Floor Exercises:** Strengthen pelvic muscles for urinary incontinence relief.
- ✓ **Limit Alcohol Consumption:** Manage menopausal symptoms like hot flashes and sleep disruptions.
- ✓ **Maintain a Healthy Weight:** A balanced diet and exercise contribute to overall health.
- ✓ **Cognitive Stimulation:** Engage in activities that stimulate cognitive function for mental acuity.

### 饮食和补充剂之外的生活方式选择:

- ✓ **有规律的运动:** 支持健康体重、心血管健康、骨密度和情绪。包括有氧运动、力量训练和柔韧性训练。
- ✓ **高质量的睡眠:** 保持规律的睡眠时间，创造一个舒适的环境。
- ✓ **社会支持:** 与朋友、家人或支持团体保持联系，以获得情感支持。
- ✓ **盆底肌锻炼:** 加强盆底肌以缓解尿失禁。
- ✓ **限制酒精:** 控制更年期症状，如潮热和睡眠中断。
- ✓ **保持健康的体重:** 均衡的饮食和锻炼有助于整体健康。
- ✓ **认知刺激:** 参与刺激认知功能的活动，以提高心智敏锐度。

