



Getting Started with Supplements

Exhaustion . brain fog . night sweats . muscle aches . headaches . IBS
Body odour . gum issues . hot flushes . vaginal dryness . itchy skin
Allergies . libido loss . thinning hair . gut issues . sleep deprivation

And more....

The list of symptoms for women in their 40s and 50s, and younger is getting longer each year, but have you got the foundational knowledge to know where to start with supplements for your specific symptoms?

These are just a few of the comments I've received this week as I was starting to put this guide together:

"It's a minefield, isn't it? I just don't know where to go or how to start" Sue

"I went in to buy Magnesium and there are so many types I didn't know what I was looking for" Mary

"Biolive has changed my life, I'm never NOT going to BUY it!" Amy

"I feel like a different person, I can't believe that taking a few supplements together with the whole course just works so brilliantly. I want to have a healthy menopause, and I think this has really delivered that."

Joanne

"I couldn't get over how quickly taking supplements affected me, the joint pain and fatigue relief was unbelievable" Julie

My story



"Hi, I'm Andrea and I've had a long journey with supplements - from not believing that we really didn't need them, to taking something from the supermarket thinking it was 'doing me some good'. Then I moved on to a health food shop finding a proper Magnesium that I saw results with to finally researching and choosing the **best type of supplements that I could truly believe in and to the standard of quality** I was now looking for!

I wouldn't be without them now as I truly believe they are why I now feel so energised, positive and fantastic. **At 50 I'm now healthier than I was in my 20's!** Ironically my periods are better than ever too, taking the supplements has really calmed down my

hormones and made each month so much more bearable; in the past I had many times where I couldn't leave the house for the pain I was in, and the way I felt.

I was also a lifelong sufferer of muscular aches and pains, and though I always had regular therapy not one therapist in nearly 30 years explained to me about taking nutritional supplements because my body was depleted in the vital minerals it needed to do its job properly. I'm here now to correct that wrong!

I'm a shiatsu and Chinese medicine practitioner, it's a fantastic therapy and is great for preventing ailments and keeping your health great, but....

Although I'd had this therapy once a month for 10 years once I hit the perimenopause it couldn't do the job to keep me going all by itself. It was doing pretty well until the enforced time of the first covid lockdown when I couldn't receive my therapy my ankle literally (and I can use that term correctly!) fell apart one day whilst I was on a dog walk. It was **my supplements that got me back on my feet quicker than expected** and opened my eyes to the more extensive supplementation for the weaknesses that the menopausal body now faces.

The time of the **menopausal transition is a fantastic opportunity to look at** yourself and your life and to discover who you are and who you want to be moving forwards. This also means you can set yourself on a **good path to health beyond the menopause, to prevent osteoporosis and ensure good heart health**. This is all down to supplements, alongside a diet rich in fresh food and rich nutrients, the right kind of exercise, relaxation, sleep and lifestyle – this is your change to build a great menopause transition, right now!



We can't get all our nutrients from food alone though, as exhaustive farming has diminished the nutrients from the soil which our food comes from. Magnesium levels in food have plummeted over the last 50 years and it has now become the #1 deficient mineral in us. Vitamin D is another one, we just can't get enough from the sun and you'll get none if you use sunblock; plus, food just wouldn't provide a fraction of what we need – 10 eggs a day anyone?!

It's time to get serious about supplements, I call them my 'new earrings'! I used to love buying earrings (still do!) but I love finding and trying new supplements just as much – in my life they are my rock and roll!

I hope you'll see differences appearing in your health and happiness in just a matter of weeks if you get involved in just how wonderful good supplements can be. Please ensure you're having a good balanced diet too; this is the best way to get nutrients; supplements are the incredibly powerful backup you sorely need right now. ***I wish you a fantastic menopause, in that one day your periods will have just stopped, and you'll have barely noticed*** because you're out every day being "fab-u-lous" as my client Sally sang to me one day! Supplements will help your body heal, your mind come back to life, and your health to flourish, I wish this for you, as I now feel it myself."

Best wishes,

Andrea x





In this guide you will learn:

The difference between nutritional and herbal supplements

Why plant-based are the most effective

What is deficiency?

Supplements to replenish your deficiency (the foundational set)

Herbal supplements - anxiety and more

Other useful supplements – liver detox

Other useful supplements – oestrogen dominance

When do I take my supplements?

Supplement Holidays

Your Symptoms - find supplements

Symptoms v supplements - Your plan

Supplement journaling

Supplement daily planner

Disclaimer – Please read before starting

The information and advice in this guide is intended as a general guide to healthy living and is not specific to individuals or their particular circumstances. This guide is not intended to replace treatment by a qualified practitioner. Neither the author nor the publisher can be held responsible for claims arising from the inappropriate use of any of the suggestions within. Do not attempt to self-diagnose or self-treat for serious or long-term conditions without consulting a medical professional or qualified practitioner.



The difference between nutritional and herbal supplements

This is really important to know as people tend to jump to the end game without checking what is wrong and resolving the basics first. Let's look at the 2 types, when to take them and the effect they have. I separate and explain the difference between nutritional supplements and the effect of herbal ones have on your mind and body.

Nutritional Supplements - these replace what you are missing in your body chemistry, they are going to be vitamins and minerals. The hormonal stress you're going through is such an upheaval on your body that it triggers a lot of symptoms known as 'deficiencies' in Chinese medicine, this means you have to put something back in that is missing. Stress on your body is one of the major causes of this imbalance, along with what you may or may not be eating. As well as having a healthy balanced diet you will start to see visible relief in your symptoms as you take these additional nutrients daily.

As well as vitamins you can be deficient of good bacteria in your gut, a *multi-strained probiotic* helps put back in many of the missing gut bacteria which is the root cause of a host of symptoms from bloating and digestive issues to how happy you feel. ***It's in your gut where your food is metabolised into your moods!***

Omega oils – known as essential fatty acids, these are nutritional too replacing the lack of decent fish oils we eat in our diet or the nutritious fats in nuts and seeds. Eating plenty of these in your diet is a very good start but you can also still be deficient and so to add these in is very beneficial.

Another area of nutritional supplements are called **amino acids**, now we're really getting down to the building blocks of your body, these work on a cellular level and are denoted by starting with 'L-'. These supplements are normally only recommended by a practitioner depending on your symptoms.

You'll also hear about supplements being termed as anti-inflammatory or anti-oxidant, these are all incredibly beneficial to take, they combat the root cause of potential major illness in your life. I take a couple daily, they can be nutritional like (Vitamin C or L Cysteine and L Glutathione, amino acids) or herbal like turmeric and berries that are purple!

Herbal Supplements - these have an energetic action on your body, they help clear imbalances in vital organs, strengthen your blood and energetics, and detox your system by cleansing and/or reducing inflammation. As you may have already experienced the world of herbal supplements is vast and you may have tried something based on a tip and it hasn't worked, and there is a very real reason for this; your symptoms will potentially be very different from the person the herbal remedy worked for. Herbal advice is given based on your specific symptom set.

Ashwaganda is an exception to the rule in that it does tend to help a majority of people without many side effects. In my experience 8/10 women find relief from anxiety very quickly as it calms down adrenal response and starts to reduce cortisol levels. Just a small number of women may feel that it makes them jittery as a side effect; in which case stop taking. For those that take Ashwaganda and only notice a slight change to their anxiety I then usually recommend my 'Anxiety Guide' to help with the emotional attachment that is normally involved as well.



Ashwaganda however is also a perfect example of why herbals should be added in after you've started on the nutritional depletion, it'll struggle if the tank is empty; and this goes for Maca and many other herbals. Top up on your nutrients and then add in herbals so that they can start to take real effect.

In the case of anxiety, the nutritional supplements will replenish the effect that the excess cortisol has caused (as it uses up what nutrition is in your body to negate the inflammation caused by stress); whilst the energetic effect of Ashwaganda (known as a stress adaptogen) will aim to reduce adrenalin/cortisol from releasing as easily, which will slowly bring your cortisol down, which then has will show as diminished symptoms, and better energy/sleep.

For a car analogy – having a turbo booster to get you up hill (the herbal) is useless if there is no petrol in the tank (nutritional)! This is why I tend to hold off all stimulating 'energy boosting' herbals, as they give a false impression of the state of your underlying energy levels and health in your body.

Why plant-based supplements are the most effective

This took me some time to research and test, and a lot of science, but I got there and my clients regularly see the difference when they switch from 'their brand' to 'my brand' – same nutrients, different source. Our gut is all set up to digest plant-based matter, not chemically synthesised or powdered rock. This even goes for salt! Alienated from its naturally supporting minerals it becomes more insoluble or useful to the body; we've been on refined salts for many decades now and only just turning back to the best natural salt – Himalayan salt (pink). Sea salt is good as well, however with the current state of the ocean's, micro plastics are picked up in it so you can't guarantee that you won't be ingesting those.

Herbal supplements are plant-based and extremely powerful. The pharmaceutical industry can't patent herbals and hence it tries to create chemically altered options that are more generalised for a larger number of patients. Do you know though that all pharmaceuticals have their origins in plants? Morphine/ heroin is opium, non-steroid anti-inflammatories (like Ibuprofen) are German chamomile, and painkillers (like Aspirin) are birch.

Chemically created supplements of any kind tend to hang around in the liver longer as they are not absorbed and utilised by the gut; which herbal and plant-based are. For the most efficacy in your supplement, plant based are best. The price point goes up naturally, but Cytoplan are a company I have found, they're actually a charity (British based, ship worldwide) and don't blow a hole in your budget!

I would recommend that a Cytoplan supplement every other day is still more effective than a high street supplement taken every day.





What is deficiency?

I've already mentioned the petrol tank analogy of deficiency, when you have no fuel to run the car, it's depleted, and this is the exact same way to look at your own body. In my research into all things menopause, it struck me a while back that the western view of the menopause is to focus on the heat-related symptoms – hot flushes, night sweats, and that's about it! Western medicine is very good at reducing heat, think paracetamol to bring down a fever and anti-inflammatories to reduce heat and swelling, they all take something out of the body – heat.

Here's the issue though – 4 out of 5 of the root causes of why you have symptoms in the peri or menopause is due to a lack of nutrients in your mind and body that is leading towards a major health imbalance. In post menopause these health imbalances are bedding in, they can be resolved though as long as you're not too far down the path of taking western medication; to come off meds in favour of natural solutions will be a complex discussion with your doctors.

If you're experiencing symptoms and had tests with 'no results' this is actually an excellent result! I understand though that it may have left you feeling confused, angry or despondent at not knowing what's the best thing to do to resolve how you're feeling. The reason it is an excellent result though is that it isn't yet bad enough to show up in blood tests and scans, this means it's still in its infancy in your body and can be resolved.

Starting with vitamins and minerals, it is amazing how the body responds when you give it what it needs. Your symptom set tells a practitioner what is wrong with you at a deeper energetic level so it is worth getting in touch. Most offer a free call of some description, mine is here – [Getting Started](#).

Then you can move onto the very basic herbals, if you're not seeing changes then contact a professional in the field – whether its lifestyle medicine (like me with my theory of Chinese medicine background), functional medicine (usually a holistic doctor) or a qualified medical herbalist.

So many symptoms, especially if they've come on very gradually are linked by you feeling very tired, new to insomnia, feeling achy all over, brain fog and more; they are a pattern of deficiency in your body. Think depletion, think nutritional supplements.





Supplements to replenish your deficiency - the basic set

If you take the view that these nutritional supplements are the building blocks of your body chemistry, you then take these to bring you back into balance. Keep a journal on the differences that you note (see the templates at the end), what you see change and what you feel happening. You will be amazed at some of the changes and the relatively short time they can happen in.

As these are the **foundation set** to supporting your health, think long term. They will evolve, as nutritional supplements for post menopause can be more specific to heart health and the underlying factors. This set below though will support your body to reduce the chance of Osteoporosis and put you on a ground footing of good every day health.

There is one golden rule about supplements, the secret to how they work (apart from buying the right ones!)

Consistency.

This is the KEY when it comes to taking supplements. Our body needs to absorb and use the nutrients daily in order for it to work. If you're deficient in a nutrient, it can take several weeks to rebuild that nutrient in your body, especially if it's a nutrient your body doesn't produce. And if you're skipping multiple days or weeks, you'll never even give your body the chance to rebuild it...

This is why you won't get any results.

Life happens and you forget for a day or two and then you stop for a week... I get this, and this is ok to an extent (read more in 'Supplement holiday' later on).

If you take a supplement for 2 weeks, stop for a month then start again for a week, you're just wasting your time and money because you aren't giving your body time to work.

That's why it's important to be as consistent as possible.

DISCOUNT CODE

Apply once and you're set for life!

CYT122819-35-10

It's taken me a few years to settle on Cytoplan, but they do a very good range, plant based and ethical; and very high quality.

One of my clients recently said: "I was on the supplements you recommended, but when I ran out and switched to the brand you recommended, I really noticed the difference in my sleep, energy and symptoms".



Please use the discount code above, just apply it once on opening your account for 35% off your first order and it will automatically take 10% off all subsequent orders; it states that you've been recommended by a practitioner. The great news is Cytoplan do regular 3 for 2's AND you'll still get an additional 10% on top of that too!

FOUNDATION SET

Here is your absolute basic foundation set of supplements, not only for perimenopause but for health in general:

Multivitamin (incl B Complex)	✓
Magnesium	✓
Vitamin D3	✓
Vitamin C + Bioflavonoids	✓
Omega 3	✓
Probiotic	✓

Multi vitamin - women's health multi vitamin for the menopause transition, you need all these microminerals to support all of your health. It is also high in vitamin B complex for energy and hormone health balance. It'll combat the excess cortisol that you have from stress whether caused by life or hormonal change. **Contains iodine.**

[Shop Women's whole food multi vitamin](#)

Magnesium. You will be deficient in Magnesium, that's a fact due to the lack now in soil. It supports over 300 systems in your body functioning correctly and can be the root cause of sleep interruptions around 4am. 70% of Magnesium resides in your bones and along with Vitamin D and calcium are the magic 3 for strong bone health.

You can take up to 450/500mg a day very safely, more if advised. It can be split between morning and evening. Magnesium citrate can make your stools looser (so great if constipated). If you're too affected by this then look for Magnesium Glycinate. However the Cytoplan one binds it with a gut probiotic to reduce this effect.

[Shop Biofood Magnesium](#)

Borage/Starflower - Contains Omega 6 GLA an essential fatty acid that we can't produce (greater amounts than Evening Primrose). For menopausal change, specifically these fats are good for brain function and immunity.

[Shop Borage](#)



COMPOSTABLE
SUSTAINABLE MATERIAL
ECO-FRIENDLY
BIODEGRADABLE PACKAGING

Omega Balance (vegan) oils - If you don't eat oily fish twice a week (but I suggest you take anyway) and you have brain fog, overwhelm, achy joints and for the relief of 1/3 of menopausal symptoms and health overall all. Omega 3, 6 and 9 should be in your daily diet. Omega 9 is created from 3 and 6, and now Omega 7 (sea buckthorn is having more science behind it, especially for Liver health).

[Shop Omega Balance](#)

Vitamin C + Bioflavonoids - Vitamin C should be in your everyday life as a main component of boosting your immunity, and never more so now as it promotes collagen growth (i.e., sagging skin, prolapses, arterial health). You can take 1000mg (with bioflavonoids) and this will also help decrease hot flushes, or you may never have them.

In the Nurses' Health Study, premenopausal women with a family history of breast cancer who consumed an average of 205 mg per day of vitamin C from food had a 63% lower risk of breast cancer than those who consumed an average of 70 mg per day. In the Swedish Mammography Cohort, overweight women who consumed an average of 110 mg per day of vitamin C had a 39% lower risk of breast cancer compared to overweight women who consumed an average of 31 mg per day. Vitamin C is water-soluble, so it can just be taken with water rather than alongside a meal.

[Shop Vitamin C](#) or [Organic Vitamin C](#) (if you're orange/ascorbic acid intolerant)

Vitamin D3 - we can't get enough from the sun, along with Magnesium and Calcium help aid bone strength, also boost Lung strength and immunity. With vitamin K2 for effective absorbency (don't take K2 if you're on blood thinners, get plain vitamin D3).

[Shop Vitamin D3/K2](#)

Vitamin B12 - if you really are low in energy then this could be a real booster for you. You get a decent amount of the B complex in most women's MVs but a B12 boost may help energy levels further.

[Shop vitamin B12](#)

This product is made from human food-grade raw materials,
manufactured in GMP licensed facilities.



Probiotic – BIOLIVE - The top supplement for your gut and brain health, metabolism, energy levels and immunity. If you're feeling sluggish, unmotivated, have gut issues or suffering from night sweats, these are all indicators that your gut needs help. This supplement is described by my clients as a 'game changer', it was for me too. I didn't recover very well after having a gut parasite, and the antibiotics would have wiped my gut out too. I started to notice weird side effects like baaaad body odour and I'd been suffering from bleeding gums on and off for a while; plus, I was a lifelong hay fever sufferer. With Biolive the menopausal symptoms went down, periods got better, BO and gum issues disappeared (in fact I barely produce plaque now!) and for the first time in my life – no hay fever! It's so good I've put the animals on it one with constipation, the other diarrhoea and they both got better.

If you have:

Regular periods (even heavy), but you don't have heat symptoms shop Biolive Women.

Irregular/light/scant/no periods and you have heat / rage symptoms shop Biolive Liver.

Shop [Women](#) or [Liver](#) plus check out the whole range, especially if you're up for a whole gut reboot (they have a set for that) plus ones for the whole family including your pets, if you see the benefits from taking your own probiotic. Remember we can't live well after 24 hours without microbes in our gut, so its imperative to take a probiotic if you take antibiotics too.

DISCOUNT CODE

Applies to any order
at microbz

MBZCM10

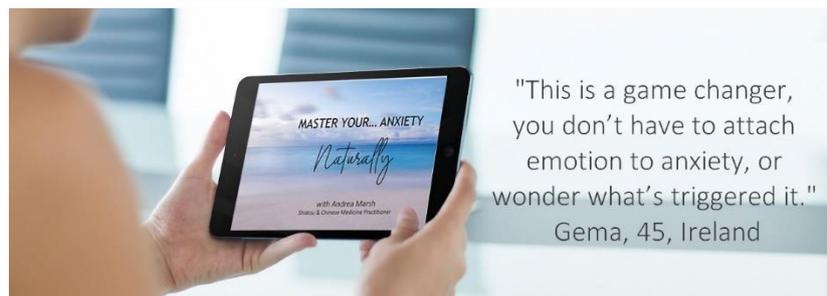
I've also seen good results with Biolive Sleep, this is for those that have sorted out a majority of their symptoms but still have high physical stress levels that can interrupt their sleep. [Biolive sleep](#)

Herbal supplements - Anxiety, hot flushes, heavy periods & more

Ashwaganda if you're anxious, or tired but can't relax. This aids a better quality of sleep and calms your mind and body, slowing lowering the stress it's holding. It calms the release of adrenalin, and the sister hormone cortisol (this one munches up your spare nutrients - causing symptoms). It's like a 'leaky tap', this herb has been used for 1000s of years and really does work.

[Shop Ashwaganda](#)

Understanding that anxiety has a physical root cause, and then how your emotionally attach to this is the key to resolving your anxiety permanently – I have put together a **'Master your anxiety'** guide and video set to help you resolve the physical cause and manage it emotionally, read more [here](#).



Rhodiola - a real energy booster, can be taken alongside Ashwaganda, but only if advised and I'd suggest short term, as it works on the day. It could be too stimulating if you're exhausted, so just stick to the Ashwaganda for the first 3 months if this is the case.

[Shop Rhodiola](#)

Phytoestrogens (soy isoflavones) only take if erratic/scant periods or they have finished and you have heat symptoms still. Phytoestrogens are a very weak form of HRT (hormone replacement therapy) and can be very effective. If you're looking for a more natural supplement or are intolerant to Soya then Red Clover Extract is a weaker form

[Shop Phytoestrogens \(aka Menopause support\)](#)

Marine Collagen - Type I Collagen peptides, used to support the structure, elasticity, texture, strength and resilience of the skin. Whereas vitamin C boosts your collagen, taking collagen adds to it and is not only for facial skin but also where ever collagen is required in the body to hold elasticity and fluid e.g. vaginal dryness, prolapses, arterial health.

[Shop Marine Collagen](#)



Vitamin A – for heavy periods , study has been done to show that 92% of women with a heavy blood loss are vitamin A deficient. Should only need one bottle.

[Shop Vitamin A](#)

Agnus Castus – research on the hormonal properties of Agnus castus has shown it to have a positive effect on progesterone, this means it is good for the perimenopause, a time when progesterone is low and you maybe oestrogen dominant in that case. It may also have a positive effect on melatonin and aid better sleep.

[Shop Agnus Castus \(chasteberry\)](#)

Daily Adrenal support – as well as Ashwaganda this is a good combination supplement for support of the adrenals and liver. I particularly like that it has liquorice in it, a very good liver cleanser and rare to find in a supplement. Contains Iodine.

[Shop Adrenal Support](#)



Other useful supplements – Liver support

Daily liver support – everyone will need this at some point. Very definitely if you're experiencing any heat or irritability symptoms, and especially if you feel pain under the lower right rib cage, regular nausea, nights sweats, putting on belly fat, or concerned about high blood pressure, your heart health, or diabetes.

[Shop Cytoplan Liver Health](#)

Do you need help to do a **liver detox**?

Do you have night sweats, stubborn belly fat, irrational mood swings? **You need a liver detox**

Do you feel nauseous, or have regular headaches, blurry eyes and feel sluggish? **You need a liver detox!**

I have a video/ support guide that can help you through the process, you'll be supported all the way, read more [here](#).





Turmeric – inflammation in the whole body starts with resolving it in the liver, whether you experience regular headaches or an overactive gut to joint pains from ‘fullness/tightness’, turmeric will play a part. Studies have shown that taking it with your evening meal helps it be more effective in the gut overnight when liver performs its cleansing routine. You can take up 2000mg of curcumin as a safe medical dose.

[Shop Turmeric](#)

Other useful supplements – Reset your oestrogen

You may have heard of Oestrogen dominance, or not, and it’s really important to understand whether you’re in this phase of your menopause. It most likely falls into your perimenopause, so you will still be having periods but symptoms are really exacerbated, and you may have endometriosis, fibroids, PCOS, very heavy periods, cellulite on your thighs, belly fat, painful breasts and more. This is because oestrogen is out of balance with progesterone, so it is ‘dominant’ at this time. Whilst in this state it is inadvisable to take ‘menopause’ supplements (that have phytoestrogens in like soy isoflavones/ red clover extract) or any herbal that boosts / mimics oestrogen in the body, which a lot of ‘blended’ supplements do.

Also with a blended supplement , which has many ingredients, it only requires you to be intolerant to one of the ingredients and the supplement won’t be effective and may make you feel worse. Steer clear of expensive blended supplements is one of my rules as one size does not fit all. I’ve had many supplement companies contact me with their ‘menopause’ fix and there has been something in all of them that I don’t agree with.

There are 2 ways of altering your oestrogen state:

Balancing the oestrogen-to-progesterone ratio

Supporting the body in producing more “clean” versus “dirty” oestrogens and cleansing the liver of the “dirty ones”

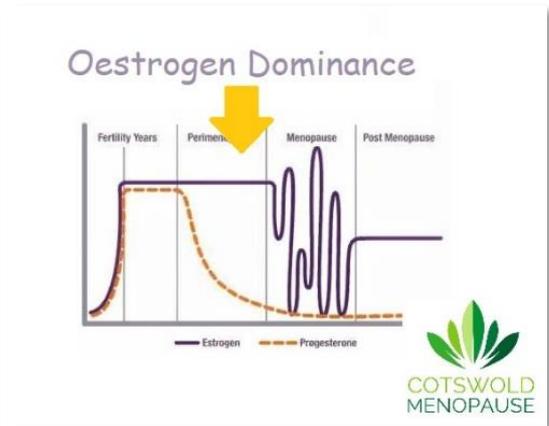
Foundation supplements	✓
DIM	✓
Plant Power (sulphurophane)	✓
Calcium D-Glucarate	✓

Hormonal liver detox - 2 specific supplements (DIM (with Calcium D Glucarate) , and Sulphurophane ‘Plant Power’) a powerful combination to cleanse your system of dirty hormones which have been introduced via the food chain and could be adding to your weight gain around the middle.

[Shop DIM](#) and [Plant Power](#)



Oestrogen dominance check – if you're unsure whether you're in this stage of your menopause you can submit your symptom set and have it reviewed quickly giving you the answer and save you from guessing as to whether you're on the right track with your supplements. [Read more here.](#)



When do I take my supplements?

Once you know which ones to take then knowing when its best to take them can be tricky, especially as the average perimenopausal woman can suddenly find herself taking up to 8-10 a day!

Here are some tips for taking supplements:

1. Always take with food unless it says otherwise. This is the best way to get optimum nutrient absorption as they are digested and utilised when your gut is activated when eating.
2. You can split them over the day, they don't have to be taken in the morning, some people find them better at lunchtime
3. Magnesium and Ashwaganda can be taken in the evening as they help you sleep. Calcium and Iron are too be taken away from food/drink (especially caffeine) as it can negate the absorption.
4. Multivitamins, and additional vitamins like B complex, C and D are best taken earlier in the day so that you benefit from the energy that they give you and they don't then interrupt the melatonin process later in the day.
5. Oils like fishy ones may make you queasy so take with food. This goes for magnesium too until you're sure it doesn't give you a runny tummy. Switch to a vegan omega 3 oil (made from algae) as it's a purer source, or at least get a pure fish oil; cod liver oil is out of favour as it can be heavily polluted nowadays.
6. A probiotic is usually taken first thing in the day on an empty stomach (unless instructions state otherwise) and without a hot drink. A probiotic repopulates the gut with a *variety* of good bacteria (supermarket brands only tend to have one strain, you need many!). Prebiotic is what the bacteria feed on this is vegetation, fruit like berries, nuts, seeds, and fibre foods. The better your gut is working the better your stools will be 😊

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- Supplements based in oils are the good ones to aid absorption quickly (they have Liposomal in the title). Pure plant extracts come in capsules, and may smell a bit like vegetation – this is good! As the ingredients in a capsule are powdered, they are already broken down and readily absorbed in the gut in about 30 minutes; if you take them out of the capsule and have them as powder this will act even more quickly. Chalky white ones that have the first ingredient of **Calcium carbonate** are ones that have been bulked out, they are usually larger and have no additional benefit, avoid these if you can as they are a false economy, plus they are not easy to digest and therefore you may not absorb any nutrients from them.
 - Take them for a minimum of 3 months, but it can be 6 months to 2 years depending on your severity of symptoms (especially adrenal fatigue); discuss this with a practitioner if you have concerns. This is just an estimate, everyone is individual, listening to your body and how your symptoms alter is a good start, and journaling can help you track this.

Supplement quality check list

Quality supplements aren't filled with things that aren't the supplement itself! Big white chalky tablets are bulked out with calcium carbonate AKA talcum powder and it is not absorbed into our gut. When you check the ingredients list (as opposed to the nutritional value) you should see that your supplement is the #1 ingredient, if it isn't – don't!

The nutritional value is the % of the supplement compared to the industry standard that you should take a day for minimum health, a perfect example of the debate over vitamin D. The UK government state 400iu (international units, used to measure vitamins) this was set nearly a 100 years ago to stop you getting rickets. Nowadays the science community agree on 2-3000iu as an optimal daily dosage.

Ingredients you should
NOT find in your
supplements

- x titanium dioxide
- x zinc oxide
- x magnesium oxide
- x folic acid
- x coloring
- x gluten, dairy, soy



Supplement Holidays

There are days when you don't feel like taking your supplements, and this is okay. I'd initially suggest for the first 4 weeks though you take them though, it's more likely that when you're a couple of months in you may want to take a break from certain ones at times of the month, or at a weekend, when you go on holiday, whatever the circumstance if for you. What will happen is that you'll either notice a degradation in your symptoms or you may be able to happily go without for a few days. Sometimes women don't take them on holiday and return to heightened symptoms, or don't require them because they are less stressed on holiday. Every woman is different, so the best advice here is to *listen to your body*.

This goes for when you first start taking supplements too, I always advise you only start with one, and take it for around 3 days to check there are no side effects. If you take too many new ones at once, you may shock your gut and you won't know which supplement it is that could be giving you a side effect. Some common side effects are runny stools (fish oils, magnesium, probiotic) and headaches/jitters (ashwaganda). It's beneficial to know how a supplement affects you. For those that give you loose stools, stop have a short break of a couple of days and start again with only a fraction of a dose, with food.

It's okay to be on nutritional supplements for years, and take breaks when you feel like it. Herbals are normally shorter term, but again this is based on what it is doing for you and how it feels. The recommendation for some is that you shouldn't take longer than 3 months and if it states that there is a build up in the liver then I strongly advise you stick to this and take holidays.

Other gentler supplements that are absorbed in the gut and don't affect the liver can be taken for a long as you feel the effect. For example, I was on Ashwaganda for 18 months, but that is me and you need to assess for yourself or discuss with a qualified practitioner about what is right for you. I do follow up /short consults where I can discuss *symptoms v supplements* and reflect back to you whether it is suitable to keep taking any that are you concerned about; just enquire via cotswoldmenopause.co.uk



Your symptoms – find the right supplements

Scroll through this chart putting between 1 to 5 on symptoms that you have and their severity, 5 being the worst. Note all the 3-5 intensity symptoms and what supplements they require and you'll most likely alleviate the lesser symptoms as you go.

Short codes

MV - (Women's wholefood multivitamin which includes a high dose of B complex and zinc)

Mg – Magnesium

O3- Omega 3

Ash – Ashwaganda

VD3 – Vitamin D3

Cal – calcium

VC – vitamin C + bioflavonoids

FS - Foundation set : MV, Mg, O3, VD3, VC

MBW – Microbz Probiotic Women (still have periods, no heat symptoms)

MBLV – Microbz Probiotic Liver (scant/erratic/no periods and/or severe heat symptoms)

Phytoestrogens are suitable if you know your oestrogen is low and not recommended if you're oestrogen dominant. Use Blossom cream instead.



Blossom cream is designed to take the heat out of your menopause!

A specifically tested combination of essential oils work on your brain and body chemistry to help relieve your heat symptoms like night sweats and hot flushes; it can aid you getting to sleep and help you sleep through. Also, this gorgeous scented cream helps you to calm your anxiety just by inhaling the therapeutic scent. Get 15% off with code BLOSSOMCM [here](#).



Main Symptoms	1-5 (5 most)	Supplements
Broken Sleep (general)		Foundation set (FS) , Blossom cream
Chronic Fatigue		Foundation set (FS) , Ashwaganda, L-Theanine, Microbz probiotic
Can't get back to sleep after 4am		Foundation set (FS) , Ashwaganda. Can also try 5HTP, L-Theanine
Can't get to sleep		Foundation set (FS) , 5HTP, L-theanine Blossom cream Also try : Lemon Balm, Chamomile, Valerian. (Roman) Chamomile (essential oil) based products, blended with Lavender is a general sleep combination too Microbz Sleep - a probiotic to aid sleep. Tea /supplements with valerian in, plus Passion Flower with the Valerian.
Difficulty concentrating		Foundation set (FS) Plus rosemary essential oil to inhale. Bacopa Monnieri
Memory lapses		As above
Heavy blood loss		Foundation set (FS) , Vitamin A (temporarily), Iron
Anxiety		Foundation set (FS) ,Ashwagandha , MBW or MBLV. Agnus Castus (Chasteberry) inhibits hormones to lower oestrogen and increase progesterone
Panic Disorder		As above
Painful periods/ endometriosis		Oestrogen dominance detox. Could try Agnus Castus as study has shown flattens oestrogen, plus FS.
Dizziness		Treat as fatigue
Low Moods		Vitamin B complex as part of your MV, Mg, L-Theanine, Pro-biotic, and Linseed Oil for both low moods and mood swings, hit them with every supplement I suggest, so much of it comes from the gut. Chromium as well (in the MV) to balance blood sugars.
Digestive issues (general)		MBW or MBLV. Don't eat /drink anything from the fridge. All foods should be room temp or warmer. For leaky gut L-Glutathione
Digestive issues - bowel, IBS, loose stools		As above

Digestive issues – fats		Choline, NAC (N-Acetyl Cysteine)
Constipation		Foundation set (FS), Magnesium citrate loosens stools, plus additional Vitamin C which you can increase daily until you see your stools soften (up to 3000mg) Linseed oil / Flax seeds
Muscle tension (flexibility)		Foundation Set (FS)
Vaginal dryness		Vitamin E, Phytoestrogen's, Borage (Starflower) oil, Vitamin C – high dose . Dong Quai and motherwort are herbals to investigate.
Changes in odour		MBLV. Don't eat /drink anything from the fridge. All foods should be room temp or warmer. Daily Liver support
Bloating		Foundation set (FS) , MBW or MBLV
Water Retention		Omega 3 oil, MV and Mg, vitamin C,B6, E, Linseed oil
Breast Pain		Borage/Starflower , Vitamin E
Joint Pain		MV, Mg, Omega 6 oil found in Evening Primrose and Starflower capsules
Thinning hair		Foundation set (FS) but swop MV to 'Hair skin nails' higher dose of Vitamin B7 (Biotin), L-Lysine. Ashwaganda (if stress involved) MBW or MBLV
Gum problems		MBW or MBLV
Incontinence		FS, very high dose of Vitamin C, phytoestrogens, collagen
Headaches /Migraines		Mg and MV, extra Vitamin C, D, E. Quercetin, Co Enzyme Q10 and additional B6 . Blossom cream
Itchy skin		FS, liver support/ detox, probiotic, phytoestrogens. Blossom cream
Dry skin		Vitamin E in as part of MV, can take extra vit E. As it's an oil capsule you can cut it open and put the oil on your face, or add to natural product to boost the vit E content.
Sagging Skin/ Weak Collagen		Sea Buckthorn (Omega 7), vitamin c to boost collagen growth, Collagen, MBLV/ MBW
Eczema		MBLV/ MBW, Omega 3
Burning Tongue		Phytoestrogens
Tingling Extremities		FS
Cold Flushes		FS, MBLV/ MBW, high dose of vitamin B's. Ashwaganda, Treat same way as fatigue.
Night Sweats		FS, Liver support/ detox. Blossom cream
Irregular heartbeat/ high blood pressure		Omega 3. Blossom cream (note- contains Clary Sage that lowers blood pressure (contra-indicated if you have low blood pressure)

Irritability		FS, phytoestrogens, zinc. Blossom cream
Mood Swings		FS, Phytoestrogens. Blossom cream
Brittle nails		FS, Biotin, liver support
Hot Flushes in the day (regularly)		FS, Quercetin, vitamin c + Bioflavonoids, Zinc, CoQ10, phytoestrogens. Blossom cream
Bone Health (prevent onset of Osteoporosis)		Foundation Set (FS), Calcium. MBW/MBLV. Scant/ no periods - Phytoestrogen's. Collagen , high dose vitamin C
Libido Loss		Foundation Set (FS),Ashwaganda. Can also try L Theanine and Maca Root
Belly Fat		FS, MBLV/MBW, Ashwaganda, liver support/liver detox/oestrogen reset
Allergies		Foundation Set (FS), MBW or MBLV, Ashwaganda, Quercetin
High Blood Pressure		FS, Vitamin C (high dose) Garlic , CoQ10, L-Theanine, Phytoestrogens (post periods) , MBLV
Thyroid function (but not on medication)		Foundation set (FS), Iodine, Liver detox and daily support, Ashwaganda



*Look after perimenopause
and your menopause will
take care of itself!*

Andrea at 50 and menopausal



Daily supplements planner

Once you have your list started, I find I can't always remember what to take when – so fill in this chart to help!

First thing in the morning	
With breakfast	
With lunch	
With dinner	
Not to be taken with food	
Before bed	
Notes	

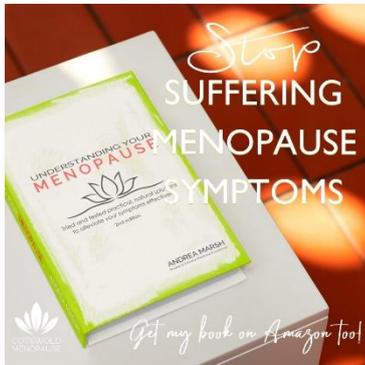
"So many women I've talked to see menopause as an ending. But I've discovered this is your moment to reinvent yourself after years of focusing on the needs of everyone else. It's your opportunity to get clear about what matters to you and then to pursue that with all of your energy, time and talent."

Oprah Winfrey



More at Cotswold Menopause

If you're overwhelmed and don't know where to start [book my 15-minute chat with Andrea](#) and receive a supplement starter guide along with clarity about what stage you're at in your transition and what your next moves are.



A road map to reverse your symptoms is laid out in simple to follow steps in my book [Understanding Your Menopause](#). As well as giving you a good grounding in what to expect as your body changes follow the guidance in each chapter will help you ease the symptoms you now have and prevent future ones from appearing. You can have a menopause with no hot flushes – this is a good result!

If you'd like a bit more detail, and to really get under the covers of your menopause and health then you may enjoy my 5-part video series – *28 Days to a Happier and Healthier Menopause*. Buy this and you will also get these bonuses:

Master your anxiety - the steps to alleviate it naturally and swiftly

Master your heat symptoms – a full explanation of a liver detox to reset and relieve

Eating for the Perimenopause and beyond – a guide to the right foods for your changing body

Yoga for rebalance video – the best chill out hour around!



[Get Started Here](#)

Plus, much more! **This is a valuable bundle** which I normally sell separately but if you commit to the **28 Days – The video series** to make a sequence of small changes in your life then I'm pleased to be able to offer you my complete 'solution set' to combatting all the areas of your menopausal life that you're struggling with. My passion is to help you and many women like you understand, alleviate and flourish through your menopause transition.

About Andrea

Andrea is a Shiatsu and Chinese Medicine Practitioner, with over 15 years' experience who learnt that supplements were her solution to a majority of her symptoms when she researched the depletions caused by the hormonal changes of the menopause. She now helps women via consultations, online support options and group events as well as running a daily shiatsu practise from her home in Cheltenham.

A natural approach to a healthy menopause

Understanding Your Menopause

Step through each chapter, learn what's going on, take the supplements and see the changes



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Sophie Burns
Cotswold Menopause - Natural Symptom Relief your book has helped me so much! I have been doing the lemon water daily, am taking mg and turmeric daily and have found the explanations and step by step guide really motivating. It made me realise how little veg I was eating. Also the room temperature thing was really interesting, hence the cottage cheese ON the roasted veg (warming) Thanks so much, I would recommend the books as a great guide. X



Rachel Price
16h

Hi Andrea, just wanted to say that since purchasing your e-books, after coming off Hrt, I have noticed a huge improvement in my symptoms. The supplements have definitely helped and the section on diet made so much sense. Whilst I didn't have that many symptoms, the hot flushes are getting better with hardly any overnight and my sleep is so much better too. Thank you x



2 comments · Seen by 46



Tina Walton
I am only taking supplements, no meds. I downloaded Andrea Marsh (expert on here) e book and followed that with good results. I have aching feet and fat around my stomach to still deal with but lots of other symptoms have gone. No Insomnia, flushes, bloating, mood swingsetc. Have a look at her page and see if its for you. Successful Natural Peri/Menopause. Hope you feel better soon X

Love · Reply · 5 m



Successful Natural Peri/Menopause

Andrea Marsh
let us know what you think!

Like · Reply · 4 d

↳ Andrea Marsh replied · 2 replies

Ruth Elizabeth

Hope you're as impressed as I am 🍷

Love · Reply · 3 d

↳ Angie Brobyn replied · 3 replies



Angie Brobyn

I can't put it down!!
Multi vitamins ordered ✓
Magnesium taken ✓

Love · Reply · 1 m

Sam Fraser
29 m · 🍷

Thank you **Andrea Marsh** for your invaluable information on the 28 day course. I loved it. I feel so much better xx



Seen by 7



11:08

Wow Andrea just starting your videos and your bloody brilliant 🍷!!! That first one was great took me back to the 28day course and I realised how the information you gave helped so much to understand what's happening and therefore make informed positive changes. Any way I'm going to do second video in moment and then I'll reply by email. Xx

Your so good at presenting - plus the video means I can pause to make notes relevant to me and where I am plus what I need reminding about. Your star 🍷 of peri menopause support!!

Fiona Jones
29 m · 🍷

Understanding Your Menopause - it leads you down the path, it doesn't drop you down the well ...



Seen by 7



it's like a recipe to resolving your symptoms naturally