

Womens Health: Actions to Support Balance and Energy

Your metabolic health is an invisible engine that supports you through every stage of life, from puberty to menopause. It determines your mood, sleep, and hormonal balance. When this thread is strong, you feel capable; when it frays due to modern stressors, it shows up as hormonal chaos.

Using RESET: Restore-Eat Well-Sleep-Exercise-Timing can help you to recalibrate your health. You can start with a single change that creates a domino effect across your entire day.

1. Restore: Nervous System & Joy

Chronic stress and an "always-on" culture lead to a dys-regulated nervous system, often making you feel "wired but tired".

- ✦ Prioritise activities which bring you joy and calm - this might be music, art, nature, being creative or being with friends
- ✦ Strengthening your vagal nerve helps you move from 'flight or fight' to 'rest and digest' more easily. Ways to do this include breathwork, yoga, singing and humming

2. Eat Well: Stable Blood Sugar

Stable blood sugar is the foundation of hormonal peace. Avoiding large glucose spikes prevents the rebound crash that can trigger hot flashes, brain fog, and fatigue.

The Formula: Focus on high protein, natural fats, and a lower carbohydrate intake.

Stabilising breakfast

Prioritising protein at breakfast can help keep blood sugar levels, energy and mood stable throughout the day and reduce cravings.

Scrambled eggs with mushrooms or a deli plate with foods such as cold meat or fish, a slice of cheese, hard boiled eggs, avocado, cucumber, tomato slices, olives and berries can work well and is easily transportable

Protein Snack

Keep foods such as a small handful of nuts, a hard-boiled egg, or Greek yogurt handy to prevent reaching for a quick 'processed carb' fix.



Balanced Lunch

Leftovers from your evening meal make lunch super simple. Take in bolognese or curry or some cold meat added to a salad with your favourites pickles and add-on's (beetroot, feta, gherkins, diced peppers)



Protein-Rich Dinner

Some simple meals include:

- Lean meats (like beef or chicken) or prawns stir-fried with colourful vegetables like broccoli and peppers, ginger, garlic and soy sauce
- Salmon, broccoli and asparagus tray bake with olive oil, garlic and lemon
- Your favourite curry with a tomato or coconut based sauce and plenty of meat/fish/prawns or tofu and vegetables. Serve on crispy kale, sautéed courgettes or cauliflower rice
- Steak/Tuna steak, a big green salad and a tomato and parmesan salad

There are ways to adapt your favourite dishes. Use our resources for more ideas- scan QR to access



3. Sleep & Timing: Circadian Rhythm

Your body needs a consistent 'instruction manual' to manage energy.



Morning Sunlight:

Get natural light early in the day to reset your internal clock and help your body produce melatonin to support sleep that evening.



Consistent Windows:

Try to keep your eating and waking times consistent to support metabolic stability.



Wind-Down:

Create an evening routine to improve sleep quality, which reduces insulin resistance for the following day.

4. Exercise: Strategic Movement

Movement is a powerful lever for improving insulin sensitivity. Muscle is your metabolic protector so building and maintaining muscle support your health now and in the future. Choose movement you enjoy and helps boost endorphins.



Zone 2 Training:

Steady, moderate activity, (like brisk walking) that allows you to maintain a conversation.



Activity Snacks:

Short bursts of movement throughout the day to break up prolonged sitting. For example doing 10 squats or tricep dips while the kettle boils.



Resistance Training:

Essential for maintaining muscle mass and bone density, especially as protective hormones decline.

Vital Nutrients for the Journey

Bridging nutrient gaps is essential for smoothing the Metabolic Thread. Focus on these key elements:

Magnesium & B12

Support energy production and the nervous system.

Iron

Vital for oxygen transport and preventing fatigue.

Vitamin D & Omega 3

Crucial for hormone health and reducing systemic inflammation.

Zinc

Supports immune function and hormonal synthesis.

Helpful Resources & Signposting

If you need further specialised support, these organisations offer excellent resources:

Menopause Support

Education and advocacy for navigating the transition.

Menopause and Cancer

Dedicated support for those experiencing menopause symptoms alongside or after cancer treatment.

IAPMD (International Association for Premenstrual Disorders)

Resources for those struggling with severe PMS or PMDD.