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menopause - Dr.  
Seibel, Menopause  
Expert Three  
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Yourself) Solving  
Perimenopause with  
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WEDNESDAY -  
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DAYThe Dr. Leaf  
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Mental Health

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ENERGY And  
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How To Beat Those  
CravingsHow I Stay  
Fit + Reduce Belly  
Fat Over 50! Which

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Best for  
Perimenopausal  
& Menopausal  
Women What Do  
Menopausal Women  
Need To Do  
Different With the  
Ketogenic Diet  
~~Sudden Flabby  
Thighs and Butt in  
Menopause and  
Perimenopause~~ 9  
Surprising



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Symptoms ~~Life's~~

~~Lessons on~~

Menopause Best

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Natural Solutions

That Really Work!

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Fasting Benefits

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Menopausal Women

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Eat to ease the menopause Hot flushes. Try to cut down on foods that are likely to trigger or worsen hot flushes and night sweats. For instance,...

Tiredness. Avoid snacking on sugary foods – all too often a sharp rise in your

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Menopause  
blood glucose level  
may be followed by  
a... Weight gain.  
Many people ...

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menopause - BBC  
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Menopause: Frank,  
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Jane: Amazon.sg:  
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This occurs once we cut ultra-processed foods, sugars and grains from our diet and move back toward traditional diets rich in delicious healthy fats, low glycemic fruits and vegetables, nuts, seeds and meats.

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5 Tips for Beating  
Menopausal Weight  
Gain - Deborah  
Murtagh

Since they ' re  
packed with a  
wealth of  
menopause  
symptom-soothing  
vitamins, minerals,  
fibre and  
antioxidants,  
vegetables should



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Menopause  
take over half your plate at every mealtime, suggests Limon. A study of more than 17,000 menopausal women found those who ate more fruit and vegetables experienced a 19 per cent reduction in hot flushes and night sweats.

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Menopause diet: 6  
best foods to eat  
and 5 to avoid  
EAT SMART BEAT  
THE MENOPAUSE  
[Jane Frank] on  
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qualifying offers.

There have been  
many scares  
recently about the  
long-term effects of  
HRT treatment and

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so today many women are looking for alternatives to HRT as a way of dealing with the symptoms of the menopause.

## Eat Smart Beat The Menopause

A whole-foods diet high in fruits, vegetables, whole grains, high-quality

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Menopause  
Protein and dairy products may reduce menopause symptoms.

Phytoestrogens and healthy fats, such as omega-3 fatty acids from...

Menopause Diet:  
How What You Eat  
Affects Your  
Symptoms

The best foods to

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Menopause  
tuck into during the  
menopause

Omega-3 foods.

Omega-3 essential  
fatty acids are

essential for a

reason, especially

during the

menopause. A 2011

study by Harvard

Medical School

found that regular

consumption of oily

fish, which is rich in

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Menopause  
omega-3, can ease  
certain menopause  
symptoms such as  
low mood and hot  
flushes.

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Best and Worst  
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diet. eat to beat the  
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today. eat smart  
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Menopause By Jane  
Frank

Opt for protein-rich foods such as fish, eggs, and lean meats, such as venison, turkey or chicken, so that you ' re limiting the pro-inflammatory red meat or cheese, and start to introduce more



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Menopause  
plant proteins such  
as pulses, flaxseed  
or fermented soya  
in the form of  
tempeh, miso or  
natto.

Foods for  
menopause and  
perimenopause: the  
best diet to ...

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...

This holiday season  
will be a little  
difficult for me  
because as you all  
know I am  
attempting to get  
rid of the Frump  
Mom bulge. So what

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Menopause  
to do about all of that? Well take everything in stride to begin with.

Secondly be smart about food. One company that is helping me do just that is EatSmart.

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