Doctor Reveals The BEST Way to Prepare for Menopause Transcript

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Why to Start Before Symptoms Begin

Almost everything you've Almost everything you've seen about seen about perimenopause perimenopause perimenopause comes into play when things comes into play when things get tough.

Hot flashes, sleepless Hot flashes, sleepless nights, weight that won't go nights, weight that won't go away. But away. But there is an option there is an option where where where you don't let it you don't let it go that go that far. And it far. And it starts years starts years before your before your first symptom appears.

first symptom appears. Welcome to Welcome to my channel. I am Dr. my channel. I am Dr. Elizabeth Tuddiken, a Elizabeth Tuddiken, a licensed licensed licensed naturopath practicing naturopath practicing here in sunny here in sunny Arizona. And this video is the beginning of working with beginning of working with many of my many of my patients. And before patients. And before we begin, a we begin, a quick thank you to everyone quick thank you to everyone who has recently who has recently subscribed. I'm so subscribed. I'm so glad you found glad you found this channel. I read all this channel. I read all your comments and your comments and love to interact with love to interact with you there as much as you there as much as possible.

possible. possible. Please keep Please keep writing. By the end of writing. By the end of this video, you will this video, you will know exactly where know exactly where to direct your to direct your energy so that this energy so that this transition doesn't hit transition doesn't hit you the way it has hit so you the way it has hit so many other many other women. We'll women. We'll figure out how to eat figure out how to eat enough, not less.

enough, not less. The topic of hydration, which The topic of hydration, which almost no one almost no one uses consciously. Briefly about sleep, movement. Briefly about sleep, movement that counts as that counts as exercise, a 2- minute practice minute practice to calm the to calm the nervous system, and nervous system, and a few a few test results that are worth test results that are worth knowing now, while everything is knowing now, while everything is fine. The last one, fine. The last one, analytics, includes analytics, includes an indicator that an indicator that almost no one almost no one thinks to thinks to thinks to ask about. I'll name it for ask about. I'll name it for you. So, you.

Eating Enough Protein First

So, let's start with food, because that's something let's start with food, because that's something most most most women think they have figured out. And for figured out. And for many women in their many women in their 30s and 40s, the problem is not 30s and 40s, the problem is not so much the choice of so much the choice of products as products as their quantity.

their quantity. In particular, not enough In particular, not enough protein. So, the basis protein. So, the basis here is not a diet here is not a diet plan. And sufficiency.

plan. And sufficiency. This is complete This is complete nutrition, especially nutrition, especially adequate adequate adequate protein, while your protein, while your hormones begin hormones begin their slow their slow readjustment. Not readjustment. Not reducing everything reducing everything at once. Here is this number.

Postmenopausal women Postmenopausal women need about 1–1.2 need about 1–1.2 grams of protein per kilogram of grams of protein per kilogram of body weight per day. This is body weight per day. This is 25–50% more than the 25–50% more than the standard standard standard adult norm that we have adult norm that we have all heard about since childhood. The all heard about since childhood. The European group European group developing developing developing recommendations for recommendations for bones and muscles bones and muscles has settled on has settled on this range. And this range. And here's the part I here's the part I want you to hear.

want you to hear. If you're already If you're already cutting calories cutting calories for weight control, for weight control, protein is something that should protein is something that should increase while everything increase while everything else decreases. I go into else decreases. I go into more depth about this in more depth about this in several places.

several places. I already have a full I already have a full video on the exact video on the exact amount of protein and amount of protein and how to achieve it without how to achieve it without eating chicken all eating chicken all day. And day. And two more videos will be released on the channel soon two more videos will be released on the channel soon. One where I. One where I rank the products rank the products women ask about women ask about most often, from most often, from worst to worst to best, and the other about the specific about the specific mistake of excessive mistake of excessive calorie restriction.

calorie restriction. Keep an eye on both of them. Keep an eye on both of them.

The Hydration Piece Most Women Miss

However, food is only However, food is only half of what your half of what your body gets body gets every day. The other half is something that almost no is something that almost no one perceives as a one perceives as a tool of influence.

tool of influence. So, here is what is So, here is what is treated as treated as something secondary. something secondary. Every article advises Every article advises drinking more water, and that's it drinking more water, and that's it. But. But hydration hydration hydration plays a plays a much more important much more important role in your body now than role in your body now than these tips suggest.

these tips suggest. Estrogen is not just a Estrogen is not just a reproductive reproductive reproductive hormone. It also hormone. It also helps control helps control thirst signals and thirst signals and determines how much determines how much water the body water the body retains and how much it retains and how much it excretes. Think of excretes. Think of estrogen estrogen estrogen as both part of your your body's thermostat and plumbing system. It body's thermostat and plumbing system. It helps regulate your helps regulate your thirst and the thirst and the balance of water you balance of water you retain or retain or excrete. When excrete. When estrogen levels begin estrogen levels begin to fluctuate in to fluctuate in premenopause, this entire premenopause, this entire system becomes less system becomes less stable. And if stable. And if you have hot flashes, that's you have hot flashes, that's another way you lose another way you lose water through sweat on top of water through sweat on top of everything everything everything else. And this matters else. And this matters more than it more than it seems at first seems at first glance. In a glance. In a controlled controlled controlled study, women study, women who lost just who lost just over 1% of their over 1% of their body water—which is body water—which is really nothing, no really nothing, no illness, just illness, just plain dehydration —performed worse —performed worse in mood in mood and concentration than and concentration than the same women who were the same women who were fully hydrated. 1%—that's how. 1%—that's how sensitive your brain is to sensitive your brain is to water. So the goal is: water. So the goal is: drink drink drink about half about half your weight in ounces of your weight in ounces of water every day, and even more on water every day, and even more on hot or hot or workout days workout days. And one more. And one more point, which is point, which is the most important for me, because it is the most important for me, because it is easy easy easy to miss: it is not to miss: it is not only about the quantity of water, but also about its quality. Your, but also about its quality. Your cells are best cells are best hydrated with pure hydrated with pure water that has retained water that has retained its minerals.

its minerals. Reverse osmosis Reverse osmosis purifies water well, purifies water well, but it also removes but it also removes minerals, so minerals, so add them back or add them back or use use use electrolytes. Pure electrolytes. Pure water with minerals is what water with minerals is what actually actually actually penetrates the cells.

The fact that you carry The fact that you carry a bottle of water with you everywhere a bottle of water with you everywhere already puts you already puts you ahead of most ahead of most people, but people, but water alone doesn't solve water alone doesn't solve everything, because there's something else everything, because there's

something else that your that your body is imperceptibly body is imperceptibly lacking during this period, and lacking during this period, and it's not a mineral at all.

It's a hormone, and it's the It's a hormone, and it's the main reason why main reason why your sleep may be the your sleep may be the next thing to next thing to change. By the way, change. By the way, before we before we continue: if this continue: if this information is useful to you information is useful to you, a like, a like and a subscription and a subscription will really help other will really help other people find this people find this channel. It's a small thing, channel. It's a small thing, but it helps a lot but it helps a lot. Thank you very much. Thank you very much. Okay,.

The Short Version on Sleep

Okay, let's move on to sleep. The dream let's move on to sleep. The dream deserves a deserves a separate detailed separate detailed analysis, and I will soon analysis, and I will soon release such a video on the release such a video on the channel. For now, here's the channel. For now, here's the short version, because short version, because you need to know you need to know at least this before we at least this before we go any further. Your body's own go any further. Your body's own sleep "switch" sleep "switch" is a is a hormone called hormone called progesterone. This progesterone. This calms your calms your nervous system nervous system enough to allow you to enough to allow you to fall asleep, and this fall asleep, and this effect wears off during effect wears off during this transition this transition sooner than sooner than most women expect. So, if you, if you wake up at the same wake up at the same time every night, time every night, at 2 or 3 at 2 or 3 a.m., and you're a.m., and you're completely sleepless, it's completely sleepless, it's usually a surge of usually a surge of stress hormones, not a stress hormones, not a habit you've habit you've developed, and not something developed, and not something you're doing wrong. When the you're doing wrong. When the full video is released, I'll full video is released, I'll talk about the three talk about the three hormones behind hormones behind insomnia during insomnia during menopause and the menopause and the specific approach specific approach I use with I use with patients. So patients. So stay tuned for stay tuned for updates.

updates. updates.

Movement That Counts Without a Workout

An organism that does not get enough An organism that does not get enough sleep at night sleep at night will not be active will not be active the next day. So, the next day. So, let's talk let's talk about movement. Most about movement. Most women this age women this age perceive perceive perceive activity as one activity as one question: Do question: Do I exercise or not? And that's the I exercise or not? And that's the wrong question. It wrong question. It 's better to ask what you 's better to ask what you do during the do during the other 23 hours of the day. The fitness industry fitness industry pushes the idea that movement pushes the idea that movement only counts only counts during a workout, during a workout, but this approach but this approach ignores most of the ignores most of the rest of the day.

There is a term for moving There is a term for moving beyond the boundaries of beyond the boundaries of normal training. normal training. This is called NEAT (non-exercise non-exercise non-exercise activity). This is activity). This is the energy your the energy your body expends body expends walking, standing, walking, standing, washing dishes, pacing around the washing dishes, pacing around the room while room while talking on the phone— all these little things that all these little things that add up more significantly add up more significantly than you think.

than you think. NEAT can NEAT can differ by more differ by more than a thousand calories than a thousand calories per day between two women of the per day between two women of the same build.

same build. Identical bodies, one Identical bodies, one burns a thousand burns a thousand calories more than the calories more than the other, and neither of them other, and neither of them has been to the gym. There has been to the gym. There is more good news here.

is more good news here. When researchers When researchers looked at daily looked at daily step counts, step

counts, most of the benefits most of the benefits were found in the range of were found in the range of five to seven thousand five to seven thousand steps per day, not steps per day, not ten thousand. So that ten thousand. So that number you number you felt guilty about felt guilty about probably meant you probably meant you needed less than needed less than you thought. So the plan is you thought. So the plan is simple. Taking a short simple. Taking a short walk after a meal, walk after a meal, parking further away, parking further away, standing during standing during phone calls—none of phone calls—none of these are these are workouts, but they all workouts, but they all work toward a common work toward a common goal. I remember goal. I remember a patient who was a patient who was convinced that she convinced that she needed some needed some big, intense big, intense program to achieve program to achieve change, and she was change, and she was exhausted just exhausted just thinking about thinking about it. So we didn't start with it. So we didn't start with that. We just that. We just added movement to her added movement to her usual day. She usual day. She parked, you know, parked, you know, further away, at the end of the further away, at the end of the parking parking parking lot. She lot. She went for a walk after dinner went for a walk after dinner and specifically and specifically took berberine took berberine during it. She during it. She got up and moved got up and moved every hour instead of every hour instead of sitting all sitting all day. She had been doing this for day. She had been doing this for a while, even before a while, even before starting hormone starting hormone therapy, before any therapy, before any structured structured structured plans, and it moved plans, and it moved things in a good things in a good direction. Her direction. Her energy level increased. She energy level increased. She felt felt felt stronger in her stronger in her daily routine, and when daily routine, and when we added more we added more load, her body load, her body was much better was much better prepared for prepared for it. This it. This is the main goal of the is the main goal of the foundation. This is not foundation. This is not the brightest part, but it is what, but it is what everything else is built on. And everything else is built on. And if you're ready for if you're ready for something more than something more than just daily just daily activity, I have a activity, I have a video on creatine for video on creatine for women at this stage of women at this stage of life, as well as a video life, as well as a video on what exercises are on what exercises are most important after 40 most important after 40. But you don't. But you don't have to know it have to know it all to get started. You all to get started. You just need to be just need to be active throughout the active throughout the day. Here's what to day. Here's what to consider. Sometimes consider. Sometimes nutrition and nutrition and activity activity activity are fine, but are fine, but exhaustion doesn't exhaustion doesn't go away. There is a reason for this go away. There is a reason for this, which we, which we will discuss in the will discuss in the last part, and last part, and it lies in a it lies in a metric that metric that almost no one almost no one asks about. Movement changes asks about. Movement changes your body. The next your body.

A Two-Minute Practice for Your Nervous System

The next element changes what element changes what cannot be seen cannot be seen on the scales. How on the scales. How your nervous system your nervous system deals with deals with pressure. If you've pressure. If you've recently started to react more sharply to everything, to react more sharply to everything, explode more quickly, and explode more quickly, and take longer to calm down, this is not a change in not a change in character. This is a nervous character. This is a nervous system that has system that has less margin of less margin of safety than before.

safety than before. That's why. Estrogen and That's why. Estrogen and progesterone progesterone progesterone help help help control your stress response system. This system is stress response system. This system is called the HPA axis, and called the HPA axis, and it is essentially it is essentially your your your body's signaling system. As levels of body's signaling system. As levels of these hormones these hormones fluctuate during fluctuate during perimenopause, this perimenopause, this protective barrier protective barrier weakens. So the weakens. So the same stressful same stressful week that you week that you previously endured easily can suddenly seem can suddenly seem overwhelming. This is overwhelming. This is biology, not a biology, not a character flaw. Imagine character flaw. Imagine your nervous system your nervous system as the suspension of a as the suspension of a car. Good car. Good suspension absorbs suspension absorbs shocks so you shocks so you hardly feel them.

hardly feel them. Perimenopause can Perimenopause can wear down this " suspension." Therefore, each suspension." Therefore, each obstacle obstacle obstacle is felt more is felt more is felt more strongly than before.

strongly than before. And now the good news : it can be trained. The most proven most proven practice is slow

practice is slow breathing. Breathe in for a breathing. Breathe in for a count of four, breathe out count of four, breathe out for a count of six— for a count of six— for about two minutes.

for about two minutes. You should You should aim for aim for six breaths per six breaths per minute. And this gives a minute. And this gives a measurable measurable measurable result. In one result. In one study, four study, four weeks of this practice weeks of this practice for 20 minutes a day for 20 minutes a day activated the activated the body's calming system and body's calming system and reduced reduced reduced stress levels. But you don't stress levels. But you don't necessarily necessarily necessarily need 20 minutes and a meditation app to make it meditation app to make it work. Two work. Two minutes in the car before minutes in the car before you get home is enough to get you enough to get you started. A calmer started. A calmer nervous system nervous system changes your daily changes your daily well-being. The last well-being. The last part changes what part changes what you actually know you actually know about your body on about your body on paper. This is the last paper.

The Baseline Labs to Ask For Now

This is the last element, and it element, and it costs nothing. Know costs nothing. Know your own metrics your own metrics before before before problems arise.

problems arise. So that you have something So that you have something to compare the results with to compare the results with later. Start by later. Start by checking your checking your iron stores, not just your iron stores, not just your blood levels. This blood levels. This is called ferritin, is called ferritin, and it is a completely different and it is a completely different test than the test than the anemia test anemia test that is included in that is included in most most most standard tests. Your complete. Your complete blood count may blood count may look completely look completely normal, while your body's iron stores are body's iron stores are depleted. That's depleted. That's why it's important. In why it's important. In one study, one study, women with completely women with completely normal normal normal blood counts blood counts felt better felt better after taking iron after taking iron when their ferritin levels, when their ferritin levels, or iron stores, or iron stores, were restored. So, a were restored. So, a normal result normal result does not rule out the possibility that does not rule out the possibility that your supplies your supplies are exhausted.

are exhausted. Also ask for a thyroid hormone test. thyroid hormone test. Subclinical thyroid problems become become more common during this transition, more common during this transition, nearly nearly nearly doubling in number, and they doubling in number, and they cause almost the cause almost the same list of same list of symptoms as symptoms as premenopause. So it's premenopause. So it's worth knowing what worth knowing what exactly you're dealing with.

exactly you're dealing with. Then ask Then ask to check fasting to check fasting insulin, not just insulin, not just glucose. This is the glucose. This is the number that number that almost no one thinks about, almost no one thinks about, and it's the number I and it's the number I promised you at the promised you at the beginning.

beginning. beginning. Insulin resistance Insulin resistance Insulin resistance usually usually usually manifests itself years, manifests itself years, sometimes almost a sometimes almost a decade, before decade, before your your your glucose levels change.

glucose levels change. So your So your glucose levels may glucose levels may look good, even though the look good, even though the early signal is already there early signal is already there if someone if someone bothers bothers bothers to look for it. These are not some to look for it. These are not some exotic tests. It's exotic tests. It's one blood draw, one blood draw, one visit, and a conversation one visit, and a conversation with those who are already doing with those who are already doing your lab your lab tests. And tests. And finally, add finally, add vitamin D. One vitamin D. One large study found that the vast majority of postmenopausal women were deficient in it.

found that the vast majority of postmenopausal women were deficient in it. So it's worth knowing your So it's worth knowing your level instead of level instead of guessing. And when guessing. And when someone comes to someone comes to me complaining me complaining of "foggy head" of "foggy head" or fatigue, I add or fatigue, I

add two more tests.

two more tests. Complete Complete Complete blood count and B12 level. blood count and B12 level. Low B12 levels Low B12 levels can can can look just like “ brain fog” on their own, and it’s brain fog” on their own, and it’s easy to miss. But easy to miss. But that's also easy that's also easy to fix. However, there is to fix. However, there is something else you should something else you should know. The products and know. The products and containers in your containers in your kitchen and kitchen and bathroom also bathroom also interact with interact with your hormones in a subtle way.

your hormones in a subtle way. I will soon release I will soon release a video about which a video about which replacements should be made replacements should be made first. Stay tuned first. Stay tuned for updates. So, that's for updates. So, that's your baseline your baseline and the whole foundation.

and the whole foundation. Let me Let me summarize. This summarize. This foundation is built on six foundation is built on six things. Adequate things. Adequate nutrition, especially nutrition, especially proteins and healthy fats, drinking enough, drinking enough clean clean clean mineralized water, quality sleep,, quality sleep, being active throughout the being active throughout the day, not just day, not just during workouts, during workouts, teaching the nervous teaching the nervous system system system to calm down, and to calm down, and knowing your baseline knowing your baseline indicators. That's all.

indicators. That's all. And here's what I And here's what I like about this like about this list. None of list. None of the items require a the items require a prescription. This is the basis of prescription. This is the basis of what we call the what we call the therapeutic therapeutic therapeutic order in order in naturopathic naturopathic naturopathic medicine, the foundation medicine, the foundation on which we build on which we build everything else. And for everything else. And for many women, once many women, once that base is strong, it that base is strong, it turns out to be turns out to be most of what they most of what they needed. Your needed. Your body is designed to body is designed to heal itself if you give heal itself if you give it the right it the right resources and remove resources and remove obstacles. Here's how you obstacles. Here's how you can provide can provide him with both. You him with both. You don't have to wait don't have to wait until this transition until this transition period gets difficult period gets difficult to change things. You to change things. You can lay this can lay this foundation while things are foundation while things are still good, because that's when still good, because that's when it's it's it's most beneficial.

most beneficial. If you need a If you need a plan built around plan built around your own your own metrics, rather than a metrics, rather than a generic list like generic list like this—that's what I this—that's what I do with do with patients. You can patients. You can find me at find me at hawthornhealingcenter.com. And hawthornhealingcenter.com. And since it all since it all starts with getting starts with getting enough enough enough protein, if you want protein, if you want to know the exact to know the exact amount and how to achieve it, amount and how to achieve it, I have a full video I have a full video on protein during on protein during menopause. I'll give menopause. I'll give the link right here.

the link right here. If you want If you want honest, honest, honest, informed informed informed information about what's information about what's going on with your going on with your body and something to body and something to start with before things get start with before things get complicated—that's complicated—that's complicated—that's exactly what this exactly what this channel is about. Subscribe, channel is about. Subscribe, take care, and take care, and see you in the see you in the