Intro to Perimenopause Nutrition Tips

Hi, I'm Dr. Amanda Tracy, naturopathic physician and perimenopause expert.

Warm Lemon Water for Digestion and Liver Support

And here are five things you can do to not only peri-menopausal proof your days, but help you ease through the transition. Number one is start your day with a glass of warm lemon water.

This helps not start only your digestion, it helps your liver and the liver is the organ that's mostly processing your erratic hormones during perimentopas.

Cruciferous Vegetables for Estrogen Balance

The second thing you can do is add cruciferous vegetables like broccoli, cabbage, Brussels sprouts, kale, or cauliflower to your daily routine. These vegetables are especially important in helping your body and mind ride the erratic estrogen waves that perimenopause can bring.

Beta-Carotene Foods to Support the Ovaries

Number three is supporting your ovaries. This is with carrots, sweet potatoes and peaches which are high in beta-carotene which concentrates in the ovary, improving ovulation and again smoothing out the wild ride that perimenopause can be on a monthly basis.

The other tips I have are having lunch as your biggest meal of the day.

Make Lunch the Biggest Meal

This is when your digestion energy is highest and can prevent bloating later on at night and avoiding raw fruits and vegetables in the evening. Our digestion is slower at this time and in perimenopause, we can be prone to bloated because of lower progesterone levels.

Choose Easier-to-Digest Dinners

So having well-cooked foods for dinner like soups, stews or even a blended smoothie is a better option than a big raw salad.

Free Hormone-Balancing Recipe Guide

To learn more about my practice and how you can balance your hormones with nutrition, download my free hormone balancing recipe guide on my website, drmandatracy.com slash guide.