Struggling with menopause symptoms like hot flashes, gall bladder issues, or excess weight? ? Transcript

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Broccoli for Estrogen Balance

As a naturopathic hormone expert and professor of nutrition, here are three foods that I'm going to be eating every day when I go into menopause. Number one is broccoli.

This helps your liver process estrogen better to balance the estrogen that's coming from your fat cells, your ovaries, and your adrenals to minimize hot flashes and other menoppause symptoms.

Number two is artichoke hearts.

Artichoke Hearts for Liver and Gallbladder Support

These are wonderful again for the liver processing of estrogen, but they also support bile production and support your gallbladder health. And gallstones and gall bladder issues are a common symptom that come along with the hormone changes of menopause.

And number three is parsley.

Parsley for Water Retention and Detox Support

Yes, that bright leafy green parsley, chop it up and put in your salads, have tabbouleh often, put it in smoothies if you can tolerate it, because this is great at reducing water retention, reducing excess weight, supporting your lymphatic system and your kidneys.

So if want more tips on what foods to eat every day during menopause and how to use them, type recipe in the comment and get my nutrition guide.