



CHILL THROUGH THE CHANGE

A GENTLE GUIDE TO
PERI-MENOPAUSE &
MENOPAUSE RELIEF



TABLE OF CONTENTS

1. MAINTAIN A BALANCED DIET
2. STAY HYDRATED
3. EXERCISE REGULARLY
4. MANAGE STRESS
5. OPTIMIZE SLEEP ENVIRONMENT
6. CONSIDER NATURAL SUPPLEMENTS
7. LIMIT ALCOHOL, CAFFEINE, & SPICY FOODS
8. SUPPORT GUT HEALTH
9. MINDFUL EATING AND WEIGHT MANAGEMENT





1. BALANCED DIET

Details: During menopause, declining estrogen levels can lead to a natural loss of muscle mass, a slower metabolism, and increased fatigue. This makes it even more important to support your body with the right nutrients—especially protein. Protein helps maintain lean muscle, supports stable blood sugar, and keeps you feeling full and energized throughout the day.

Advice: Aim to include 25–30 grams of protein at each meal. Think: eggs with veggies for breakfast, a hearty salad with grilled chicken for lunch, greek yogurt with berries and a stir-fry with tempeh or grass-fed beef for dinner. Spread your protein intake throughout the day to help your body stay strong, manage symptoms, and feel its best.



2. STAY HYDRATED

Details: Adequate hydration helps regulate body temperature and can reduce the intensity of night sweats. Dehydration can also worsen hot flashes and other menopause symptoms.

Advice: Aim for at least 8-10 glasses of water daily. Herbal teas, especially cooling herbs like peppermint or chamomile, can also be beneficial, especially in the evening.





3. REGULAR EXERCISE

Details: Exercise is one of the most powerful tools for managing menopause. Strength training helps maintain muscle and bone density, walking supports heart health and weight management, and yoga or stretching eases stress and improves flexibility. Together, these forms of movement help balance hormones and boost overall well-being.

Advice: Strength train 2–3 times a week, aim for 10,000 steps a day, and include yoga or stretching a few times weekly. You don't need to be perfect—just move consistently. Your body will thank you.



4. STRESS MANAGEMENT

Details: High stress can trigger hot flashes and night sweats. Techniques such as mindfulness meditation, deep breathing exercises, and progressive muscle relaxation can help manage stress effectively.

Advice: Practice 5-10 minutes of deep breathing exercises or mindfulness meditation daily. Apps like Headspace or Calm can be useful.





5. OPTIMIZE SLEEP ENVIRONMENT

Details: Creating a cool, comfortable sleep environment is crucial for minimizing night sweats. Temperature regulation is essential.

Advice: Set your bedroom temperature between 60-67°F (15-19°C). Use a fan, cool gel pillows, and moisture-wicking sheets and sleepwear to help manage night sweats.



6. NON-HRT SUPPLEMENTS

Details: Arbonne's Meno Support alleviates menopausal symptoms and helps provide support for targeted health needs during this life stage. Clinically studied with the powerful botanical blend EstroG-100[®], Meno Support is shown to relieve 10 common menopausal symptoms—from hot flashes and night sweats to mood balance and joint discomfort.

[More info](#)

Advice: Always consult with a naturopath or healthcare provider when starting new products.





7. LIMIT CAFFEINE, ALCOHOL, AND SPICY FOODS

Details: These substances can dilate blood vessels and trigger hot flashes and night sweats.

Advice: Keep a symptom diary to identify triggers. Avoid these foods and beverages, especially after 3 pm, to see if symptoms improve.



8. GUT HEALTH SUPPORT

Details: A healthy gut can help with the absorption of nutrients necessary for hormone production and balance. Fermented foods like yogurt, kefir, sauerkraut, and kimchi are rich in probiotics.

Advice: Include a serving of probiotic-rich food daily or consider a high-quality probiotic like Arbonne's Guthealth or GreenSynergy.





9. MINDFUL EATING AND WEIGHT MANAGEMENT

Details: Maintaining a healthy weight can help reduce the frequency and severity of hot flashes and night sweats. Mindful eating involves listening to hunger cues, eating slowly, and choosing nutrient-dense foods.

Advice: Practice eating without distractions (like TV or phones), and focus on portion control and balanced meals. Consider Arbonne's 30 Days to healthy living program or Daily Essentials for weight management.

[More Info](#)





NEED MORE SUPPORT?

You don't have to do this alone. Menopause can feel like a lot—but with the right habits, support, and mindset, it can also be a time of strength, clarity, and renewal. I hope this workbook gave you simple, realistic steps to feel more in control of your body and your health.

If you're looking for personal training, nutrition guidance, or just someone to help you create a plan that works for your life—I'd love to support you.

☞ Reach out anytime—I'm here to help you feel strong, balanced, and better than ever.

