



SUPPLEMENTS FOR OPTIMAL HEALTH!

SHIATSU BODYWORKS

Exhaustion . aching joints. brain fog . night sweats . muscle aches . headaches . IBS . body odour . gum issues . hot flushes . itchy skin . libido loss . gut issues . allergies . thinning hair . sleep deprivation and more...

The list of symptoms that can hit in midlife and impair your optimal health have root causes. Traditional Chinese medicine can group these symptoms and point you in the direction of the right supplements for your needs. This guide aims to give you a foundation in supplements.

In this guide you will learn:

- ✓ The difference between nutritional and herbal supplements
- ✓ Why plant-based supplements the most effective
- ✓ What is deficiency?
- ✓ Why a blood test won't help
- ✓ Supplement quality check
- ✓ Can I overdose on supplements?
- ✓ I've taken supplements before and they didn't work?
- ✓ Supplements to replenish your deficiency (the foundational set)
- ✓ Herbal supplements – anxiety/ hot flushes / belly-fat buster
- ✓ Other supplements – liver detox/ oestrogen dominance
- ✓ When do I take my supplements?
- ✓ Further support and resources

Just a few of the comments I received as I started creating this guide:

"It's a minefield, isn't it? I just don't know where to go or how to start" *Sue*

"I went in to buy Magnesium and there are so many types I didn't know what I was looking for" *Mary*

"Your advice to get *Microbz* has changed my life; I'm never not going to BUY IT!" *Amy*

"I feel like a different person, I can't believe that taking a few supplements together with shiatsu just works so brilliantly. I want to have a healthy menopause, and I have reversed non-alcoholic fatty liver disease and I think this has really delivered that." *Sally*

"I couldn't get over how quickly taking supplements affected me, the joint pain and fatigue relief was unbelievable" *Julie*

My Story



I'm Andrea and I've had a long journey with supplements - from not believing that we really didn't need them, to taking something from the supermarket thinking it was 'doing me some good'. Then I moved on to a health food shop finding a proper Magnesium that I saw results with to finally researching and choosing the **best type of supplements that I could truly believe in and to the standard of quality** I was now looking for!

I wouldn't be without them now as I truly believe they are why I now feel so energised, positive and fantastic. **At 50 plus I'm now healthier than I was in my 20's!**

I was a lifelong sufferer of muscular aches and pains, and though I always had regular therapy not one therapist in nearly 30 years explained to me about taking nutritional supplements because my body was depleted in the vital minerals that it needed to do its job properly. I'm here now to correct that wrong!

I'm a shiatsu and Chinese medicine practitioner, it's a fantastic therapy and is great for preventing ailments and keeping your health great, but....

Although I'd had this therapy once a month for 10 years once I hit the perimenopause it couldn't do the job to keep me going all by itself. It was doing pretty well until the enforced time of the first covid lockdown when I couldn't receive my therapy my ankle literally (and I can use that term correctly!) fell apart one day whilst I was on a dog walk. It was **supplements that got me back on my feet quicker than expected** and opened my eyes to the more extensive supplementation for the weaknesses your body now faces.

As you hit midlife health issues it is a fantastic opportunity to look at yourself and your life and to discover who you are and who you want to be moving forwards. This also means you can set yourself on a **good path to optimal health for the decades to come and prevent osteoporosis and ensure good heart health**. This is all down to

supplements, alongside a diet rich in fresh food and rich nutrients, the right kind of exercise, relaxation, sleep and lifestyle – this is your chance to create great health from now on.

We can't get all our nutrients from food alone though, as exhaustive farming has diminished the nutrients from the soil which our food comes from. Magnesium levels in food have plummeted over the last 50 years and it has now become the #1 deficient mineral in us. Vitamin D is another one, we just can't get enough from the sun and you'll get none if you use sunblock; plus, food just wouldn't provide a fraction of what we need – 10 eggs a day anyone?!

It's time to get serious about supplements ... in my life they are my rock and roll! You will see differences appearing in your health and happiness in just a matter of weeks. Ensure you're having a good balanced diet too; this is the best way to get nutrients; supplements are the incredibly powerful backup you sorely need right now.

Supplements will help your body heal and deal with stress, your clarity of mind will return and your health will flourish! I wish this for you, as I now feel it myself."

Andrea x

Disclaimer

The information and advice in this pdf is intended as a general guide to healthy living and is not specific to individuals or their particular circumstances. This guide is not intended to replace treatment by a qualified practitioner. Neither the author nor the publisher can be held responsible for claims arising from the inappropriate use of any of the suggestions within. Do not attempt to self-diagnose or self-treat for serious or long-term conditions without consulting a medical professional or qualified practitioner.

Let's get started!

Do you believe you can reverse your symptoms naturally?

I'm here to show you how you can!

I'm thrilled to say that 2 of my longstanding researched and most important supplements – *Women's Wholefood Multivitamin* and *Microbz Women* have both won **GOLD** at the 2024 *Health and Wellbeing's Wellness from Within* awards plus an additional win for *Microbz Women* at the *Nourish awards ...* and I have discount codes for both of these and more for you!



The difference between nutritional and herbal supplements

This is really important to know as people tend to jump to the end game without checking what is wrong and resolving the basics first. Let's look at the 2 types, when to take them and the effect they have. I separate and explain the difference between nutritional supplements and the effect of herbal ones have on your mind and body.

Nutritional Supplements

Nutritional supplements replenish your fundamental body chemistry. They include: vitamins, minerals, amino acids, essential fatty acids and a probiotic. The hormonal stress you're going through is such an upheaval on your body that it triggers a lot of symptoms known as *deficiencies* in Chinese medicine; these need to be topped up! *Stress* on your body is one of the major causes of this imbalance, along with what you may or may not be eating. As well as having a healthy balanced diet you will start to see visible relief in your symptoms as you take these additional nutrients daily.

As well as vitamins you can be deficient of good bacteria in your gut, a ***multi-strained probiotic*** helps put back in many of the missing gut bacteria- the root cause of a host of your symptoms from bloating and digestive issues to how happy you feel. ***It's in your gut where your food is metabolised into your moods!***

Omega oils – known as essential fatty acids, these are nutritional too replacing the lack of decent fish oils we eat in our diet or the nutritious fats in nuts and seeds. Eating plenty of these in your diet is a very good start but you can also still be deficient and so to add these in is very beneficial.

Herbal Supplements

Herbal supplements have an energetic action on your body, they help clear imbalances in vital organs, strengthen your blood and energetics, and detox your system by cleansing and/or reducing inflammation. You may have already experienced the world of herbal supplements and have tried something based on a tip; and it hasn't worked?

There is a very real reason for this; your symptoms will potentially be very different from the person the herbal remedy worked for. Herbal advice is given based on your specific symptom set; though there are a couple of general ones that I mention in this guide that help a majority of women.

Why plant-based supplements are the most effective?

This took years of research and testing; but I got there! Clients regularly see the difference when they switch from *their brand* to the brand I recommend – same nutrients, *different source*. Our gut is all set to digest plant-based matter, not chemically synthesised or powdered rock. This even goes for salt! Alienated from its naturally supporting minerals it becomes more insoluble or useful to the body; we've been on refined salts for many decades now and only just turning back to the best natural salt like Himalayan salt (pink). Sea salt is good as well, however with the current state of the ocean's, micro plastics have polluted so you can't guarantee that you won't be ingesting those.

Herbal supplements are plant-based and extremely powerful. The pharmaceutical industry can't patent herbals and hence it tries to create chemically altered options that are more generalised for a larger number of patients. Did you know that all pharmaceuticals have their origins in plants? Morphine/ heroin is opium, non-steroid anti-inflammatories (like Ibuprofen) are German chamomile, and painkillers (like Aspirin) are birch.

Chemically created supplements of any kind tend to hang around in the liver longer as they aren't absorbed and utilised by the gut; which herbal and plant-based are. **For the you to get the most out of your supplement, and to really feel the difference in your energy levels moods and symptom reduction it has got to be plant-based.**

What is deficiency?

In my research on menopause, I noticed that Western medicine tends to focus primarily on alleviating heat-related symptoms, such as hot flushes and night sweats. Western treatments excel at reducing heat—consider how paracetamol lowers a fever or how anti-inflammatories reduce heat and swelling. These interventions essentially remove heat from the body.

However, the real issue is that 4 out of 5 of the root causes of menopausal symptoms, particularly during perimenopause, stem from depletion in your body chemistry; this depletion requires replenishment.

The missing elements are essential nutrients, and their absence leads to both physical symptoms and cognitive or emotional issues, from brain fog to mood disturbances. These are significant health imbalances that my approach, grounded in Chinese medicine, seeks to correct. Menopause places your entire health under scrutiny, and

these deficiencies, if left unchecked, become embedded in your overall well-being post-menopause. This can result in long-term conditions such as osteoporosis, heart disease, and even dementia.

The solution isn't simply synthetic hormones; it's NUTRIENTS. Proper nutrition combats stress, which severely disrupts hormonal balance. By effectively managing stress, your body can utilize nourishment from food and supplements to produce the hormones it needs.

While it is natural to lose oestrogen, it is not natural to suffer from severe health conditions after menopause. Poor health post-menopause is largely due to nutrient deficiencies and prolonged stress. It's the impact of stress—not menopause itself—that is driving many health issues in women (and men, for that matter).

Why a blood test doesn't help

If you're experiencing symptoms and have had tests with no significant findings, this can actually be a positive outcome! However, I understand it may leave you feeling confused, frustrated, or unsure about how to address your symptoms.

An oestrogen blood test is often unreliable—unless you're severely depleted, the results may not reflect your actual hormonal status. If you're still having periods, it indicates you have sufficient oestrogen, so this test isn't particularly helpful. Similarly, when **testing vitamins and minerals**, unless you're profoundly deficient, your results may come back as "sufficient" by NHS standards, which are far below optimal levels and won't explain your symptoms.

If you've had these tests, I recommend obtaining the actual results (not just a summary from your GP) and booking a consultation with me. We can review the numbers together and identify where you may be deficient based on your symptoms. In the meantime, starting with a high-quality multivitamin can be a great all-around support.

It's remarkable how the body can respond once it receives the nutrients it needs. Your symptoms provide valuable insight to a practitioner, revealing underlying energetic imbalances, so if you're not finding relief, it's worth reaching out for further guidance.

Supplements replenish your deficiency

If you view these nutritional supplements as the essential building blocks of your body's chemistry, you can use them to help restore balance. Your body requires enough nutrients to make your hormones in the first place so help your body at this level and let your hormones do the right thing.

When taking supplements and even before you start to; keep a journal to track any changes you notice (refer to the templates at the end), documenting both physical changes and how you feel. You may be surprised by how quickly some of these improvements occur.

Since these supplements provide a foundational support for your health, it's important to think long term. As your needs evolve, especially post-menopause, supplements may become more tailored to specific concerns like heart health and related factors. However, the following set will help reduce the risk of osteoporosis and provide a solid foundation for maintaining everyday wellness.

There is one golden rule about supplements - **the secret** to how they work (apart from buying the right ones!)

Consistency.

This is the KEY when it comes to taking supplements. Our body needs to absorb and use the nutrients daily in order for it to work. If you're deficient in a nutrient, it can take several weeks if not months to rebuild that nutrient in your body; and especially if it's a nutrient your body doesn't produce naturally (and you're not eating it – this can be the case for vegans). If you skip weeks, you'll never give your body the chance to replenish by combatting ever consistent stress mounting up and...

This is why you won't get any results.

Life happens and you forget for a day or two and then you stop for a week... I get this, and this is okay to an extent (read more in *Supplement holiday* later on).

If you take a supplement for 2 weeks, stop for a month then start again for a week, you're just wasting your time and money because you aren't giving your body the levels of nutrients it needs to actually work.

That's why it's important to be as consistent as possible.

Beware Menopause-branded supplements

Firstly, if a supplement is branded as a *menopause* product, it may contain phytoestrogens. These compounds mimic oestrogen and can potentially worsen your symptoms, especially if you're already in an oestrogen-dominant state. This is common during perimenopause (if you still have regular to heavy periods).

Oestrogen dominance typically stems from two factors:

1. **Excessive oestrogens in the liver from dietary sources:** In this case, consider a liver detox specifically designed to remove excess oestrogens. You can also schedule a consultation with me to discuss this further.
2. **Low progesterone levels:** During perimenopause, progesterone levels often drop, and this imbalance is worsened by high stress, leading to oestrogen dominance. It's crucial to address stress and support progesterone production—adding more oestrogen at this stage will likely intensify feelings of low mood, anxiety, and confusion.

Most menopause supplements contain many ingredients – they are a *blended supplement* and it only requires you to be **intolerant** to one of the ingredients and the

supplement won't be effective and in fact may make you feel worse. I had a client with a supplement with 80 (yes 80! Ingredients in and it was making her ill). Steer clear of expensive blended supplements is one of my rules as one size does not fit all. I've had many supplement companies contact me with their menopause fix and there has been something in all of them that I don't agree with.

There is limited scientific evidence supporting many of the menopause supplements currently on the market (ref BBC Panorama 30/9/24: *The Menopause Industry Uncovered*). These products are often marketed with bold claims, suggesting that one pill will solve everything. I personally review the ingredients and dosages of any supplements I come across or that are brought to my attention.

Be cautious of endorsements from so-called menopause experts—many lack credibility, and in my experience, I've been unable to verify who these individuals are.

The menopause experts I trust do not endorse any of the products I've reviewed. While certain supplements may provide relief for specific symptoms, a more targeted approach is often more effective. Many generic *blended* supplements lose effectiveness, due to inadequate dosages for your evolving needs. If this happens, don't be discouraged—it's likely that your body requires a more personalized approach or just greater amounts of minerals to combat your current situation.

Supplement quality check list

Quality supplements aren't filled with things that aren't the supplement itself! Big white chalky tablets are bulked out with calcium carbonate AKA talcum powder and it is not absorbed into your gut. When you check the ingredients list (as opposed to the nutritional value) you should see that your supplement is the #1 ingredient, if it isn't – don't! Also bulking agents and fillers are not needed!

Ingredients you should
NOT find in your
supplements

- x titanium dioxide
- x zinc oxide
- x magnesium oxide
- x folic acid
- x coloring
- x gluten, dairy, soy

Can I over dose on supplements?

Nutritional supplements

No not really - unless you're very stupid 😊

Most vitamins and minerals are water soluble which means you wee out the excess so they are pretty safe. The exceptions are vitamin D vitamin A and K2 as these are fat soluble and this means they are stored in your liver. Vitamin D levels drop quickly so are less of an issue; vitamin K2 needs to be checked as it can't be taken with blood thinners and it is wiser to have a multivitamin with Beta Carotene in that helps your body create vitamin A rather than just taking vitamin A itself.

You're safe taking a multivitamin and in times of stress I you can double it for short periods of time (like a week) as long as your MV doesn't have vitamin A in it. If you're achy the day(s) after exercise then your body is too nutritionally depleted to recover effectively so you can take top ups – especially Magnesium.

Magnesium is the #1 mineral deficiency in the world and your body requires it for over 300 processes. It's very difficult as a sensible person to overdose on Magnesium. As well as the recommended daily allowance stated on bottles you can also apply it as a cream or butter (here's [one of my favs](#)) or take foot soaks and baths with Magnesium flakes. If you absorb a lot, you may get a sea salt taste in your mouth! Also, if you feel itchy as it absorbs into your skin this is a sign of deficiency and your body is soaking it up quickly; therefore, you need more.

Vitamin B12 supplements can go up to 80000mg or so before then switching to injections! The multivitamin I recommend has 4400mg so you see – a long way to go and you still don't overdose.

The medical profession has scare mongered people into not taking vitamins – this is a ploy by the pharmaceutical companies who can't make serious money from vitamins. GPs are only trained in drugs and NOT natural mineral supplements – it's crazy! For example – ***restless leg syndrome is a magnesium deficiency.***

The nutritional value is the % of the supplement compared to the industry standard that you should take a day for minimum health, a perfect example of the debate over vitamin D. The UK government state 400iu (international units, used to measure vitamins) this was set nearly a 100 years ago to stop you getting rickets. Nowadays the science community agree on 2-3000iu as an optimal daily dosage. Remember though that everyone differs and if you come back with a low reading after a blood test, you're likely to be put on a far higher dose by your health professional. Last winter I had to up to 7500 iu for example but that was for my health. Yours will be different.

Keeping on top of your vitamin D levels:

As vitamin D levels are one of the most fluctuating levels of vitamins throughout the year AND is also fat soluble meaning it is stored in the liver and not wee'd out like water-soluble ones

Other fat-soluble vitamins (that can build up in your system) are vitamin A and K2.

You can use a calculation based on a naturopathic doctor and supplement formulator Dr Charles Rouse – $35iu \times \text{number of lbs you weigh}$ – you'll be surprised at the number!

You can also do an at-home finger-prick blood test on a regular basis (every 3 to 6 months):

<https://www.vitamindtest.org.uk/>

Herbals supplements

Yes, you can take too much – more *is not* better in this case!

Herbals have an energetic effect on the body and don't need large amounts. Some supplements might combine herbals so that they have a greater effect on the system – a classic example is the Liver health containing 5 herbals to support all stages of liver detox. Stick to the labels dosing unless a qualified practitioner says otherwise. You can also google to check whether herbals have contra-indications with certain medications for example Turmeric or vitamins K2 with blood thinners.

I've taken supplements before and they don't work?

Rule out these reasons first:

1. The quality of the supplement was such that your body didn't absorb any useful nutrients
2. The dosage wasn't high enough
3. You didn't take it long enough for your health conditions
4. You have an impaired gut that even with good supplements you didn't get the best from (you will need at the very least a probiotic or support for leaky gut).

In herbals it can be that you didn't need to take them. As herbals have an energetic effect if you don't need it's help it won't make any difference. This is why herbals can be hit or miss without professional help. Herbals also struggle to help you if you're actually nutritionally depleted but may help you once you've taken nutrients on board to a satisfactory level.

Supplements that work at a deeper level say to heal your gut will take time. A probiotic is not going to help overnight but you will feel affects in coming months.

Why have I chosen Cytoplan as the best supplement provider?

It's taken me a few years to settle on Cytoplan, but they do a very good range, plant-based/ food source plus they are ethical; and very high quality.

One of my clients said: *I was on my own choice of supplements but when I ran out and switched to the brand you recommended and I really noticed the difference in my sleep, energy and symptoms.*

Use the discount code (in gold) below - *apply it once* on opening your account for 35% off your first order and an automatic 10% off all subsequent orders; it states that you've been recommended by a practitioner. The great news is Cytoplan do regular 3 for 2's as well! Discount code: CYT122819-35-10R (*copy n paste*)



Supplement foundation set

This is your basic foundation set of nutritional supplements for great health in general:

Multivitamin (incl B Complex)	✓
Magnesium	✓
Vitamin D3	✓
Vitamin C + Bioflavonoids	✓
Omega 3	✓
Probiotic	✓

Multi vitamin - *Whole food multi vitamin* you need all these microminerals to support all of your health. It is also high in vitamin B complex for energy and hormone health balance. It'll combat the excess cortisol that you have from stress whether caused by life or hormonal change. **Contains iodine and iron.**

[Shop Women's whole food multi vitamin](#) if you have periods – GOLD Winner at the 2024 *Wellness from Within* awards by Health and Wellbeing.

Or [wholefood multi vitamin](#) if you need low iron/ post menopause / male.

If you're into your 50s (and no periods) or male you can switch to either [50+ / CoQ10 multi](#) (they're the same!) as this then supports heart health and lower cholesterol.

Magnesium. You will be deficient in Magnesium, that's a fact due to the lack now in soil. It supports over 300 systems in your body functioning correctly and can be the root cause of sleep interruptions around 4am. 70% of Magnesium resides in your bones and along with Vitamin D and calcium are the magic 3 for strong bone health.

You can take up to 450/500mg a day very safely, more if advised. It can be split between morning and evening. Magnesium citrate can make your stools looser (so great if constipated). If you're too affected by this then try Magnesium Bisglycinate. For brain performance you'll want Magnesium Threonate:

[Shop Magnesium Citrate](#) [Shop Magnesium Bisglycinate](#) [Shop Magnesium Threonate](#)

Omega Balance (vegan) oils - If you don't eat oily fish twice a week (but I suggest you take anyway) and you have brain fog, overwhelm, achy joints and for the relief of 1/3 of menopausal symptoms and health overall all. Omega 3, 6 and 9 should be in your daily diet. Omega 9 is created from 3 and 6, and now Omega 7 (sea buckthorn is having more science behind it, especially for Liver health).

[Shop Omega Balance](#) (has a small amount of Evening primrose in too)

After menopause you can switch to [Omega Protect CoQ10](#)

Blackcurrant seed oil (stronger than Evening Primrose Starflower oil) - for hormonal balance especially if breast health (and cancer prevention) is a concern.

[Shop Blackcurrant seed oil](#)

Vitamin C + Bioflavonoids - Vitamin C should be in your everyday life as a main component of boosting your immunity, and never more so now as it promotes collagen growth (i.e., sagging skin, prolapses, arterial health). You can take 1000mg (with bioflavonoids) and this will also help decrease hot flushes, or you may never have them.

In the Nurses' Health Study, premenopausal women with a family history of breast cancer who consumed an average of 205 mg per day of vitamin C from food had a 63% lower risk of breast cancer than those who consumed an average of 70 mg per day. In the Swedish Mammography Cohort, overweight women who consumed an average of 110 mg per day of vitamin C had a 39% lower risk of breast cancer compared to overweight women who consumed an average of 31 mg per day.

[Shop Vitamin C](#) or [Acerola Cherry Vitamin C](#) (if you're orange/ascorbic acid intolerant, 1/5th strength of normal vitamin C)

Vitamin D3 - we can't get enough from the sun, and along with Magnesium and Calcium help aid bone strength, also boost Lung strength and immunity. With vitamin K2 for effective absorbency (don't take K2 if you're on blood thinners, get plain vitamin D3).

[Shop Vitamin D3/K2](#)

Vitamin B12 - if you really are low in energy then this could be a real booster for you. You get a decent amount of the B complex in most women's MVs but a 1mg B12 daily boost may help energy levels further (one a day is the roughly the equivalent of having a 1mg B12 injection once per month). Take a multivitamin first and increment until you feel fatigued lessen.

[Shop vitamin B12](#)

Iron – whilst you still have periods you can be iron deficient and this can cause fatigue, hair loss.

[Shop Iron](#)

Calcium – you may not be getting enough from food, as well as one of the 3 for bone strength calcium also supports heart, muscles and nerves. This one comes from seaweed!

[Shop Calcium](#)

Bone Support – if you're worried about osteoporosis then you need your daily dose of Boron alongside your other vitamins and minerals – Boron is a magical trace mineral that will support all the others and has its own long list of positives. You get a small amount in an MV , but you get the suggested daily 3mg in this one.

[Shop Bone Support](#)

Vitamin A – for heavy periods , study has been done to show that 92% of women with a heavy blood loss are vitamin A deficient. Should only need one bottle. Vitamin A should not be taken for too long as it can build up in the liver. An alternative is to take Beta Carotene (in the women's wholefood multivitamin which supports your body to make its own vitamin A as required).

[Shop Vitamin A](#)



Probiotic – Microbz

The top supplement for your gut and brain health, metabolism, energy levels and immunity. If you're feeling sluggish, unmotivated, have gut issues or suffering from night sweats, these are all indicators that your gut needs help. This supplement is described by my clients as a 'game changer', it was for me too. I didn't recover very well after having a gut parasite, and the antibiotics would have wiped my gut out too. I started to notice weird side effects like bad body odour and I'd been suffering from bleeding gums on and off for a while; plus, I was a lifelong hay fever sufferer. With Microbz the menopausal symptoms went down, periods got better, BO and gum issues disappeared (in fact I barely produce plaque now!) and for the first time in my life – no hay fever! It's so good I've put the animals on it as well as all my family friends and clients!

If you have:

Regular periods (even heavy), but you don't have heat symptoms shop *Microbz Women*. GOLD Winner at the *2024 Wellness from Within* awards by Health and Wellbeing.

Irregular/light/scant/no periods and you have heat / rage symptoms shop *Microbz Detox*.

Shop [Women](#) or [Detox](#) plus check out the whole range, especially if you're up for a whole gut reboot (they have a set for that) plus ones for the whole family including your pets, if you feel the benefits from taking your own probiotic. If you're in a balanced state post menopause switch to [Sustain](#).

If you have bad gut health or you're male and want to get started choose [Reboot](#).



Did you know that just 24 hours without a healthy gut starts to affect us? If you've taken antibiotics, you WILL need a probiotic to repopulate your gut. If you suffer from continual UTIs stop the antibiotics – take *Women* probiotic which includes a blend of herbs to support uterine health.

Cytozyme – digestive enzymes which support the pancreas. If you regularly have diarrhoea that feels like puree then it could be you're not digesting your food well. Digestive enzymes breaks food down supporting optimal nutritional absorption and digestion. This will help reduce gas bloating and reflux and aid in utilising your supplements and food nutrients further.

[Shop Cyto-zyme](#)

Herbal supplements for anxiety, hot flushes, heavy periods

The first supplements to take for anxiety specifically are the foundation set which includes all the vitamins and minerals that your body is asking for. Then you can add in herbal support:

Ashwagandha if you're anxious, or tired but can't relax; especially if you know you're stressed or you're awake around 4am with a whirring mind. This aids a better quality of sleep and calms your mind and body, slowly lowering the stress your body is holding. It calms the release of adrenalin, and the sister hormone cortisol (this one munches up your spare nutrients - causing symptoms). Your adrenals are like a 'leaky tap' and this herb that has been used for 1000s of years and really does work- fixing the leak!

[Shop Ashwagandha](#)

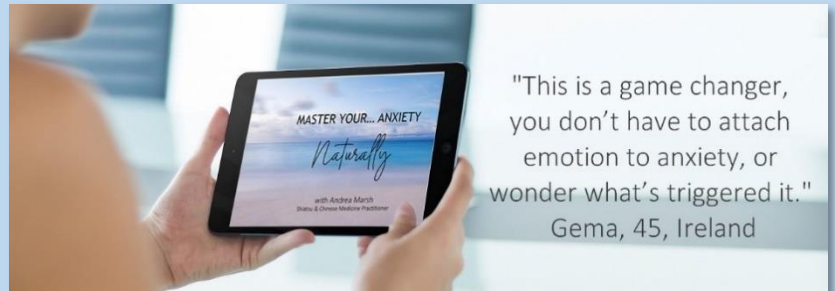
Daily Adrenal support – a good alternative if Ashwagandha is too stimulating. This is a good combination supplement for support of the adrenals and liver. I particularly like that it has liquorice in it, a very good liver cleanser and rare to find in a supplement. Contains Iodine.

[Shop Adrenal Support](#)

Live an anxiety free life

Crack the code to lasting anxiety relief: Uncover the physical origin and emotional link to help you master it once and for all!

Discover the pivotal link between your anxiety's physical origin and its emotional impact for a permanent solution. In this comprehensive 2-part video set and guide: *Master Your Anxiety Naturally* you'll learn how to resolve the physical cause and the most effective emotional management strategy. Learn how my new approach, underpinned by the wisdom of Chinese medicine will help you change your life! [Shop Master Your Anxiety.](#)



Rhodiola - a real energy booster, can be taken alongside Ashwagandha, but only if you're advised and I'd suggest short term, as it works from the first day. It could be too stimulating if you're exhausted, in which case stick to the Ashwagandha for the first 3 months and seek out a professional to help you manage herbals.

[Shop Rhodiola](#)

Agnus Castus – research on the hormonal properties of Agnus Castus has shown it to have a **positive effect on progesterone**, this means it is good for the perimenopause, a time when progesterone is low leaving oestrogen dominance higher. It may also have a positive effect on melatonin and aid better sleep.

[Shop Agnus Castus \(chasteberry\)](#)

Phytoestrogens (soy isoflavones) the time to take this is if you have erratic/scant periods/ they've finished BUT you have heat symptoms like flushes. Phytoestrogens are a **very weak form of HRT** (hormone replacement therapy) and can be very effective. If you're looking for a more natural supplement or are intolerant to Soya then Red Clover Extract is a weaker form

[Shop Phytoestrogens \(aka Menopause support\)](#)

Marine Collagen - Type I Collagen peptides, used to support the structure, elasticity, texture, strength and resilience of the skin. Cytoplant have developed a vegan collagen booster, purely amino acids to replicate human ones, this is also Type I.

[Shop Marine Collagen](#) or [Vegan Collagen](#)

Liver support supplements

Daily liver support – everyone will need this at some point. Very definitely if you're experiencing any heat or irritability symptoms, and especially if you feel pain under the lower right rib cage, regular nausea, night sweats, putting on belly fat, or concerned about high blood pressure, your heart health, or diabetes.

[Shop Cytoplan Liver Health](#)

Turmeric – inflammation in the whole body starts with resolving it in the liver, whether you experience regular headaches or an overactive gut to joint pains from 'fullness/tightness', turmeric will play a part. Studies have shown that taking it with your evening meal helps it be more effective in the gut overnight when liver performs its cleansing routine. You can take up 2000mg of curcumin as a safe medical dose.

[Shop Turmeric](#)

Choline – have you shown up as low on Choline in a test? It supports fat metabolism in gallbladder/liver function and is known as the *unknown B vitamin*.

[Shop Choline Bitartrate](#)

Belly fat-busting supplements

Blood Glucose Support – If you're gaining fat around the belly, bra and triceps this can be a sign of insulin resistance. Help your body balance its sugar production more efficiently.

[Shop Glucose Support](#)

Gymnema Sylvestre - an ancient herb which has been used traditionally for nearly 2000 years to help reduce cravings for sweet foods. In the Ayurvedic system, it is referred to as "Gurmar" which means 'sugar destroyer'. If you're struggling to let go of sugar add this in with the *Blood Glucose Support*.

[Gymnema Sylvestre](#)

Regain your cool and balance your moods with a liver detox

Access this valuable support: **Liver Detox Video & Guide**, empowering you every step of the way to relieving irritating heat symptoms.

If you have night sweats, stubborn belly fat, irrational mood swings? **You need a liver detox**
If you feel nauseous, or have regular headaches, blurry eyes and feel sluggish? **You need a liver detox!**

Navigate with confidence through this practical and informative video/ guide set - you'll be supported all the way. [Shop Liver Detox Guide here.](#)



Reset oestrogen levels

You may not have heard of *Oestrogen dominance* but it's really important to understand whether you're in this phase of your menopause transition. It most likely falls into your perimenopause - you will still be having periods but symptoms are really exacerbated. Symptoms such as endometriosis, fibroids, PCOS, very heavy periods, cellulite on your thighs, belly fat, painful breasts are indicative of oestrogen dominance. This is when oestrogen is out of balance with progesterone, as progesterone is suppressed by the stress hormone cortisol. Whilst in this state it is *unadvisable* to take *menopause* supplements (they have phytoestrogens in like soy isoflavones/ red clover extract) or any herbal that boosts / mimics oestrogen in the body, which a lot of *blended* menopause-branded supplements do.

There are 2 ways of altering your oestrogen state:

- Balancing the oestrogen-to-progesterone ratio by upping your progesterone levels
- Supporting the body in producing cleaner versus dirty oestrogens – this cleanses the liver of the dirty ones.

Vitamin B Complex as part of MV	✓
NAC	✓
MSM	✓
Magnesium	✓

Hormonal liver detox - 2 specific supplements NAC and MSM are a powerful combination to cleanse your system of dirty oestrogens which have been introduced via the food chain and could be adding to your weight gain around the middle. Ensure you're on a multivitamin as you need a good vitamin B complex and Magnesium. Eliminating the stress in your body will help rebalance excess cortisol in favour of progesterone to help realign with oestrogen.

NAC is an amino acid that helps with cellular repair in the liver it's a powerful antioxidant and helps replenish L-Glutathione in your body supporting all functions that require detoxing.

[Shop NAC](#)

MSM is a source of sulphur that your liver loves. Sulphur can be obtained from eating the greens I've listed below but if you need additional support then MSM is said to also help your hair really grow! Hair sin and nail quality does highlight how well your liver is functioning.

[Shop MSM](#)

Foods Are High in Sulforaphane – supporting liver function:

- Kale. Broccoli
- White and red cabbage.
- Brussels sprouts.
- Turnips. Cauliflower.
- Radish. Bok choy.
- Microgreens are a super condensed form!

When do I take my supplements?

Once you know which ones to take then knowing when its best to take them can be tricky, especially as the average perimenopausal woman can suddenly find herself taking up to 8-10 a day!

Here are some tips for taking supplements:

1. Always take with food unless it says otherwise. This is the best way to get optimum nutrient absorption as they are digested and utilised when your gut is activated when eating.
2. You can split them over the day, they don't have to be taken in the morning, some people find them better at lunchtime
3. Magnesium and Ashwagandha can be taken in the evening as they help you sleep. Calcium and Iron are too be taken away from food/drink (especially caffeine) as it can negate the absorption.
4. Multivitamins, and additional vitamins like B complex, C and D are best taken earlier in the day so that you benefit from the energy that they give you and they don't then interrupt the melatonin process later in the day. I also take vitamin C at night to support the liver process and it doesn't affect my sleep.

5. Oils like fishy ones may make you queasy so take with food. This goes for magnesium too until you're sure it doesn't give you a runny tummy. Switch to a vegan omega 3 oil (made from algae) as it's a purer source; cod liver oil is out of favour as it can be heavily polluted nowadays.
6. A probiotic is usually taken first thing in the day on an empty stomach (unless instructions state otherwise) and without a hot drink. A probiotic repopulates the gut with a *variety* of good bacteria - don't waste your money on a supermarket brand as tend to have one strain; you need many!). Prebiotic is what the bacteria feed on this is vegetation, fruit like berries, nuts, seeds, and fibre foods. The better your gut is working the better your stools will be 😊
7. Supplements based in oils are the good ones to aid absorption quickly (they may have Liposomal in the title). Pure plant extracts come in capsules, and may smell like vegetation – this is good! As the ingredients in a capsule are powdered, they're already broken down and readily absorbed in the gut in around 30 minutes; if you take them out of the capsule and have them as powder this will act even more quickly; you can pop them in smoothies then!
8. Chalky white supplements that have the first ingredient of **Calcium carbonate** are ones that have been bulked out, they are usually larger and have no additional benefit, avoid these if you can as they are a false economy, plus they are not easy to digest and therefore you may not absorb any nutrients from them. Magnesium is a white powdered supplement as it's salt and it does not require bulking agents as it's chunky enough on its own. Check the ingredient labels before you buy!
9. Take them for an absolute minimum of 3 months, but it can be 6 months to 2 years depending on your severity of symptoms (especially adrenal fatigue); discuss this with a practitioner if you have concerns. This is just an estimate, everyone is individual, listening to your body and how your symptoms alter is a good start, and journaling can help you track triggers of your symptoms and how supplements/ dietary changes improve them.

Resource and support options

Self-help solutions

I have an extensive range of blogs on my website shiatsubodyworks.co.uk and you join my Health & Vitality Club receiving monthly support and offers plus you'll also receive a copy of *Top 10 Japanese Lifestyle tips for elevating your energy and longevity!* [Read more](#)

Treatment options

Are you seeking support, whether it's to overcome your initial health burden or to address emotional and/or health-related needs? Shiatsu is a gentle physical therapy to help you in mind and body it is truly holistic. We hold our undealt with emotions in our bodies causing tension and blockages which lead to aches and ailments. [Read more](#)

Book – Understanding Your Menopause

[This book](#) has helped thousands of women alleviate their symptoms by following the outlined steps. Its straightforward approach guides you through understanding the underlying issues and implementing the necessary changes. You can proceed at your own pace and notice results within 4 to 8 weeks.

If you would like to know more about supporting your menopause please visit my sister website cotswoldmenopause.co.uk



Don't suffer find the support you need here!

Feel the cold? This is a symptom of depletion and there are many support options plus further reading to help you whether you're sat at your desk all day or on the move. Check them out [here](#) just scroll down!