



HELEN STEARNS, DNP

YOUR MIDLIFE & MENOPAUSE SPECIALIST

SUPPLEMENTS AND LIFESTYLE

**Q: I've literally changed nothing in my routine!
Why is it no longer working?**

Our fluctuating and diminishing hormones seemingly impact EVERYTHING. As your body changes during menopause, you might notice effects on your brain (like memory changes), your heart (maybe some fluttering), your muscles and bones, your waistline, and your sleep. But here's the good news: how you live can make a BIG difference!

The Evidence is strong: Eating well and moving your body regularly, (especially with some weights!) really helps keep your brain sharp, your heart healthy, and your bones strong. Some extra helpers like Omega-3s, Vitamin D supplements, magnesium, and even things like turmeric may offer extra support for your heart, bones, achy joints, and quality of sleep but they work best when you're also eating healthy and staying active.

