

# pause & explore

## Harvesting Health: Caring for the Whole Woman

*This page is here to inspire, not replace medical advice.  
Always loop in your healthcare provider.*

### Where to find OUR FAVORITE EXPERTS (Click on image to view their website)



### BOOKS (Click on image to find on Amazon)



# VIDEOS/PODCASTS

[How menopause affects the brain | Lisa Mosconi](#)

[The Tamsen Show Podcast](#)

[The M Factor: Shredding the Silence on Menopause | Preview | PBS](#) (Premiers Oct. 17)

---

## FOOD



[Anti-Inflammatory Swaps](#)



[8 Fermented Foods](#)



[Natural Flavors:  
Should You Eat Them?](#)



[Find a Healthy Snack](#)



[Making Healthy Choices  
Using Food Labels](#)



[Read The Labels](#)



[Health Restaurant Locator](#)



[Scan It Before You Snack It  
Yuka App](#)



[EWG's  
Healthy Living App](#)

# Anti-Inflammatory Foods

- 🌿 Leafy greens & fiber-rich veggies
- 🐟 Fatty fish & lean proteins
- 🍓 Berries, nuts, seeds
- 🥑 Healthy fats (olive oil, avocado)
- 🌾 Whole grains & legumes
- 💧 Hydrating, minimally processed food

## SUPPLEMENTS




[10 Things You Need to Know About Vitamin D](#)



[The Scoop on Creatine: What Women Really Need to Know](#)

### 10 DIFFERENT FORMS OF MAGNESIUM

 <b>Magnesium Glycinate</b> Highly absorbed, calming effects, minimal laxative impact.	 <b>Magnesium Lactate</b> Easily absorbed, gentle on digestion, ideal for sensitive individuals.
 <b>Magnesium Citrate</b> High bioavailability, often used to treat constipation due to	 <b>Magnesium Orotate</b> Good for heart health, well absorbed, low gastrointestinal

[10 Different Forms of Magnesium](#)

### MAGNESIUM, CALCIUM & VITAMIN D

HOW THEY WORK TOGETHER

 <b>MAGNESIUM</b> Keeps muscles and nerves working	→	 <b>Activates VITAMIN D</b> so it can help calcium get
--	---	--

[Magnesium, Vit D & Calcium Need Each Other](#)

## Midlife Magic: Our Supplement Sidekicks

- **Vitamin D** - Sunshine in a capsule ☀️ (for bones, mood, and immunity)
- **Magnesium** - The chill pill 🧊 (helps with sleep, stress, and brain vibes)
- **Omega-3s** - Brain fuel & inflammation fighter 🐟
- **Calcium** - Bone booster 🦴 (especially when estrogen's on vacation)
- **B Vitamins** - Energy spark plugs ⚡️ (for mood and mental clarity)
- **Antioxidants** - Age-defying defenders 🍓 (think berries, greens, and glow)
- **Creatine** - Muscle mojo 🏋️ + brain boost (not just for gym bros!)

# EXERCISE



[Jessica Valant Pilates](#)



[Fitness with PI](#)



[Pahla B Exercise & Strength](#)

## Walking is the closest thing we have to a magic pill

@angelasfoster

Walking 150 mins/week can reduce biological age by 7.5 years.

Walking briskly for 2.5 h/week lowers depression risk by 25%.

Every extra 1k steps/day lowers risk of death by 15%.

A 90 min nature walk reduces rumination & negative thinking.



[How to Use A Weighted Vest](#)

## YOUR BRAIN LOVES THE GYM WHEN YOU EXERCISE...

30% ↓ in all-cause mortality

40% ↓ risk of cognitive decline

25% ↓ reduction in cortisol levels

31% ↓ risk of dementia

[Your Brain Loves The Gym When You Exercise](#)

[Walking is The Closest Thing to A Magic Pill](#)

[Move it, Sister! Workout Log](#)

Move it, Sister!

STRENGTH TRAINING UPPER BODY		Set - 1	Set - 2	Set - 3			
EXERCISE		Weight	Reps	Weight	Reps	Weight	Reps
MON	<input type="checkbox"/> Warm-up						
	<input type="checkbox"/> Push-ups						
	<input type="checkbox"/> Dumbbell Bench Press						
	<input type="checkbox"/> Bent Over Rows						
<input type="checkbox"/> Dumbbell Shoulder Press							
CARDIO							
EXERCISE			DURATION	SPEED	DISTANCE		
TUES							
CARDIO			DURATION	SPEED	DISTANCE		
<input type="checkbox"/> Warm-up							
<input type="checkbox"/> Running or brisk walking							
<input type="checkbox"/> Cool-down							
STRENGTH TRAINING LOWER BODY		Set - 1	Set - 2	Set - 3			
EXERCISE		Weight	Reps	Weight	Reps	Weight	Reps
WED	<input type="checkbox"/> Warm-up						
	<input type="checkbox"/> Squats						
	<input type="checkbox"/> Lunges						

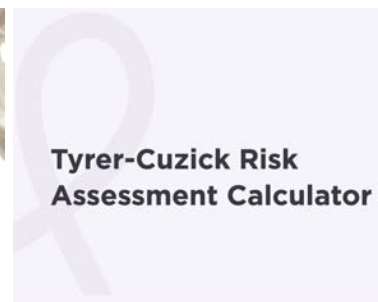
# SCREENING/TESTS



[Mayo Clinic Minute Breast health during menopause](#)



[9 Most Important Medical Tests For Women | Prevention](#)



[online risk calculator for breast cancer](#)

[Suggested blood tests](#)

What to chat about at your next  
*Check-up*



**Screenings** - Mammogram, Pap/HPV, colonoscopy, skin checks  
**Blood Work** - Vitamin D, B12, iron, thyroid, cholesterol, blood sugar  
**Hormones** - Menopause symptoms, HRT options, bone density scan  
**The Whole You** - Sleep, mood, energy, sex, supplements, lifestyle

---

## CONNECTING WITH OTHERS

[Groups at Browncroft](#)

[Library Book Club Kits](#)



# SHARED FROM OUR PEERS

## FOOD

Grassfed Butter & Dairy - Raw or Low Temp Pasteurized

Grassfed & Finished Meats

Pasture Raised Poultry

Pasture Raised Eggs

Eat one avocado a day - They are a healthy fat & fiber for your gut

Say no to hydrogenated fats

Substitute honey or maple syrup instead of flavored creamers

## SUPPLEMENTS

[Natural Vit E Mixed Tocopherols](#)

[DIM detox](#)

[Maca](#) (also available in capsules and liquid forms)

[Electrolytes](#)

[Ashwagandha](#)

[Iodine: Why You Need It, Why You Can't Live Without It](#)

[Breast Cancer and Iodine](#)

## EXERCISE

[Faust's USA Karate](#)

[Bone Gym](#)

[Mat Pilates at Brighton Rec Center](#) - Monday's 4:30-5:15. Free for Brighton residents.

Otherwise \$10/class. There are 5 Classes (\$50). Next session starts in November.

## SLEEP

Go outside early morning for light into your eyes

[Circadian Optics Lumine Bright Light Therapy Lamp](#)

Listen to the Bible App if you wake up in the middle of the night

Deep breathing - 4 sec in, 4 sec hold, 4 sec out (repeat)

Close eyes: look left, then right a few times then in slow circles to trick your mind into being sleepy.

Try the A to Z Prayers: Pray for all people that begin with A, then B, etc

## SCREENING/TESTS

Dexascan to measure bone loss

Sonograms for dense breast tissue

Some tumors not found with Mammogram or Ultrasound are found with MRI w/contrast. May need to ask if there's concern. (see resources above for a risk assessment that may guide your decision making)

## CONNECTING WITH OTHERS

Game night with family

Family gratitude - 1/week write down something and review at the end of the year.

[HealingStrong](#)