

5 Essential Nutrients

for Thriving in Midlife

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You deserve support that *makes sense for you!*



Your Midlife Health Deserves More Than a One-Size-Fits-All Approach

Hi, I'm Jacqueline, Menopause Educator and Coach.

If you're navigating perimenopause, menopause or life beyond menopause, you may have noticed that your body doesn't always respond the way it used to.

Perhaps your energy has changed, your sleep isn't what it was, or you're experiencing symptoms that you can't quite make sense of.

And while hormones are an important part of the picture, they are not the whole story.

Your nutritional health matters too. Together with the stress your body experiences, the amount of sleep you get, how you move your body, your lifestyle, your connection with the people in your life, all fill in the gaps to explain what's going with you.



You deserve support that *makes sense for you!*



In this guide, I'm sharing five essential nutrients that are important for supporting midlife women - your energy, sleep, brain function, muscles, gut microbiome and overall health and wellbeing.

But there's something I want you to remember as you read:
What your body needs is unique to you.

Not every woman experiences the same symptoms, needs the same supplements or benefits from the same treatment. Your health needs are as individual as you are.
My work is built around understanding the WHOLE woman — her unique biology, hormones, symptoms, health history, lifestyle and lived experiences because that's where personalised, meaningful change really begins.
I hope this guide inspires you to become more curious about your health and the possibilities available to you.
With love
Jacqueline

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Disclaimer:
This guide is intended for educational and informational purposes only and does not constitute medical advice, diagnosis or treatment.

Nutritional and supplement needs vary from woman to woman, depending on individual health, medical history and circumstances. The information provided is not a substitute for personalised advice from a qualified healthcare professional.

Always consult your doctor or qualified healthcare practitioner before starting or changing supplements, particularly if you take medication or have an existing medical condition.

Jacqueline Rose is a Menopause Educator and Coach, not a medical doctor, and does not diagnose, prescribe or treat medical conditions.

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01

Magnesium Glycinate

Why Magnesium Glycinate matters

This mineral is a crucial component in our bodies and is needed for hundreds of different chemical processes, with deficiencies resulting in risks of cardiovascular disease, hypertension, type-II diabetes, osteoporosis, and migraines, as well as playing a role in depression, libido, and fertility.
Magnesium is critical to your body's ability to relax and stay calm, can improve sleep, calms inflammation and can help with hot flashes, night sweats, relieves anxiety and depression and reduce symptoms of premenstrual syndrome (PMS).

Suggested Dosage for peri-menopause and menopause: 800-1,200 mg

Ways to get Magnesium Glycinate naturally

- dark green, leafy vegetables
- nuts and seeds, such as pumpkin, chia, and sesame seeds
- seaweed
- beans and lentils
- whole, unrefined grains
- fruits, such as bananas, dried figs, and blackberries
- fish, especially halibut and salmon
- dark chocolate

02

Vitamin D



Why Vitamin D matters

Vitamin D is a hormone that is produced by the body and is involved in many processes that protect you from disease and chronic health problems.
We are just beginning to understand how widespread its actions are and how integral it is to healthy body functioning.
Vitamin D's most essential role is regulating the absorption of calcium and phosphorus and facilitating healthy immune system function. It has been studied for its role in treating and preventing many health and menopause related conditions preventing such as heart disease, depression, osteoporosis, diabetes, cancer and weight gain.
Vitamin D is also known to have a positive impact on irritable bowel syndrome, muscle health, atoimmune diseases, fibromyalgia and chronic fatigue syndrome, chronic pain, regulating mood and decreasing the risk of depression and asthma and allergies.

Suggested Dosage in peri-menopause and menopause: min. 1000 IU/Daily

Ways to get Vitamin D naturally

- Your body produces vitamin D naturally when it's directly exposed to early morning or late afternoon sunlight.
- Fish such as salmon, sardines, herring, canned tuna
- cod liver oil
- beef liver
- egg yolk
- Vitamin D fortified foods

03

B vitamins B6 & B12



Why Vitamin B complex matters

B Vitamins (there are 8 different types) play important roles in energy production, brain health, cognitive function, developing neurotransimitter function, support memory, focus and overall cognitive performance.
Vitamin B12 is essential for energy production and managing fatigue and boosting energy levels. Vitamin B12 is vital for neurological function, DNA production, and red blood cell development.
Vitamin B6 is involved in the production of melatonin and serotonin so helps improve sleep quality, reduce insomnia symptoms, improves overall mood and can be a supportive treatment for anxiety, depression and mood swings.

Suggested Dosage in peri-menopause and menopause: Differs for each type of Vitamin B

Ways to get Vitamin Bs naturally

- Eggs, Spinach and other leafy greens
- Salmon, Beef, turkey, and chicken
- Chickpeas, beans, lentils, and other legumes
- Oysters, mussels, and other shellfish
- Milk and yogurt

Vit B6: chickpeas, salmon, and potatoes.
Vit B12: animal sources like meats, eggs, seafood, and dairy.

04 Zinc



Why Zinc matters

Zinc is considered an essential nutrient, meaning that your body can't produce or store it.
It is a critical for immune system function. It is particularly women's health supportive as it regulates women's cycles and promotes ovulation, regulates testosterone, supports and calms the stress response.
It plays a key role in skin health, immune function and cell growth and may protect against acne and inflammation.
It supports thyroid hormones, helps to maintain collagen and tissue health and can relieve the vaginal dryness of menopause.
Zinc is also a co-factor in a lot of gastrointestinal activities, which means your body can't digest food and absorb nutrients properly without it.

Suggested Dosage in peri-menopause and menopause: 15-30 mg/daily

Ways to get Zinc naturally

Zinc is naturally found in a wide variety of both plant and animal foods including: beef, pork, lamb, turkey and chicken, sardines, salmon, and sole. chickpeas, lentils, black beans, kidney beans, pumpkin seeds, cashews, hemp seeds, milk, yogurt, cheese and eggs, oats, quinoa, brown rice and dark chocolate.

05

Omega-3



Why Omega-3 matters

Omega-3 fatty acids are polyunsaturated fats that include alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).
Omega-3 fatty acids are vital for optimal health, support cell health, brain health, lower triglyceride levels and play a role in various health conditions.
Your body doesn't make enough of them so you have to get them from external sources.
Omega-3 supplements should include both EPA and DHA - EPA to reduce inflammation and DHA to optimize brain health.
Omega-3 can greatly help women during menopause. It helps treat a range of menopausal symptoms including joint pain/menopause arthritis, menstrual pain and cramping, depression, improves mood and brain health, osteoporosis, hot flashes and vaginal dryness.
Some studies suggest omega-3 could help reduce menstrual pain.

Suggested Dosage in peri-menopause and menopause: 1,000 to 2,000 mg of combined EPA and DHA/daily.

Ways to get Omega 3 naturally

- Oily Fish including Mackerel, Salmon, cod liver oil, Herring, Sardines, Anchovies.
- Flax Seeds, Chia Seeds, Walnuts,
- Soya Beans, Edamame, Sea Weed



Your Next 14 Days: Start Listening to Your Body.

Things to start paying attention to:

- What changes am I noticing in my energy, sleep, mood, mental capacity and physical wellbeing?
- What is my body trying to tell me that I might not have been paying attention to?
- Have I noticed patterns between what I eat and how I feel throughout the day?
- Am I regularly including foods that provide these important nutrients?
- How can I add these nutrients to my diet?

Write your thoughts on the next page.

Practical Recommendations



Practical ways to include nutrients to your daily diet.

Magnesium: Add pumpkin seeds and chai seeds to breakfast omlette.

Vitamin D: Go for an early morning walk in the sunshine.

B vitamins: Add chickpeas to your lunchtime salad.

Zinc: Make a quinoa and roasted veggie salad for dinner.

Omega-3: Add salmon regularly to your weekly menu.



Your Next 14 Days:
Record what you are doing different and how you feel.



You Are More Than Your Symptoms.

You've now discovered five important nutrients that can support your health in midlife and make a difference to how you feel.
But nutrition is only one piece of a much bigger picture.
Perhaps you've already tried some supplements, changed your diet or even started HRT, but you're still not feeling quite like yourself.
Perhaps you're tired of trying to work out what your body needs, or wondering why something that works for your best friend isn't working for you.
This is where a personalised approach makes all the difference.

Let's Look at the WHOLE You.
Through my 1:1 Menopause Coaching, we explore the different factors influencing YOUR health and wellbeing.
Together, we connect the dots, identify practical ways to support your health, and create a personalised approach that makes sense for you.

Because menopause isn't just about managing symptoms.
It's about feeling amazing, understanding your body, getting proactive in your health journey and rediscovering what's possible in this chapter of your life and beyond.

Ready to Take the Next Step? Book a call with me
During our discovery call, we'll explore what you're experiencing, what you'd like to change and how my personalised 1:1 coaching could support you.
https://go.oncehub.com/jacquelinerosehealth-discovery

Jacqueline



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