

MENO-HEALTH

TOP 7 HEAL YOUR GUT

Superfoods



Little-Known Yet Easily Accessible

Discover How These Seven Superfoods Can Help You Say Goodbye to Menopausal Digestive Woes and Slim Your Waistline.

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Hey there sister-friend!

I'm Tanya, a Registered Holistic Nutritionist, certified Metabolic Balance® coach, and your go-to guide for navigating menopause with confidence

Through years of dedicated practice and personal experience, I've mastered the art of nutritional balance that not only supports gut health but also effectively addresses the unique challenges of menopause, including stubborn weight gain.

In this guide, you'll discover seven superfoods—very little talked about yet easy to find at your local grocery store—that are key to revitalizing your gut health, which is intricately linked to how you manage weight¹, hormones^{2,3}, and overall wellbeing during menopause⁴.

These aren't just any foods; they are staples that you can easily incorporate into your daily diet to feel more energized, alleviate discomfort, and enjoy a slimmer, more vibrant version of yourself.

Whether you've struggled with diets that don't seem to cater to your body's changing needs, or are simply looking for a way to enhance your health naturally, these superfoods offer a foundation for a transformative journey.

Let's explore how simple dietary additions can make a significant difference in how you feel every day. And if you need support? I'm just a click away!

Remember, menopause may be unavoidable, but suffering is definitely optional! 😊

Plus, if you're eager to take your meno-health to new heights, a special treat awaits you at the end of the guide 📁

PEPPERMINT

Peppermint is my favorite fresh herb, and I eat it practically daily. It's a vibrant and aromatic herb that belongs to the mint family, known for their distinctive fragrant leaves.

This family includes well-known herbs such as spearmint, basil, and rosemary, each with its own unique flavor profile and culinary uses. Widely used both in culinary and medicinal contexts, peppermint is celebrated for its versatility and powerful therapeutic⁵⁻⁷ properties, making it a standout member of the mint family.

What sets peppermint apart is its high menthol content, which gives it a more intense flavor and cooling sensation compared to its milder cousin, spearmint.

This potent menthol content isn't just refreshing; it's a powerhouse for easing digestive discomforts⁸ often intensified during menopause, such as bloating and gas. Its high menthol content relaxes the muscles of your digestive tract, making it an excellent remedy for those IBS-like symptoms that can flare up during this time.

Additionally, peppermint is rich in rosmarinic acid⁹ and other flavonoids, potent antioxidants that help combat oxidative stress associated with aging, keeping your gut calm, slowing down the aging process, and keeping your body and skin youthful-looking!

Personally, adding fresh peppermint to my morning smoothies has been a game-changer in freeing my body from stomach cramps and digestive upset.

You can easily find fresh peppermint leaves or peppermint tea at your local grocery stores. Or, even better, you can grow your own all year round!

Here are a few ways I love to use peppermint:



Teas and Smoothies: Incorporate fresh peppermint leaves into your morning smoothie or



brew them into a refreshing tea. This not only enhances flavor but also provides the digestive benefits of peppermint.

✓ **Fruit Salads:** Toss peppermint leaves into a fruit salad for a refreshing twist. For example, combine slices of watermelon, strawberries, and a handful of fresh peppermint leaves for a simple, refreshing summer salad.

✓ **Culinary Dishes:** Peppermint can be used in a variety of savory dishes. It pairs well with lamb, salads, and even in some pasta sauces.

Here's a quick recipe to try: **Peppermint Pesto Pasta**

Ingredients:

2 cups fresh peppermint leaves
1/2 cup olive oil
1/4 cup walnuts or pine nuts
2 cloves garlic, roughly chopped
1/2 cup grated Parmesan cheese
Salt and pepper to taste

Your choice of pasta (make it whole grain or sprouted grain pasta for added health benefits and a nutrient boost)

Directions:

In a food processor, combine peppermint leaves, nuts, and garlic. Pulse until finely chopped.

With the processor running, slowly pour in the olive oil until the mixture is smooth.

Add the Parmesan cheese, salt, and pepper and pulse until combined.

Cook pasta according to package instructions.

Drain and reserve some cooking water.

Toss the hot pasta with the peppermint pesto, adding a little pasta water to achieve the desired consistency.

Serve immediately, garnished with extra Parmesan and fresh peppermint leaves.

This peppermint pesto offers a unique twist on the classic basil version and adds a refreshing flavor to your pasta dishes. Plus, it's a fantastic way to integrate the digestive benefits of peppermint into a hearty meal.



BROCCOLI

Growing up, I was that unusual kid who didn't just tolerate her veggies; I loved them! Broccoli and Brussels sprouts were always on my 'yes, please!' list. Even today, incorporating broccoli into my diet is not just a healthy choice, it's a delightful one.

Broccoli is a cruciferous champion, renowned for its robust nutritional profile¹⁰. As part of the cruciferous vegetable family, which includes Brussels sprouts, cabbage, and cauliflower, broccoli is celebrated for its health benefits that extend from enhanced digestive wellness^{10,11} to fortified hormonal health.

These vegetables are rich in glucosinolates, sulfur-containing compounds that are broken down into biologically active compounds like sulforaphane. Sulforaphane plays a pivotal role in enhancing liver detoxification^{12,13} processes and protecting against hormonal cancers^{14,15}, key concerns during menopause.

Broccoli is also a significant source of lignans, which are phytoestrogens that help in balancing hormone levels and can reduce the risk of breast cancer. Studies have shown that lignans can also improve cardiovascular health and support the immune system. These properties make broccoli and its cruciferous relatives invaluable during menopause when managing hormonal fluctuations and ensuring overall health becomes crucial.

Additionally, broccoli's high fiber content promotes digestive health, which is often compromised during menopause. It aids in maintaining a healthy gut flora, supports regular bowel movements, and helps keep you feeling fuller for longer, contributing to weight management.

The combination of fiber and potent antioxidants in broccoli not only maintains optimal digestive function but also supports overall cellular health and reduces inflammation, helping you manage menopause symptoms more effectively.

One of broccoli's standout features is its versatility in the kitchen. Whether you're steaming, stir-frying, or enjoying it raw, broccoli adds a satisfying crunch and a wealth of nutrients to any meal.



Here are a few ways I love to use broccoli:

- ✓ **Steamed or Stir-Fried:** Lightly steaming or stir-frying broccoli preserves its nutrients and keeps it crisp. Toss it with a splash of olive oil and your favorite herbs and spices for a quick and nutritious side dish.
- ✓ **In Salads:** Chop broccoli into small florets and mix them into a salad for an extra crunch. Combine with carrots, red onion, and a light yogurt-based dressing for a refreshing lunch.
- ✓ **Roasted:** Roasting broccoli with a drizzle of olive oil and a sprinkle of sea salt and black pepper enhances its flavor, making it a perfect side for meats or a hearty addition to vegetarian meals.
- ✓ **Broccoli Soup:** For a comforting meal, try blending steamed broccoli with vegetable broth and sautéed onions. Add a touch of cream for richness and season with salt and pepper to taste.

Broccoli fuels your body with essential nutrients and supports your menopausal journey by easing unwanted symptoms. Just like when I was a kid, broccoli remains a staple in my family's diet, for its health benefits, delicious taste, and versatility in cooking.



PAPAYA

Papaya, a tropical fruit that is both delicious and vibrant, was a huge help for me as I navigated the ups and downs of my perimenopausal digestive health. It's not just the sweet taste that makes it appealing but also its powerful digestive health benefits.

To give you a bit of background on why I keep mentioning my digestive issues: I've suffered from debilitating digestive issues since I can remember, issues so severe they landed me in the hospital on three separate occasions. It was eventually labeled as IBS—a common fallback diagnosis when doctors can't pin down the exact problem. 🙄 Often, they send you home with a pat on the back and a vague suggestion that there's not much you can do about it.

Discovering the powerful benefits of all the foods I'm sharing with you in this guide was a game-changer for me, allowing me to manage my IBS flare-ups effectively for the first time in my life.

Part of the allure of papaya comes from its rich content of the enzyme papain. This enzyme aids in the digestion of proteins, making papaya an excellent natural remedy for indigestion and other digestive issues¹⁶ that often plague women during menopause, such as bloating and constipation¹⁷. Papain helps break down foods that can cause discomfort in the gut, ensuring smoother digestive processes.

Papaya is also loaded with antioxidants, including carotenoids that are more bioavailable than those found in other fruits and vegetables. These antioxidants help reduce inflammation¹⁷, a common symptom during menopause that can affect overall health and well-being. They combat oxidative stress, protecting the body from cellular damage and helping to maintain immune health during this critical life stage.

What truly sets papaya apart in the realm of menopausal support is its rich vitamin C content. Vitamin C is crucial for collagen production, which benefits skin elasticity and joint health—two areas often impacted by hormonal changes during menopause.

Here are a few ways I love to use papaya:

- ✓ **Smoothies and Juices:** Blend fresh (or frozen) papaya into smoothies or juices for a tropical flavor boost that comes with digestive benefits. Mixing it with other anti-inflammatory ingredients like ginger and turmeric can enhance its effects.
- ✓ **Salads:** Incorporate ripe papaya into salads for a sweet touch. Combine it with spinach, nuts, and a light vinaigrette for a nutritious meal that's easy on the stomach.
- ✓ **Desserts:** Use papaya to create healthy desserts. A simple papaya boat, where you slice the fruit in half and fill it with Greek yogurt and a sprinkle of chia seeds, can be a refreshing end to any meal, not too mention a quick and excellent nutrient rich breakfast option.
- ✓ **Salsas:** Make a papaya salsa to accompany grilled fish or chicken. Dice papaya, mix it with



onion, cilantro, lime juice, and a hint of chili for a kick. This not only enhances the flavor of your dishes but also aids digestion.

Papaya isn't just another fruit in the basket; it's a potent ally in managing menopause symptoms, especially those related to digestive health. Its blend of digestive enzymes, antioxidants, and vitamins makes it an indispensable part of a diet aimed at easing menopausal transitions.

ONIONS

Onions—yes, really! They're not just for adding a punch of flavor to your dishes; they're a powerhouse in their own right. Growing up, I learned to love onions in all forms: raw, cooked, or as a flavor enhancer in nearly every dish. Their versatility in the kitchen is matched by their impressive health benefits, especially for those of us navigating the changes of menopause.

Onions are rich in quercetin¹⁸, a powerful antioxidant that helps combat inflammation and supports heart health—two common concerns during menopause. The quercetin in onions is particularly effective in fighting off not only familiar bacteria but also less known yet harmful ones, such as *E. coli* and *H. pylori*. This makes onions an excellent ally in maintaining your body's defenses.



Moreover, like their starchy friend the potato, onions are a great source of fiber and prebiotics¹⁹. The prebiotics feed the beneficial bacteria in your gut, producing short-chain fatty acids like acetate, propionate, and butyrate. These substances are crucial for enhancing digestive health, boosting immunity, reducing inflammation, and even helping manage blood sugar levels that can often become erratic during menopause.

Here are a few ways I love to use onions:

- ✓ In Cooking: Onions can be enjoyed raw, sautéed, caramelized, or as a base for soups and stews. Each preparation method releases different flavors and health benefits, making onions incredibly versatile in culinary uses.
- ✓ As a Salad Ingredient: Thinly sliced raw onions add a sharp bite to salads. Combine them with mixed greens,

tomatoes, and a vinaigrette for a simple, healthful salad.

- ✓ **Caramelized Onions:** Slowly cooking onions until they are deeply golden and sweet is not only one of my favorite ways to enjoy them but a family favorite as well.

Every time I make my famous chicken spice rub burgers, I have to caramelize not one, not two, but four huge onions 🍷 to ensure we all have enough for our burgers. In fact, my son's burger often seems to have more onions than chicken 😂 —I think he might love them even more than I do!

Caramelized onions make a fantastic topping for grilled meats, a rich addition to vegetarian dishes, or a tasty component in sandwiches.

- ✓ **Pickled Onions:** Quick-pickled onions provide a zesty contrast in tacos, sandwiches, and even as a garnish in cocktails. Simply marinate sliced onions in vinegar, a touch of sugar, and salt for a few hours, and you have a vibrant addition to many dishes.

Here's to onions, a humble yet mighty vegetable that does much more than make us tear up—it supports our health through its layers of benefits, especially during menopause!

Want to power up your onion's health benefits? Try fermenting instead of quick-pickling. When onions are fermented, they become rich in probiotics, like *Lactobacillus* species, which are excellent for gut health. Here's a basic recipe for fermenting onions:

Ingredients:

Fresh onions (any variety, but red or white are popular for their flavor)
Non-chlorinated water
Salt (non-iodized, as iodine can inhibit fermentation)

Equipment:

Clean glass jars with lids
Weights or a smaller jar to keep onions submerged (optional)

Steps to Ferment Onions:

Prepare the Brine: The basic ratio is about 1-3 tablespoons of salt per quart (4 cups) of water. Dissolve the salt in the water thoroughly to make your brine.

Prepare the Onions: Peel the onions and slice them into rings or chunks, depending on your preference.

Pack the Jars: Place the onion slices into the



clean glass jars. Pack them tightly to minimize air pockets.

Cover with Brine: Pour the brine over the onions, ensuring they are completely submerged. If necessary, place a weight over the onions to keep them below the surface of the brine. This could be a clean smaller jar, or commercial fermentation weights.

Close and Store: If you have an airlock lid, use it—it's designed to let gases escape while keeping air out. Otherwise, simply close the jar loosely to allow gases to release naturally. Either method works! Once sealed, store the jar in a cool, dark place like a pantry or cupboard.

Check Regularly: Check the onions every few days. You may see bubbles forming, which indicates fermentation is occurring. Taste them at various stages to find the flavor and texture that you prefer. Fermentation time can vary but

generally takes about 1 to 2 weeks.

Refrigerate: Once the onions have fermented to your liking, tighten the lid and move them to the refrigerator. This slows the fermentation process and preserves the onions.

Tips for Success:

- ✓ Keep onions submerged to prevent mold and spoilage.
- ✓ Use clean equipment to avoid introducing unwanted bacteria.
- ✓ If you notice any mold or an off smell, discard the batch and start over.

Fermenting onions is a great way to start with fermentation because it's relatively low-risk and requires minimal setup.

The end product is a delicious, probiotic-rich condiment that can be used in salads, on burgers, or even eaten straight from the jar!



POTATOES

Potatoes—a food many of us are delighted to see on a health list! I've always been an advocate for this nutrient-dense superfood, challenging the many fad diets that unfairly demonize it. Potatoes aren't just comforting; they're a powerhouse of health benefits^{20,21}, especially during menopause.

Firstly, potatoes are brimming with antioxidants such as flavonoids, carotenoids, and phenolic acids. These compounds play a crucial role in neutralizing free radicals, thereby reducing the risk of chronic diseases like heart disease, diabetes, and cancer.

And don't just stick to one type—white, red, and purple potatoes each bring a spectrum of nutrients to the table.

For example, purple potatoes contain up to four times more antioxidants than their white and red counterparts, offering a substantial protective benefit.

What really makes potatoes a standout for digestive health is their resistant starch content, particularly notable in potatoes that have been cooked and then cooled. This type of starch acts like soluble fiber in the gut, supporting beneficial bacteria. These bacteria convert resistant starch into butyrate^{22,23}, a short-chain fatty acid that reduces inflammation in the colon, strengthens the gut's defenses, and may lower the risk of colorectal cancer.

For those managing inflammatory bowel disorders such as Crohn's or ulcerative colitis, butyrate can offer therapeutic benefits.



Here are a few ways I love to use potatoes:

- ✓ **Salads, Soups, and Sides:** Potatoes are incredibly versatile and can be added to salads, blended into soups, or served as a hearty side dish.
- ✓ **Boiled, Roasted, Baked, and Mashed:** Enjoy potatoes in a variety of ways. Boiling, roasting, baking, and mashing are all excellent methods that maintain the integrity of their nutrients while varying the texture and flavor.
- ✓ **Cooling for Benefits:** To maximize the resistant starch, try cooling your cooked potatoes before eating them. Toss cooled boiled potatoes in a salad or enjoy a cold potato side dish to boost your intake of gut-friendly fiber.

Potatoes are far more than just a staple carbohydrate; they're a key component in a balanced diet, particularly beneficial during menopause for managing blood pressure and reducing inflammation. As someone who relishes potatoes in all forms—from mashed to crisply roasted—I can assure you they are not only delicious but also deeply nourishing. Bon appétit!

Oh, and if you're thinking this gives you a free pass to indulge in French fries as much as you like, sorry to burst your bubble! 😊 While potatoes are incredibly healthy, that's about the only way you should NOT enjoy them. Opt for healthier preparations as suggested to truly reap the benefits of this versatile vegetable.

PINEAPPLE

Just when you thought your fruit bowl couldn't get any sweeter, along comes the pineapple! This tropical delight is not only succulent and juicy but also impressively nutritious for its calorie count. Pineapples are a treasure trove of vitamins, minerals, and phytochemicals, packing a powerful punch of antioxidants²⁴ that combat oxidative stress, which can increase during menopause.

But the real standout in pineapples is bromelain, a group of digestive enzymes that makes this fruit a true superfood for your gut. Bromelain²⁵ aids in breaking down proteins into peptides and amino acids, enhancing nutrient absorption and easing digestion. This is especially beneficial as digestive efficiency can sometimes decline during menopause, leading to uncomfortable symptoms like bloating, gas, and changes in bowel habits.

One of my favorite ways to enjoy pineapple is in a simple, delightful snack that also helps wind down my day. I dice fresh pineapple into cubes, sprinkle them with cinnamon, and gently warm them in a small saucepan over low heat for about 5 minutes. This warm, cinnamon-infused pineapple not only satisfies my sweet tooth but also soothes my stomach, setting the stage for a restful night's sleep.



The addition of cinnamon isn't just for flavor; it helps slow down the breakdown of sugars in the pineapple, thereby moderating blood sugar levels and reducing insulin spikes. This is particularly advantageous for managing menopausal symptoms linked to metabolic changes.

Here are a few ways I love to use pineapples:

✓ **Fruit Salads:** Toss pineapple chunks into a fruit salad for a tropical twist. It's refreshing and hydrating, perfect for starting your day or as a mid-afternoon pick-me-up.

✓ **Smoothies:** Blend pineapple into your smoothies for a naturally sweet, enzyme-rich addition that enhances digestive health.

✓ **Grilled:** Grilling pineapple enhances its natural sugars, making it a perfect complement to savory dishes. Serve it alongside grilled chicken or fish, or chop grilled pineapple into salsa for a delightful contrast..

Pineapple is more than just a delicious fruit; it's a functional food that supports digestion, reduces inflammation, and can help manage menopausal symptoms, all while keeping your taste buds happy. Whether enjoyed fresh, grilled, or in desserts, pineapple brings nutrition, sweetness, and zest to your diet.

FLAX & SESAME SEEDS

Flax and sesame seeds^{26,27} may be small, but they pack a mighty punch in terms of health benefits, especially for those navigating the tumultuous waves of menopause.

These tiny seeds are powerhouse sources of phytoestrogens, particularly lignans²⁸—natural compounds that can mimic the effects of estrogen in the body. While lignans are found in various seeds, grains, legumes, fruits, and vegetables, flax and sesame seeds are among the richest sources. For instance, flaxseeds contain approximately 294 mg of lignans per 100 grams²⁹, and sesame seeds boast a remarkable 538 mg per 100 grams²⁹. This is far more than broccoli, which contains about 99 mg per 100 grams²⁹—still a significant amount.

Lignans are metabolized by intestinal bacteria into substances that possess both estrogenic and antiestrogenic properties, helping to stabilize hormonal fluctuations that can cause common menopausal symptoms such as hot flashes and mood swings.

Both flax and sesame seeds are rich in fiber, which promotes digestive health and helps maintain regularity—an often-overlooked aspect of menopausal well-being. The fiber also increases satiety, which can prevent overeating and help manage weight gain that is common during this life stage.

Additionally, their high omega-3 fatty acid^{26,27} content fights inflammation, which is crucial not only for maintaining heart health but also for supporting cognitive functions and mental health as you age.



I have made it a ritual to incorporate these seeds into my diet daily. I always add these power seeds to my morning smoothies, and on days I don't whip up a smoothie, I make sure to sprinkle them on my dinner side salad or stir them into my afternoon snack yogurt parfait.

Here are a few ways I love to use flax and sesame seeds:

- ✓ Smoothies and Parfaits: Blend flax and sesame seeds into your morning smoothie or sprinkle them over a yogurt parfait to start your day with a fiber and nutrient boost.
- ✓ Salads: Toss ground or whole seeds over your salads. They add a nice crunch and are an easy way to up your nutrient intake during lunch or dinner.
- ✓ Baking and Cooking: Flax and sesame seeds can be incorporated into baked goods like bread, muffins, and cookies for added texture and health benefits. You can also use them as a crust for chicken or fish to add a nutty flavor and extra crunch.
- ✓ As a Condiment: Simply mix ground flax and sesame seeds with other seasonings to create a savory sprinkle for dishes. This not only boosts flavor but also enhances the nutritional profile of your meals.

Embracing flax and sesame seeds in your diet is a straightforward and tasty way to address some of the most challenging aspects of menopause.

Whether added to breakfasts, lunches, or dinners, these seeds ensure that each meal packs a more powerful punch for your health.

IT'S *NOW* TIME FOR YOUR MENOPAUSAL *HEALTH* BREAKTHROUGH!

Thanks for grabbing your free guide! It's a powerful first step—but if you're ready to finally stop second-guessing your body and start seeing real, lasting results then...**Let's talk**

- ✓ If you're tired of one-size-fits-all diets that ignore your changing hormones...
- ✓ If you've tried everything but nothing seems to stick anymore...
- ✓ If you're ready for a personalized solution that's designed to work with your menopausal body—not against it...

THEN THIS IS YOUR *INVITATION*

Book your free **MENO-HEALTH ACCELERATOR™** call and discover how my proven, tailored approach—built around your unique biochemistry, lifestyle, and goals—can help you melt away menopausal weight, regain energy, and finally feel like you again...**but better!**

This isn't just another chat...It's a powerful, insight-filled conversation that could change everything. Together, we'll uncover what's been holding you back—and what your body truly needs to thrive

PLUS! When you book your call, you'll receive 2 exclusive gifts to jumpstart your journey:

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📖 **My Proven 5-Step Meno-Meltdown™ Method** — A personalized roadmap to help you melt menopausal weight for good, rebalance your body, and reclaim your confidence—fast!

Spots are limited and these calls fill up fast, so don't wait...

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Please Note: To make the most of our time together, you'll be asked to complete a brief pre-call form before booking. Calls without completed forms will be canceled.

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