

# 5 Nutrition Secrets for +40 Women

These lesser known nutrition secrets for women over 40 can help **regulate hormones, reduce cortisol, burn fat, boost energy, and enhance mood and mind clarity**. And they're so easy to include in your daily meals! Keep this infographic at reach so you never lose track of them.

one

## Omega-7 Superpowers

Omega-7s are key for **hormone regulation**, especially in reducing inflammation and improving fat metabolism. They also help lower bad cholesterol, enhance insulin sensitivity, and support healthy skin and hair.

**Found in:** Cold-water fish, macadamia nuts and avocado; tropical and some vegetable and marine oils; its richest source is oil from the sea buckthorn plant berries.

Two

## Adaptogenic Herbs in Your Diet

Direct consumption of **ashwagandha** and other adaptogenic herbs through your diet can significantly **lower cortisol levels**.

You can incorporate ashwagandha powder into smoothies, teas, or soups, helping balance stress hormones and improve thyroid function.

Three

## Spirulina for Hormone Balance

Spirulina is a nutrient-loaded superfood with essentials for **hormone regulation**. It's rich in protein, B vitamins, and magnesium.

Its high chlorophyll content helps for detoxification, removes excess estrogen and reduce bloating. This, in turn, balances hormones and boosts energy.

four

## Lignans for Estrogen Balance

Seeds like flax, sesame, and chia are rich in lignans phytoestrogens. These compounds can help **regulate estrogen levels** by balancing high or low estrogen in the body, which is especially important during perimenopause and menopause.

Adding ground flaxseed to your breakfast smoothie or a yogurt bowl helps reduce hot flashes and aid fat loss.

five

## Boost Mental Clarity with MCT Oil

A real game-changer for women over 40, **Medium-chain Triglycerides (MCTs)** bypass the liver and gets converted into energy immediately, perfect for **boosting metabolism and mental clarity**.

Incorporating a few drops of coconut oil into smoothies can enhance fat burning, improve brain function, and stabilize blood sugar, leading to better focus and mood.

## This Is My Secret Weapon...

This plant-based trio helps balance your metabolic, reproductive and stress hormones.

These are just some of the benefits of the **Happy Hormone Pack**:

- ✦ Supports healthy hormone balance
- ✦ Maintains healthy gut microbiome
- ✦ Weight loss support, helps burn visceral belly fat
- ✦ Reduces bloating and inflammation
- ✦ Improves sleep
- ✦ Reduces cortisol



Waldorf Wellness

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you take this  
supplement

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Here!