



Only Natural

THE ROLE OF PROTEIN IN MENOPAUSE • ADAPTOGENS FOR
PERIMENOPAUSE • MENOPAUSE IN CLINICAL PRACTICE • FACTORING
ORAL HEALTH INTO A CLIENT'S JOURNEY • NATURAL ALTERNATIVES TO HRT



THE NATURAL DISPENSARY

HOME OF NATURAL HEALTHCARE

Welcome to our autumn issue of Only Natural, we hope you find some time to pause and enjoy.

Autumn charms many with its vibrant displays of colour and crisp dawns. Nature's showing its wisdom, reminding us this is a time for harvest and abundance, letting go, as well as periods for rest and reflection.

We reflect on what we are grateful for and that within harvest, be it literal or figuratively, we're prompted to be thankful for the abundance in our lives.

Gratitude has been proven to assist health in a great variety of ways, from enhancing empathy, to improving sleep, physical and psychological health.

Here at The Natural Dispensary we have many things to be grateful for; creative suppliers, skilled practitioners and their courageous clients, our incredible team who help it all come together and the community in which we nestle. We believe one thing we share in common is that we all care.

We invite you to find a cosy place to enjoy this menopause themed edition of your Only Natural magazine and hope that you find something on page 31 to assist with your autumn reflection.

Thank you to all who have contributed to making this magazine.

with kindness and care.

The Natural Dispensary,
Home of Natural Healthcare.

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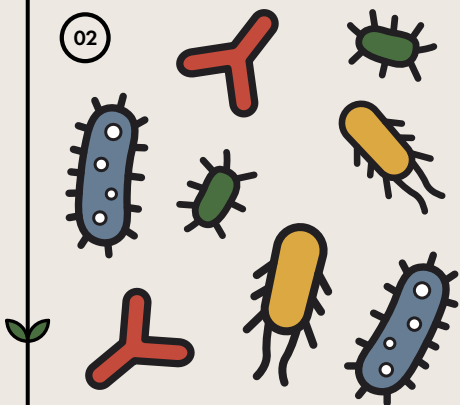
RECIPE

01

3601 food contact chemicals identified in humans.

A systematic review has found that 25% of >14,000 known food contact chemicals are present in human samples, including urine, blood and breast milk. This includes chemicals from processing and packaging such as bisphenols, plasticizers and metals. 80 of those found are classified as high concern and include known carcinogens, endocrine disruptors and reproductive toxicants.

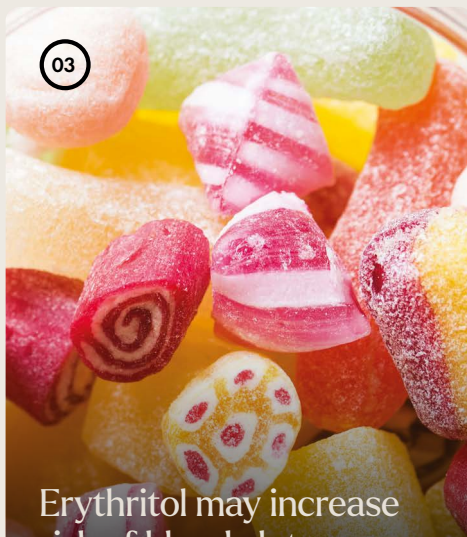
02



Ketogenic diet may negatively impact gut microbiome.

A randomised controlled trial has shown that following a ketogenic diet significantly reduces gut microbial diversity within 12 weeks. This was not seen in a group following a low free-sugar diet, which also achieved significant weight loss results, although not to the same extent as the ketogenic diet.

03



Erythritol may increase risk of blood clots.

A small new study has found that the sugar substitute, erythritol, appears to increase clotting factors in the blood. Healthy participants consuming typical doses found in food and drink products were shown to have significantly increased platelet activity, while no effect was observed in participants consuming the same quantity of glucose.

04



Low magnesium intake linked to DNA damage.

A new study has demonstrated that low magnesium levels increase susceptibility to DNA damage, especially in individuals with high homocysteine. Researchers suggested this was due to the oxidative stress caused by homocysteine and magnesium's role as an enzyme co-factor for many DNA repair pathways.

05



Omega 3 may reduce dementia risk in APOE*E4 carriers.

A three-year randomised controlled trial has demonstrated that omega 3 supplementation can significantly reduce the risk of dementia in carriers of the APOE*E4 gene by reducing the loss of neuronal integrity. This effect was not significant in participants without the gene.

06

Camu camu may reduce liver fat.

A randomised controlled trial has found that 1.5g of camu camu daily reduced liver fat by 7.43% in overweight and hypertriglyceridemic adults after 12 weeks. The effect was thought to be linked to the prebiotic effect of the polyphenols potentially driving both a reduction in lipogenesis and enhanced lipid degradation.



PRACTITIONERS' TOP 5

Welcoming your expertise in, we recently asked you to share your favourite supplements for supporting menopausal symptoms.

Thank you for taking the time to share your answers; a wonderful selection of the products on our shelves were mentioned. Here is your top 5:



NUT-3370

NUTRI ADVANCED MEGAMAG PERIMENO PLUS

Combines magnesium, vitamins C, B6, B12 and folate with rhodiola, ashwagandha, sage, shatavari and red clover. Designed to support the regulation of hormonal activity, reduce tiredness and support the nervous system, for women over 40.

"I have recommended this product to many female clients struggling with menopausal symptoms such as hot flushes, anxiety and poor sleep. The feedback has been incredible – definitely my go-to!"

Amy Cooper, Nutritional Therapist



NHP-GMH60

NATURAL HEALTH PRACTICE MENO HERBAL SUPPORT

An organic herbal formula including fermented soya, red clover, hops and sage, for women during and after menopause.

"This product balances hormones and greatly reduces menopausal symptoms, especially hot flushes, tiredness and foggy brain. Clients experience a noticeable improvement."

Teresa Jayne, Nutritional Therapist





NR-FE0232

NEW ROOTS HERBAL MENOPEACE

A combination of six standardised, high quality plant extracts. Includes dong quai, chaste-tree, red clover, dandelion, black cohosh and wild yam.

"It tests well in kinesiology and clients notice a difference with symptoms, including flashing."

Linda Belcher, Kinesiologist



FUS-20711

FUSHI SHATAVARI

Fresh-ground®, 100% pure, wholefood herb to help support and balance female health.

"As an adaptagen it has slightly different results, but I find predominantly it really significantly reduces night sweats and helps improve libido."

Wendy Hill, Nutritional Therapist



EQU-MFJ

EQUI LONDON MENOPAUSE FORMULA

A combination of 48 premium nutrients including vitamins, minerals, botanicals and live cultures to naturally assist the body at a time when it is most in need of balance.

"I find compliance is very good as clients just need to take this one product to achieve what they may have had to take numerous supplements to achieve otherwise."

Jen Walpole, Nutritional Therapist



TO HELP US PREPARE FOR THE WINTER MAGAZINE, WE'D LIKE TO KNOW...

What are your favourite products to support winter wellness?

Scan the QR
code to answer





The essential role of protein in menopause

Megan Jones is a clinical nutritionist with over a decade of experience. Based in Australia, she runs an online clinic specialising in gut health, metabolic health and women's wellness, with a focus on supporting women through perimenopause and menopause. She is also part of the team at Nuzest.

For many, navigating nutrition during the menopause can feel like traversing a maze. A quick search for 'nutrition during menopause' brings up 53 million results, with advice on what to eat and what to avoid. When looking at the science, however, adopting simple, evidence-based lifestyle changes and developing consistent habits is key, with a focus on adequate protein becoming particularly essential.

Metabolic health

As women shift from perimenopause to postmenopause, the reduction in circulating oestrogens increases the possibility of developing and worsening insulin resistance. Insulin resistance is also triggered by the slow but progressive cortisol increase typical of ageing. In the liver, high cortisol triggers

gluconeogenesis, a process that boosts the liver's production of glucose, which not only reduces insulin secretion and hinders insulin clearance but exacerbates insulin resistance as well.

Understanding how dietary choices influence insulin resistance and subsequent metabolic health can significantly improve quality of life during menopause. A high protein diet can modulate glucose homeostasis by directly stimulating insulin secretion through amino acids such as leucine, isoleucine, valine, arginine and lysine - all products of protein digestion. A high protein diet can also decrease blood sugar levels and support insulin sensitivity indirectly through incretin release and vagal neuronal pathways, while promoting satiety via anorectic hormones too.

The roles of protein

PRESERVING MUSCLE MASS AND STRENGTH

A significant change during menopause is the gradual, age-related loss of muscle mass, known as sarcopenia. This can lead to decreased strength due to reduced muscle repair and regeneration and is linked to higher rates of falls and vertebral fractures, ultimately affecting both quality of life and independence. While global estimates of sarcopenia range from 9.9% to 40.4%, depending on both the definition used and population studied, in menopausal women, sarcopenia prevalence increases with age, affecting 1.4% of those aged 60–69, 4.9% of those aged 70–79, and 12.5% of those aged 80 and older.

To counteract sarcopenia, dietary protein is an important factor. Impacting regulatory proteins and growth factors, while providing the necessary amino acids for muscle repair and growth, it is essential for preserving muscle mass and strength. In fact, adequate protein may potentially prevent muscle loss associated with ageing and hormonal changes, helping the body maintain physical strength and ability.

The current recommended dietary allowance (RDA) of protein is 0.8g per kg of bodyweight per day, but several studies suggest that higher protein consumption of 20% above the RDA is required to preserve muscle mass and function postmenopause. Upper and lower extremity functions may also be impaired in postmenopausal women with protein intake below the RDA.

In the five-year follow-up of a clinical trial, high protein intake of 1.2g per kg of bodyweight per day was associated with beneficial effects on muscle mass and size and bone mass in elderly women. In addition, when in a marked energy deficit combined with a high volume of resistance and anaerobic exercise, a diet containing

2.4g protein per kg per day was more effective than a diet containing 1.2g per kg in promoting increased lean body mass and loss of fat mass.

SUPPORTING BONE HEALTH

Oestrogen plays a key role in maintaining bone density, therefore as levels decline, women are at higher risk of osteoporosis and fractures. Protein is the major structural component of all cells in the body, including bone cells, and is essential for bone health because it promotes collagen production, which forms the structural framework of bones. In a 2018 study involving 131 postmenopausal women, those who consumed five grams of collagen peptides daily experienced a significant improvement in bone mineral density compared to those who received a placebo.

What's more, protein also aids the absorption of calcium and other vital minerals necessary for bone strength.

MANAGING WEIGHT AND METABOLISM

Weight gain is a common concern for menopausal women, often due to a slower metabolism and changes in body composition. Oestrogen is known to suppress appetite, so as levels decline, the ability to regulate hunger and satiety signals becomes impaired. This can lead to abnormal eating patterns and potential weight management issues.

As appetite influences energy intake, an increased protein intake of 1.2g per kg of bodyweight per day, which is satiating and can improve body composition, is considered highly beneficial for weight management. Furthermore, there is a consistent body of evidence suggesting that diets higher in protein up to 2.4g per kg of bodyweight per day increase energy expenditure due to an increased thermic effect, by increasing satiety via the gut hormone PYY, which in turn stimulates thermogenesis.

The hormones ghrelin and leptin are also impacted by the changes in both insulin and cortisol. A study of women during different stages of the menopause found that for some women, levels of ghrelin increased whilst leptin decreased, potentially contributing to diminished satiety.

Activity levels also determine protein requirement, with daily intake recommended for those engaging in regular physical activity to fall within the mid to upper ranges of current sport nutrition guidelines (1.4–2.2 g per kg of bodyweight), with protein evenly distributed every 3–4 hours across the day.

Research has highlighted the 'Protein Leverage Effect', which indicates that an increased requirement for protein may lead to overconsumption of other energy sources if protein needs are not met. Adjusting the diet to increase protein and reduce carbohydrates and fats can prevent weight gain and reduce the risk of obesity and cardiometabolic diseases postmenopause.

IMPROVING MOOD AND COGNITION

Hormonal fluctuations during menopause can significantly impact mood and cognitive function, manifesting as symptoms such as anxiety, depression and memory lapses. Protein supplies the amino acids required for the synthesis of neurotransmitters like serotonin and dopamine, which are vital for mood regulation and cognitive function.

Since post-menopausal females have higher fasting blood measures for glucose and insulin, and high glucose values have been reported to negatively impact mood, meeting daily protein requirements becomes crucial for stabilising blood sugar levels, thereby potentially improving mood and supporting metabolic health.

Protein is a vital nutrient for menopausal women, offering numerous benefits from preserving muscle mass and bone health to supporting blood sugar regulation, mood

Practical tips for boosting protein intake

Start with breakfast: Opt for protein-rich foods like eggs, Greek yogurt or a protein smoothie.

Spread intake throughout the day: Distributing protein consumption across all meals supports optimal absorption.

Snack smart: Choose protein-rich snacks such as nuts, seeds or boiled eggs.

Balance your meals: Ensure each meal includes a substantial protein source, e.g. add meat or fish to your salad or beans to your soup.

Combine plant and animal proteins: Mixing different protein sources provides a broader range of amino acids and nutrients.

Utilise protein supplements: If dietary intake is insufficient, protein powders can be convenient. Choose high-quality options with minimal sugar and additives.

and cognition. By prioritising a variety of protein-rich foods throughout the day, women can navigate menopause with greater ease and maintain their health and vitality during this transformative stage.



MEGAN JONES

Adv.Dip.NutMed, BHSc.NutMed
Nutritionist

Spotlight on menopause

53%

OF UK WOMEN AGED 40-60
CAN THINK OF A TIME WHEN
THEY WERE UNABLE TO GO TO
WORK DUE TO MENOPAUSE
SYMPTOMS



PERIMENOPAUSAL
WOMEN ARE

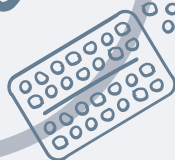
40%

MORE LIKELY
TO EXPERIENCE
DEPRESSION

HRT PRESCRIPTIONS
IN THE UK
INCREASED BY

29%

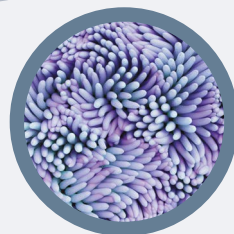
BETWEEN
2021-2023



A 2021 observational study found that higher fibre intake was associated with **reduced depression** in premenopausal women.



A 2019 randomised controlled trial found that three resistance training sessions per week for 15 weeks **reduced the number of hot flushes** in postmenopausal women by almost half.



A 2022 review concluded that menopause is associated with **lower gut microbiome** diversity and greater similarity to the male gut microbiome.



Adaptogens for the perimenopause and beyond

Sara is an experienced medical herbalist, specialising in women's health and hormonal imbalance. She runs a busy clinic in Hove and is also part of the innovative, integrative women's health team at Synthesis Clinic. She is the product formulator for Adaptogenic Apothecary.

Herbal and mushroom adaptogens have a fundamental role to play in preparing for and going through the menopausal transition, as well as supporting healthy ageing. In fact, many adaptogenic herbs and fungi have been used for millennia by women from diverse cultures to support their bodies through this time. Adaptogens are considered to have a stress-relieving effect via decreasing cortisol levels. Each adaptogen has its own unique character and actions and can be used both for targeted symptoms and as a longer-term tonic.

The perimenopause is a time of great physiological shifts, which can come with a complex multi-system symptom profile. Women may experience a multitude of symptoms or very few, and with varying intensity. At different stages, symptoms may change and new ones may emerge, as

hormone levels decline and different hormones become more dominant.

My clinical observations have emphasised that the role and functioning of the female Hypothalamic Pituitary Adrenal (HPA) axis plays a crucial part in how women experience menopause. Those approaching it with HPA axis dysregulation, due to long term chronic stress, poor self-care practices, dysbiosis, hormonal imbalances and exhaustion, generally tend to experience stronger symptoms, whilst those that prepare, work on their pillars of health and find techniques to manage their stress, often have fewer and/or less debilitating symptoms.

What are adaptogens?

Adaptogens can be considered a class of herbs and fungi that support and restore adrenal health and optimal HPA axis function.



The HPA axis is composed of a cascade of neuroendocrine pathways that maintain physiological homeostasis in the context of stress. It is involved in a multitude of functions including temperature, digestion, immunity, mood, sexuality and energy usage, in addition to its role as a component of the fight-or-flight response and in the release of hormones such as cortisol.

Adaptogens literally help the body to 'adapt' to times of change, high stress, hostile environments and physiological and mental pressure. Many are considered 'tonics' in traditional medicine e.g. Panax ginseng in Chinese medicine and ashwagandha in Ayurveda.

Adaptogens have three main characteristics:

1. They are non-toxic.
2. They produce a non-specific response to stress.
3. They have a normalising influence on the body's regulatory systems, including the neuroendocrine and immune systems.

By its very nature, the perimenopause is a time of change; adaptogens help the body 'adapt' to these changes and support the HPA axis. In fact, prominent Australian Herbalist, Angela Hywood, has suggested renaming the menopause the 'adrenopause', due to the crucial role the HPA axis and adrenal function have in this transition.

Extreme stress and associated HPA dysfunction can lead to higher cortisol production and reduced sex hormone production. When adrenaline is constantly elevated, this can affect oestrogen, progesterone and thyroid hormones. During the menopause, although these levels are naturally decreasing, anything that speeds up this decline will influence symptoms. Adaptogens can help re-regulate and calibrate the HPA axis. Through the transition, the ovaries slowly start to produce less oestrogen (albeit erratically) to the final

Adaptogens literally help the body to 'adapt' to times of change, high stress, hostile environments and physiological and mental pressure.

stage where estrone, the dominant post-menopausal oestrogen, is then produced by adrenal glands and adipose tissue. Therefore, the functioning of the adrenal glands and their role in the HPA system are critical to post-menopausal endogenous hormone production and longer-term health.

Targeted adaptogens

There are many adaptogenic herbs and each, by definition, has a normalising effect on the HPA axis whilst having its own unique actions, which can be directed toward the specific symptoms a woman is experiencing and her constitution. A few favourites to consider are:

ASHWAGANDHA: WITHANIA SOMNIFERA

Research suggests ashwagandha promotes restorative sleep and reduces stress and anxiety, complaints often encountered during the menopause. Ashwagandha improves adrenal function and may help improve progesterone production. It also supports thyroid function, which can be a contributing factor to symptoms such as low mood, fatigue and weight gain.

CORDYCEPS: CORDYCEPS SPP

Traditionally used to increase energy, stamina and libido, studies show cordyceps can improve exercise endurance. Cordyceps contain constituents that support the production of adenosine triphosphate, which means more energy production. In

menopausal women, this is effective to help combat fatigue.

LION’S MANE: HERICIUM ERINACEUS

Used to improve concentration, memory, reduce brain fog and for its prebiotic benefits. Studies have shown lion’s mane to reduce depression, anxiety and improve quality of life in menopausal women.

MACA: LEPIDIUM MEYENII

Research indicates maca indirectly increases oestrogen, progesterone and testosterone as well as significantly reducing menopausal symptoms, in particular hot flushes and night sweats.

PANAX GINSENG

Panax ginseng is considered to be one of the most stimulating adaptogens. It is traditionally used in Chinese medicine to invigorate in times of debility and fatigue, to aid concentration and improve longevity. Benefits include improved energy levels and libido as well as cognition and focus. A systematic review concluded it has a positive effect on lipid metabolism and lowering cholesterol, which can be beneficial as oestrogen decreases.

REISHI: GANODERMA LUCIDUM

Reishi has potent anti-inflammatory effects, which can help with many common

menopausal symptoms. It also contains adenosine, a molecule with anti-stress effects. Studies show improvement in sleep duration and quality.

RHODIOLA

Rhodiola has a long history of use for enhancing mental and physical performance and for its stress-protective effects. Research indicates that it can improve many of the neuropsychological symptoms experienced by menopausal women, including fatigue, anxiety, depression, stress intolerance, cognitive dysfunction, memory decline and reduced executive function.

SCHISANDRA

Studies in menopausal women show that schisandra decreased hot flushes, night sweats and palpitations. It is an energising adaptogen with liver supportive properties.



SARA ROONEY
BSc. Hons, BA Hons, mNIMH
Medical Herbalist

Specific adaptogens to target key menopausal symptoms:

Adaptogen	Reduce anxiety	Improve energy	Improve sleep	Cardiovascular system support	Reduce hot sweats	Improve concentration, reduce brain fog	Improve libido	Time of day
Ashwagandha	XX	X	XX		X	X	X	PM
Cordyceps		XX		X		X	XX	AM
Lion’s Mane	X	X	X	X	X	XX	X	AM
Maca		XX		X	XX	XX	XX	AM
Panax Ginseng		XX		XX	X	XX	XX	AM
Rhodiola	XX	XX	XX	X		XX		AM
Reishi	XX		XX	X		XX		PM
Schisandra	X	XX		X	X	XX	X	AM

X = MILD EFFECT, XX = STRONGER EFFECT. SOURCE: AUTHOR’S OWN.



WELCOMING IN

The latest new products available at The Natural Dispensary

KEF-KKM-848-LB-0101

KEFIRKO

KEFIR FERMENTER 900ML

This easy home kefir making kit allows you to prepare fermented beverages, milk or water kefir. Ensures optimal conditions for every batch.



KEF-WKG-05G-DEH-0223

KEFIRKO

WATER KEFIR GRAINS

These organic reusable grains are the live culture needed to make water kefir and can be used with the Kefirko kefir fermenter to create the perfect batch.



AP-APCHO30CAU

ACTIVATED PROBIOTICS

BIOME CHOLECARE

A clinically trialled live bacteria supplement to help support healthy cholesterol levels.

Lactobacillus plantarum KABP™ 011,
Lactobacillus plantarum KABP™ 012
and Lactobacillus plantarum KABP™ 013.



NZ-UK-PPF250-HI

NUZEST

VIBRANT INSIDES

This vanilla flavour plant-based drink mix with pea protein, microbiotics, vitamins and minerals has been formulated to support the intrinsically linked gut and immune system.



NAT-NTTMEN-6N

NATURTINT

MEN'S HAIR DYE RANGE

Specifically developed for men and suitable for the hair, beard and moustache, this ammonia-free hair colour helps cover 100% of grey and revitalise your natural shade.



OT-2000420-BO

ORGANIC TRADITIONS

PUMPKIN SPICE LATTE

Combines organic pumpkin powder and organic instant coffee with a delicious, warming and nourishing blend of aromatic spices including cinnamon, nutmeg and clove.





In Clinical Practice: An integrated, natural approach to menopause

Sarah Davison is a Natural Menopause Expert and Homeopath, who helps women navigate the peri and postmenopausal years naturally. Based in London, she consults worldwide online. She also provides talks and workshops to businesses and lectures at homeopathic colleges.

Menopause symptoms can be tricky to manage because they aren't just about the drop in hormones but are often the result of a panoply of deeper root causes e.g. a lifetime of stress, poor diet and lifestyle and unresolved trauma. As a homeopath, I have the training to resolve all of these but the diet and lifestyle, which if not corrected, block the effect of the homeopathy. So, I created the 'Thrive in Menopause' programme in collaboration with nutritional therapist, Julie Deeks, to provide an holistic approach that combines:

- Insights from the Dried Urine Test for Comprehensive Hormones (DUTCH).
- Individualised homeopathy.
- Individualised nutritional therapy, supplementation and lifestyle guidance.

Client overview

M was 54 and four years post-menopausal, presenting with:

- Low mood with frequent crying
- Social anxiety and agoraphobia
- Night sweats and disturbed sleep
- Fatigue
- Hip pain
- Brain fog and forgetfulness
- Hair loss

Born into an Evangelical family, she felt like she was 'tortured and smothered' as a child. She was betrayed by both parents and this theme repeated in her emotionally abusive marriage. She had five years of unsuccessful fertility treatment and divorced after 25 years, aged 44.

The result of this abusive history was anxiety, low self-esteem and unresolved grief, all of which were contributing to her symptoms. She felt lonely, isolated and worthless, and had lost trust both in herself and others. She had

poor boundaries, was socially anxious and somewhat agoraphobic.

First homeopathic prescription

I wanted to start addressing the historical trauma and loss as the deeper causes of her hormone imbalance, while also tackling her presenting symptoms. I prescribed:

1. Carcinosin in ascending dose (30c, 200c, 1M) for the unresolved trauma and abuse during her childhood and marriage.
2. Lac Caninum LM 1, indicated for 'ailments from abuse and punishment', to match her fatigue, hip pain, night sweats, forgetfulness, low mood, frequent crying, suppressed anger, loneliness, anxiety and low self-esteem.

Nutritionist's insights

M was grazing all day in order to avoid eating alone. Breakfast was a cup of tea with honey, lunch was Pringles or fruit and dinner was ready-made chicken and vegetable dumplings, followed by fruit or a biscuit. Balancing her blood sugar was therefore a priority.

The DUTCH test revealed high daily free cortisol and a preference for cortisol metabolites, meaning she was making enough cortisol, but not holding on to it. This possibly indicated inflammation and/or a thyroid issue, as well as the potential for burnout. This was also likely contributing to the hair loss.

While her sex hormones were in range and balance, Julie wanted to ensure her oestrogens were being cleared well. M also had a high oxidative stress marker, putting her at risk of DNA damage.

Dietary plan

- Start eating three meals a day.
- Consume plenty of dark green vegetables, especially those high in folate, to reduce

oxidative stress and help clear oestrogens.

- Increase iron-rich foods.

Julie explored whether M would feel comfortable eating alone, which resulted in the following dietary suggestions:

Breakfast - A protein shake with protein or collagen powder, chia seeds, frozen berries and courgette.

Lunch - Charcuterie and mediterranean vegetables, feta, olives, crackers and pistachios, or a boiled egg with toast and green salad.

Dinner - Salad with chicken and steamed vegetables, or a stir fry with fish, seafood or chicken and noodles.

Nutritional supplements

- Magnesium glycinate twice daily to calm the nervous system, improve bile flow and detoxification.
- Digestive enzymes to support overall digestion and absorption.
- Methylated B vitamins to support energy and detoxification.
- Continue her current mineral supplement.

Lifestyle suggestions

- Wake up and get up, rather than lingering in bed feeling miserable.
- Resistance exercise rather than cardio.
- Get out and connect with people e.g. while walking the dog.
- A burst of cold water at the end of each shower to improve the stress response.

Follow-up after 6 weeks

- No longer constantly on the verge of tears.
- Much less stressed and anxious.

- More energy.
- Night sweats greatly reduced.
- Hip pain less severe, no longer disturbing her sleep.
- Less grief around a recent lost relationship.
- Feelings of separateness and aloneness now felt like independence and freedom.
- Small improvement in brain fog and memory.
- No change in hair loss.

Second plan

Homeopathic prescription: Repeat Carcinosa 1M weekly and ascend Lac Caninum to LM 2.

Nutrition plan: Continue with current plan and add in omega 3-rich foods for mental health.

A big set-back

Shortly after her second consultation, M was slandered by a business associate she cared about, which sabotaged the culmination of five years of work. The shock, betrayal and injustice put her back into anxiety, tearfulness, low mood and poor sleep.

New homeopathic prescription

I stopped the Lac Caninum and Carcinosa and gave Ignatia 200c for the acute level of shock, betrayal, injustice, tearfulness, anxiety and business failure, and Natrum Muriaticum LM 2 for the chronic level of the same, as these were old patterns.

Four weeks later

While the shock had passed, emotionally M was still a wreck. The night sweats were back, with insomnia from churning thoughts, anger about the betrayal, frequent crying, loneliness, fear of being abandoned,

overwhelm and exhaustion. However the hip pain and brain fog had not returned.

I decided to take a different tack and bring out the 'big guns' for the trauma and grief, plus something specific to address the night sweats. I stopped the Ignatia 200c and Natrum Muriaticum LM 2 and prescribed:

1. Carcinosa in a higher potency (10M) to further heal the trauma/abuse.
2. Ignatia in mega potency (CM) for the shock, grief, fear of abandonment.
3. Staphysagria in mega potency (CM) for the abuse and betrayal.
4. Sepia 30c to address the night sweats and exhaustion.

Another four weeks later

A really big improvement. Physically, M was 'feeling pretty good' - no more night sweats, insomnia or fatigue. Emotionally, she felt she had moved on from the betrayal, but because she still felt lonely, apathetic and unattractive, I swapped the Sepia for Aristolochia Clematis 30c, and repeated the Ignatia and Staphysagria in CM, as I could see they were having a good effect.

A further four weeks later, M had stopped crying and was socialising again. She reported feeling like a new person and the mutual friend who referred her couldn't believe the transformation in her. 'Everybody has noticed the difference' M said, 'I just have a calm that I didn't have before'.



SARAH DAVISON

BSc (Hons), CHE, MARH, Dip.Psych
Natural Menopause Expert & Homeopath



WELCOMING IN

The latest new products available at The Natural Dispensary

AB-TRU-CRE+JAR180G

ANCIENT + BRAVE TRUE CREATINE+

An expertly formulated blend enhanced with taurine, vitamin D and magnesium to elevate energy, muscles, bone and cognitive health.



WEL-207030

WELEDA LOW MOOD & STRESS RELIEF TABLETS

This product is used within the homeopathic tradition for the temporary relief of symptoms associated with stress, such as fatigue, mild anxiety, slightly low mood and restlessness.



LI-DVC2

LIPOLIFE LIPOSOMAL VITAMIN C CAPSULES

Capsules containing 800mg of vitamin C in dry liposomal form. Genuine dry liposomes, independently third party verified for authenticity.



GP-CP19

GREEN PEOPLE ORGANIC HAIR ESSENTIALS

With quinoa protein to enhance shine by over 50% and smoothing artichoke to repair and protect. Supports naturally strong, healthy hair.



HT-HPT-BX20VN-CLF

HAMPSTEAD TEA ORGANIC FRENCH VANILLA TEA

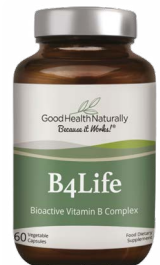
To make this indulgent and fragrant tea, Hampstead start with elegant Darjeeling leaves from biodynamic gardens and combine them with velvety vanilla from Madagascar.



GHN-1346-WSH

GOOD HEALTH NATURALLY B4 LIFE

This vitamin B complex contains a full range of essential B vitamins, providing the body with a variety of forms for a broader range of benefits.





Why clinicians should factor oral health into their clients' journey

Dr Victoria Sampson is co-founder and principle dentist at The Health Society, a multi-disciplinary dental practice in London. She is also founder of THS Labs Ltd, a salivary diagnostics company providing oral microbiome testing.

In recent years, the concept of health has shifted from viewing the body as isolated systems to understanding the interconnectedness of all bodily functions. This holistic approach emphasises that the health of one system, such as the mouth, can impact other areas of the body in profound ways. Oral health, long considered the domain of dentists, is increasingly recognised by nutritionists, doctors and other healthcare providers as integral to full-body health. With the rise of metabolic diseases and

inflammatory conditions, it is integral that clinicians consider oral health in their toolkit when attempting to achieve full body health for their clients.

The connection between oral health and systemic health

Oral health is about more than just having strong teeth and gums. The mouth is a gateway to the body, and conditions in the mouth can influence and exacerbate diseases in other areas. Some of the most prominent connections are between periodontal (gum) disease and systemic conditions like cardiovascular disease, diabetes and adverse pregnancy outcomes.

Cardiovascular disease

Multiple studies have shown that individuals with periodontal disease have a higher risk of cardiovascular diseases, including heart attacks and strokes. This link is believed to arise from the chronic inflammation



caused by periodontal disease, which may contribute to the narrowing of arteries due to plaque build-up (atherosclerosis). Moreover, bacteria from infected gums can enter the bloodstream, potentially leading to the development of blood clots. A 2012 American Heart Association study even suggested that gum disease could be as significant a risk factor for heart disease as high cholesterol.

Diabetes

The relationship between diabetes and oral health is bi-directional. Poorly controlled diabetes can lead to a higher incidence of gum disease, while severe gum infections can make it more difficult for people with diabetes to control their blood sugar. This is partly due to the inflammation that gum disease causes, which affects insulin sensitivity. A comprehensive 2013 study in the *Journal of Clinical Periodontology* confirmed that treating gum disease in diabetic patients could improve blood sugar control, reducing the risk of diabetic complications.

Pregnancy complications

Pregnant women with periodontal disease are at greater risk of preterm birth, low birth weight babies and pre-eclampsia. It is hypothesised that oral bacteria can travel through the bloodstream to the placenta, triggering inflammation and affecting foetal development. A study published in the *American Journal of Obstetrics and Gynecology* concluded that pregnant women with gum disease were seven times more likely to have a premature baby. This suggests that clinicians, especially those who care for pregnant women, should consider oral health as part of prenatal care.

The role of nutrition in oral health

Nutrition plays a pivotal role in maintaining oral health, and conversely, oral health

When the gums are chronically inflamed, this can act as a constant source of inflammatory mediators that travel through the bloodstream, affecting the body's immune response.

influences nutritional status. Nutritionists are often well-versed in the importance of vitamins and minerals in overall health, but the connection to oral health is sometimes overlooked. Adequate nutrition is critical to the development and maintenance of healthy teeth and gums.

Several nutrients are crucial to maintaining oral health, most notably vitamins C, D and calcium. Vitamin C is necessary for collagen production, which supports gum tissue. Deficiencies in vitamin C can lead to gum inflammation, bleeding and eventually periodontal disease. Meanwhile, vitamin D and calcium are essential for tooth mineralisation and bone health. A lack of these nutrients can lead to weakened tooth enamel and increased susceptibility to decay and gum disease.

A study published in *The Journal of Nutrition* showed that individuals who consumed higher amounts of calcium, vitamin D and other nutrients related to bone health were less likely to develop gum disease. This emphasises the need for nutritionists to consider not only overall nutritional intake but also the specific needs of the oral cavity when planning diets.

Inflammation as a common pathway

One of the unifying factors between oral health and overall health is inflammation.

Inflammation is a key mechanism in many chronic diseases, from cardiovascular conditions to metabolic disorders like diabetes. Poor oral health, especially periodontal disease, is characterised by chronic inflammation. When the gums are chronically inflamed, this can act as a

constant source of inflammatory mediators that travel through the bloodstream, affecting the body's immune response. This can exacerbate pre-existing inflammatory conditions like rheumatoid arthritis, which in turn will exacerbate the periodontal disease, and the cycle will go on.

Top Tips:

1. Screening and referrals

Clinicians should screen for signs of poor oral health during initial consultations. Simple questions about gum bleeding, tooth pain or bad breath can provide insights into a client's oral health status. When issues are identified, clients should be referred to dental professionals for further evaluation and treatment.

2. Education and awareness

Many people are unaware that gum disease could increase their risk of heart disease or that a poor diet could lead to cavities. By raising awareness, clinicians can empower clients to take better care of their mouths, which in turn supports their overall well-being.

3. Test what you can't see

Many metabolic disorders and inflammatory conditions silently creep on us, just like gum disease. Just like you might test your clients' gut microbiomes and perform blood tests to take a deeper dive into what you can't see from the surface, do an oral microbiome test to see what this looks like and whether you need to collaborate with a dental professional.

Most clinicians are aware that in order to help manage inflammation, they should recommend diet and lifestyle changes and supplementation. However, many will not think to recommend that their clients go see their dentist to rule out gum disease. The number of times we have seen patients battling with chronic inflammatory conditions feel significantly better after one hygiene appointment is countless now.

Integrating oral health into holistic healthcare

The recognition of oral health as part of the larger health picture necessitates a collaborative approach among healthcare providers. Clinicians should not view the mouth as separate from the rest of the body but rather as an integral part of a client's overall health. Afterall, the mouth is the gateway to the rest of the body. By factoring oral health into their care plans, they can help prevent the development of systemic conditions, manage chronic diseases more effectively and improve the quality of life for their clients.



DR VICTORIA SAMPSON

BDS MFDS RCS ED PG DIP

Functional Dentist

MEET THE SUPPLIER



QUESTIONS ANSWERED BY CO FOUNDER, JOANNA LYALL

Tell us the story behind your brand.

I'm a Nutritional Therapist and experienced first-hand the challenges of perimenopause. Despite my expertise, I found myself struggling with declining energy, disrupted sleep and persistent anxiety. This journey led me to realise a significant gap in the market for women's midlife health solutions.

I got to know Debbie Wosskow and Anna Jones, who were also navigating their own perimenopausal experiences, and discovered we had a shared passion for addressing the unique needs of women during this life stage.

We founded The Better Menopause with a mission to empower women to take control of their health and redefine midlife as a time of strength and vitality.

What sets your brand apart from others?

From day one, our core team included nutritionists and medical doctors. Providing evidence-based formulations remains a top priority. Beyond our products, our social content and community provides active support and inspiration to help thousands of women every day, whether they are customers or not. Our ambition is to be the number one destination for women in perimenopause and menopause looking for holistic support for their symptoms.

What is your favourite product within your range and why?

Better Gut is our first born and, in many ways, our favourite as it is where the brand started. Despite so many probiotics being available,



Better Gut really does provide something different and was created specifically for menopausal women.

Products aside, what self-care activities do you find most beneficial?

Exercise - Daily movement is essential for me. I tend to choose reformer pilates, yoga and strength training these days, over cardio.

Sleep - Prioritising a good night's sleep makes the biggest impact on my wellness and happiness.

Joy - Doing things every day that make me happy. These can be tiny things like having a coffee in the sun, a walk, a chat with a friend or a manicure. Just little moments that make me smile.

Tell us something we can't find out on your website.

After listening to our community, we know what they want and need, and this inspires our new product development. Our next product is all about metabolism and tackling the underlying reasons for midlife weight gain. Watch this space.

Describe your brand in three words.

Science, empowerment, community.



How to evaluate your practice: A guide for wellness professionals

Jo Permaul is Director at Wellness Professionals at Work. She is a Holistic Life Coach, Homeopath and Teacher and she delivers accredited courses on wellness, resilience and holistic life coaching. Jo is passionate that all her student coaches learn about building a sustainable practice in her membership course, 'Wellness Extra'.

It's easy to get caught up in the day-to-day activities of running your practice and forget

to take a step back to evaluate how things are actually going. Regular evaluation is crucial not only for the growth of your practice but also for your own wellbeing.

Here are four easy and actionable steps to help you evaluate your practice effectively:

1. Track enquiries

Keeping a record of how many potential clients reach out to you is essential in understanding the demand for your services. But it's not just about the numbers, it's also about understanding the trends.

Are you getting more enquiries during certain times of the year? Do they come via word of mouth, your website or social media? By tracking where they come from, you can identify what marketing strategies are working and where you might need to put in a little more effort.

It's helpful to keep a simple log of each enquiry, noting the date, the source of the enquiry and the outcome. Did the enquiry result in a booking or did the potential client decide not to proceed? If they didn't book, do you know why? Understanding these patterns can provide valuable insights into how you can improve your approach to attracting and converting new clients.

2. Weekly review points

Build in time each week to have a reflection session by yourself or with your team and think about the following:

Number of clients seen: Review how many clients you have seen this week. Did this meet your expectations? If not, why do you think that is? Perhaps there were cancellations or maybe it was a slower week. Understanding the reasons behind these numbers can help you adjust your schedule

and expectations moving forward. How did this tally with your enquiries? Can you notice patterns emerging?

What worked well: Take a moment to reflect on what worked well for you this week. Did you manage your time effectively? Were there particular strategies that helped you stay on top of your workload? By identifying what went well, you can continue to build on these successes in the weeks to come.

3. Monthly review points

While weekly reviews help you stay on track in the short term, monthly reviews allow for a deeper dive into your practice's performance. These reviews should focus on both the financial and operational aspects of your practice.

Financial review: Did you cover your costs this month? This review should consider both day-to-day and annual costs, such as rent, insurance, software licenses, professional fees and staff costs. It's also important to consider whether you've been able to set money aside for holidays, emergencies or future investments in your practice, like new equipment or further training. Using a tool like Quickbooks can be a great way to evaluate your finances.

Number of clients seen: Again, review how many clients you saw over the month. Are these numbers consistent with your expectations and goals? If there's a discrepancy, try to identify the cause. Perhaps there's a seasonal variation in demand, or maybe you need to adjust your marketing strategy.

4. Yearly review points

At the end of the year, it's time to take a step back and look at the bigger picture. This is an

opportunity to reflect on the overall direction of your practice and to set goals for the year ahead.

Continuing Professional Development (CPD): Reflect on the CPD you've completed over the past year. Also use this review to plan your CPD for the upcoming year, ensuring that you're continuing to grow your skills and knowledge.

Goal setting: Review the goals you set at the beginning of the year. Did you achieve them? If not, why? Set realistic and inspiring goals for the next year. Remember to include both professional and personal goals.

Work-life balance: Finally, assess whether you've maintained a healthy work-life balance. Did you take enough time off? Were you able to disconnect from work and enjoy personal time? Planning holidays and setting boundaries between work and personal life is essential for preventing burnout and ensuring that you can continue to provide the best possible care to your clients.

By regularly evaluating your practice through these steps, you'll be better equipped to understand what's working, what needs improvement and how to move forward in a way that supports both your professional success and personal wellbeing. Remember, evaluation isn't about perfection—it's about growth. Embrace the process and your practice will thrive.



JO PERMAUL

BA (Hons), PGCE, MARH, fACCPH, mAC, mCMA
Director, Holistic Life Coach, Homeopath, Teacher



MEET THE PRACTITIONER



SARA JACKSON

DipCNM Nat, DipCNM Nut, mBANT, rCNHC
Nutritional Therapist and Naturopath

www.sjhealth.co.uk

Instagram: [@sjhealth.co.uk](https://www.instagram.com/sjhealth.co.uk)

How long have you been in clinical practice and what is your specialism?

I am lucky enough to have been in clinical practice for over a decade and I wear a few clinical hats, splitting my week between my private clinic, SJ Health, and working with The Optimum Health Clinic. My private work

focuses on personal passion areas around gut health, immune support and women's health, especially around cervical cancer care and prevention.

Why did you decide to become a practitioner?

It was my own experiences and personal cancer journey. I was diagnosed with stage 2B cervical cancer completely out of the blue with a gorgeous little toddler by my side, which threw me for six. I am proud to say I've now been in remission for 12 years and I know that nutrition and lifestyle changes have been a major contributing factor.

As well as embracing conventional medicine, for which I am eternally grateful, I explored how other aspects such as nutrition, stress, environmental and lifestyle factors may have had an impact on my susceptibility to a cancer diagnosis.

I learnt so much through my own journey that I felt compelled to be able to support other women, employing evidence-based, personalised, naturopathic and functional medicine tools.

Clichéd as it may sound, I felt that if I was afforded the opportunity to turn my health around, then I had to find a bigger purpose and share what I'd learnt, which felt like a bit of a magical secret.

What has been your biggest learning since being in practice?

One of the biggest learnings has been around understanding just how empowering and powerful cutting-edge lab testing and

the functional medicine approach can be for so many people who haven't found the answers or had their health issues supported or validated by conventional medicine.

Through experience I have learnt that we get better results when we're intuitive and flexible with our recommendations, to truly meet our clients where they're at and to see each person as an individual. When a complex client feels seen and heard for the first time in their health journey, it can be incredibly moving and these moments are where I find some of the biggest rewards.

What symptoms have you been seeing most often in your clinic lately?

I have been seeing increased anxiety and stress in the wake of wider world issues, and the complex immune issues that the post-Covid soup keeps throwing up is keeping us on our toes.

What health-related question are you most commonly asked?

Along the lines of... How can I best support my immunity around changes of season?

What can I do to reduce bloating and find more regular gut function?

What products do you recommend most often in your clinic and why?

It might be boring but three of my main staples that I find most people will really benefit from are omega 3, magnesium and a multi vitamin and mineral formula to help mitigate a lot of what we all face in the modern world, where the soil is stripped of nutrients.

I also find adaptogenic formulas a clinical favourite, such as ashwagandha, rhodiola and medicinal mushrooms. They can be very useful as they are so versatile and can

support everything from stress management, focus and concentration, sleep, hormones and blood sugar control.

What are your favourite healthcare products to use personally?

I notice the immediate difference if I ever run out of my favourite magnesium formula (which is rare thanks to the beautiful efficiency of The Natural Dispensary!) and I rotate between a few of my favourite adaptogenic, prebiotic and probiotic formulas throughout the year.

Products aside, what self-care activities do you find most beneficial to keep your own health in balance?

In recent years I have become more interested and slightly more successful with gardening and find the process of growing and tending to my much-adored little patch essential for my mental health. I love the research which supports the evidence of gardening to support serotonin and dopamine levels, and I find the notion of plant consciousness fascinating.

What is something you will do as an act of self-care this week?

I will be going to a music festival! Music is another essential part of my being so I will be filling my cup this weekend listening to some of my favourite bands and performers with my husband and children, which will be a really special experience.

What did you have for breakfast today?

I had an easy smoothie as I was running short on time. I used Nuzest protein powder which is one of my faves, spinach that was on the turn, a courgette and half a frozen banana – quick and filling!



Natural alternatives to hormone replacement therapy

Dr Elizabeth Thompson is an Integrative Medicine Doctor. She founded the National Centre for Integrative Medicine (NCIM) offering clinical, education, community outreach and membership services, including an accredited 2-3 year master's level 7 diploma in Integrative Healthcare. She specialises in women's health and integrative cancer care, including the use of mistletoe therapy.

It's so important to have a diverse range of approaches to support the transition from regular menstruation and the potential to bear children, to a time where the hormones quieten down and a woman enters a new phase.

After a shift in public opinion in recent years, there seems to be a huge drive for women entering into menopause to take Hormone Replacement Therapy (HRT). Are we medicalising something which is a natural stage of life rather than working with it to help reduce symptoms?

My interest in non-drug approaches to managing the menopause was highlighted in my work with breast cancer patients. This included patients who had to stop HRT as they were undergoing cancer treatments or whose cancer treatments had stopped their periods and HRT wasn't an option because of the concerns around oestrogen promoting cancer.

In the last 20 years in my work as an integrative doctor, I have come to specialise in helping women navigate the menopause without medication. Individualising options for my patients and teaching them how to interpret what their body is telling them is so crucial to supporting the menopause in a holistic manner.

Food and lifestyle medicine

Within integrative medicine we always speak about prevention above cure, but obviously this can be difficult for women already struggling with symptoms of the menopause. For women approaching their late thirties, it is certainly something to start thinking about, as perimenopause can start as early as age 38. Changes to diet and lifestyle can have a huge effect on menopausal symptoms and it's never too early to start making alterations, which can also support health in later life.

From a nutritional perspective, eating a diverse, fibre-rich diet with an emphasis on vegetables, whole grains, lean protein sources and lots of healthy fats is certainly recommended. Phytoestrogen-rich foods may help with symptoms such as hot flushes and night sweats. Whilst there are limited studies on dietary phytoestrogen intake helping with symptoms, there is sufficient evidence from therapeutic

supplementation, in particular an isoflavone called genistein.

Lowering refined sugar in the diet is advisable, especially if experiencing inflammatory symptoms such as muscle and joint aches. Reducing alcohol and caffeine is also recommended as these can contribute to anxiety, hot flushes and sleep issues such as micro-awakening in the night and night sweats. I would also emphasise managing and reducing stress and prioritising sleep as key priorities.

For non-physiological symptoms, there is so much in the integrative medicine toolbox we can use, such as mindfulness, cognitive behavioural therapy (CBT), acupuncture and tai chi, which can help with memory, concentration and mood symptoms.

Herbal medicine

Herbs have a rich history of medicinal use during the menopause. Lady's slipper, ignatia, passionflower and motherwort were traditionally used to relieve hot flushes, irregular bleeding and depression. Some herbs have been well-researched for their phytoestrogenic actions e.g. red clover isoflavones reduce the frequency of daily hot flushes and night sweats.

Night sweats often lead to poor sleep quality in menopause and post-menopause. Valerian root can relieve both vasomotor symptoms and insomnia, being a herb widely used for its sedating and hypnotic effects.

Anxiety and depression may also feature, and *Hypericum perforatum* (St John's wort) is well-researched for relieving symptoms of depression in people diagnosed with it. *Crocus sativus* (saffron) can reduce both depression and hot flush symptoms. Both herbs regulate the nervous system while having anti-inflammatory and antioxidant effects, demonstrating the multiple effects that herbs can have in the body.

Poor sleep and anxiety can in turn affect mental clarity and thinking ability. Herbs such as *Bacopa monnieri* (brahmi) can improve cognitive ability in healthy and impaired individuals, while ginkgo has been shown to improve aspects of memory in post-menopausal women.

Homeopathic medicine

One of the key notes of using homeopathy in practice is about individualisation and matching a medicine to a complex of mind-body symptoms. Homeopathy is about the use of low doses of natural substances, which are activated by a process of succussion or rhythmic shaking. When well-matched to the individual, homeopathy can stimulate a self-balancing response.

One of the things that I identified early on, seeing many women having had breast cancer then unable to manage their menopausal symptoms, was that understanding the nature of their distress was key. With the homeopathic approach, we might find medicine that is useful from many different parts of the natural world, including animal remedies such as snake venoms, mineral remedies such as oyster shell lining and plant remedies such as the pasque flower or purple anemone, known as *pulsatilla*.

A woman suffering menopausal symptoms which might benefit from *Lachesis Muta* (Bushmaster snake venom) is likely to feel hot flushes very strongly, feeling very sweaty and with a lot of redness in the face. She might also find herself struggling to control anger which comes on suddenly - road rage would be a good example. The person might also remark on not suffering fools gladly, so this could be someone with a strong ego who might be in a leadership role in their workplace.

Contrast that with a woman who might find that she is weeping easily with her menopausal symptoms and feels embarrassed to be having a flush. She may have lost her confidence and may find her sleep disturbed. She is craving fatty foods like ice cream but has become very sensitive to other fats like the fat on meat. She might have a history of always being shy and will struggle to express herself without crying in the consulting room. This would lead us to recommend *Pulsatilla Nigricans* (pasque flower).

Finally in this trio is *Calcarea Carbonica* (oyster shell lining). A woman who might benefit from this remedy will also lose her confidence, but they will also feel low in energy and want to retreat under the duvet. They might find



In my research clinic we found an improvement across the board for menopausal symptoms using homeopathy, particularly hot flushes, mood, sleep disturbance and joint pains.

themselves sleeping in the day to manage fatigue and then have disturbing dreams at night, with a fear of everything that can happen to them and their loved ones. This woman may be averse to shellfish such as oysters or prawns or have a strong desire for them.

In my research clinic we found an improvement across the board for menopausal symptoms using homeopathy, particularly hot flushes, mood, sleep disturbance and joint pains. There are many more remedies which could be of use but hopefully this gives an insight into a gentle approach to reducing troublesome symptoms and supporting balance in the body.

Like most pharmaceutical interventions, I do believe there is a place in medicine for HRT, but no medication should be over-prescribed regardless of symptoms. It is certainly not the only answer out there for women needing support during this time in their life.



DR ELIZABETH THOMPSON

MBBS, BA (Oxon), MRCP(UK), DM (Oxon), FFHom,
GMC: 3262577
Integrative Medicine Doctor

Autumn appreciation activities



Celebrate colour

Go into your garden or local woods and gather at least five different-coloured leaves.



Bring the outside in

Find a selection of natural objects that represent autumn and create a small display in your home.



Get cosy

Put on your favourite comfy clothes and make a hot drink. Take 15 minutes to yourself without any distractions and just be.



Eat seasonally

Prepare some food with your favourite autumn ingredients, such as a roasted squash soup or an apple crumble.



Take a walk in nature

Notice what you can see, hear, smell and feel.



Gratitude

Write down five things that you like about this time of year. This can be a fun activity to do as a family.

Visit: naturaldispensary.co.uk | Email: education@naturaldispensary.co.uk | Call: 01453 757792

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References for articles and other relevant content are available on request.



PREPARATION TIME: 40 MINUTES • COOKING TIME: 50 MINUTES • VEGAN AND GLUTEN FREE (OPTIONAL)

INGREDIENTS

- 2 1/4 cups organic wholewheat, buckwheat, rice or other flour
- 2 pieces stem ginger, chopped
- 2 cups raisins
- 1 1/2 cups organic porridge oats
- 1 litre soy, rice, almond, oat or hemp milk
- 3/4 cup ground flaxseeds
- 1 tbsp malt extract or honey
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup sesame seeds
- 1/2 cup flaked almonds
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg

METHOD

- Preheat oven to 180°C/350F/160°C fan.
- Line and grease two small loaf tins.
- Combine all flour, seeds and spices in a large mixing bowl. Mix well.
- Add milk and malt extract or honey. Mix until combined and soak for 30 minutes. If the mixture becomes too stiff, add a little more milk.
- Spoon into tins and level the mixture.
- Bake for 50 minutes until golden brown. Check it's cooked by inserting a skewer or a small knife into the centre, through to the base; it should be clean when you pull it out.
- Cool completely on a wire rack, then slice.
- This keeps for five days in a sealed bag in the fridge or can be frozen for up to two months.



TRISH TUCKER MAY

BEc, MBA, DipNT, FNTP, PSA

Registered Nutrition Gut Specialist

**THIS RECIPE IS FEATURED IN
TRISH'S NEW BOOK,**

*Nourish Your Gut for a
Positive Menopause.*