

MyNutriWorld

Menopause Basics

A Starter Guide for Women 45+

By Astrid Krauser · Swiss-trained nutritionist

INTRODUCTION

*This is not about perfection.
It's about feeling supported
and empowered.*

Menopause is a natural stage of life, yet it often feels confusing or even isolating. This guide was created to give you clarity, reassurance, and simple steps you can start today.

You'll discover:

What menopause
really means

Common body
changes

Nutrition &
lifestyle supports

Gentle reminders
for self-care

What Is Menopause?

Menopause marks the end of menstrual cycles. It usually happens between 45 and 55 years old.

It comes in 3 phases:

1

Perimenopause

Hormone shifts, irregular cycles, first symptoms begin

2

Menopause

12 months after your last period

3

Post-menopause

The years after, a new chapter begins

Every woman's journey is unique – symptoms and timing can vary.

Common Symptoms

As estrogen and progesterone decline, you may notice:

Primary Changes

- Hot flashes or night sweats
- Sleep disturbances
- Mood swings or low energy
- Weight redistribution (especially around the belly)
- Changes in skin and hair
- Possible urinary incontinence

Other Changes

- Decreased libido
- Vaginal dryness

Many of these experiences are common and often temporary.

Nutrition Supports During Menopause



Mineralization

Fruits and vegetables in abundance provide minerals and antioxidants that support bone strength, energy, and overall balance.



Protein for Preservation

Adequate protein helps maintain muscle mass, supports skin elasticity, and stabilizes energy levels throughout the day.




Hydration is Essential

Water underpins every metabolic function. Don't wait until you're thirsty — sip steadily throughout the day.

Key Micronutrients

 Magnesium → supports nervous system & sleep

 Vitamin D + K → deposit calcium into bones

 Phytoestrogens (soy, flaxseeds, chickpeas) — consult your doctor if you have a history of hormone-sensitive conditions

Lifestyle Supports During Menopause

Small, consistent habits make a big difference



Keep Moving

Regular activity protects bones, supports heart health, and helps maintain muscle mass.



Limit Alcohol & Sugar

Both can worsen hot flashes, disrupt sleep, and affect weight management. Keep them occasional, not daily.



Yoga & Breathing

Gentle practices improve flexibility, posture, and balance while calming the mind. Breathing techniques reduce stress and improve sleep.



Prioritize Sleep

Create an evening routine: lower screen time, dim lights, and keep your bedroom cool and quiet.

Emotional Well-being

*Caring for your mind is
caring for your body*



Acknowledge Your Emotions

Mood swings, irritability, or low energy are common. Recognizing them is the first step toward balance.



Stress Management

Gentle practices such as meditation, deep breathing, or yoga help calm the nervous system.



Stay Connected

Sharing experiences with friends, loved ones, or support groups helps reduce isolation.



Self-care Rituals

Journaling, reading, or enjoying nature can reduce stress and bring daily joy.

QUICK CHECKLIST

Your Daily Wellness Check



I drink enough water each day



I include protein at every meal



I move my body most days



I practice a calming ritual before sleep



I talk to my doctor when needed



Hello, I'm Astrid

Swiss-trained nutritionist · MyNutriWorld

I trained as a nutritionist in Switzerland, where nutrition is taught as a serious clinical discipline. Today I practise in Dubai, working with women through perimenopause, menopause, and the decades that follow.

"Menopause is not an ending — it's a reset and a new beginning."

 www.mynutriworld.ch · [@mynutri_world](https://www.instagram.com/mynutri_world)

Thank You & Next Steps

Thank you for reading this starter guide 🌿

This is a starter. A deeper, guided programme for women who want step-by-step support through this stage is in development — I'll share more when it's ready.

👉 Follow me on Instagram: [@mynutri_world](https://www.instagram.com/mynutri_world)

👉 Visit my website: www.mynutriworld.ch

You are not alone. Your next chapter can be strong, balanced, and vibrant. ✨

Start small, stay consistent.