



Hypertension Institute of Nashville
Saint Thomas Hospital
4230 Harding Road
Suite 400
Nashville, Tennessee 37205
Tel: (615) 297-2700
Fax: (615) 467-0365
Email: mhoustonhish@yahoo.com
Web Site: www.hypertensioninstitute.com

MENOPAUSE NUTRITIONAL SUPPORT PROTOCOL

This program can be used with or without Hormone Replacement Therapy

Lifestyle Recommendations:

1. Stop and avoid caffeine of all types.
2. Daily exercise, such as Yoga, Tai Chi, which will help relieve stress, improve mood and insulin function.
3. Engage in spirituality through meditation, prayer and religious commitments.
4. Maintain an ideal body weight; waist circumference (WC <35 inches in females and <40 inches in males); waist:hip ratio of less than 1.0 for men and 0.8 for women; percent body fat 18-25% for women and 10-18% for men and keep your BMI between 18.5 and 24.9.
5. Practice good sleep habits and get between 8-9 hours of sleep a night.
6. Avoid or minimize alcohol consumption.
7. If you smoke, quit.

Dietary Recommendations:

1. Eat lean, organic quality protein (no hormones, pesticides, etc...) at each meal to stabilize blood sugar levels; fish is ideal.
2. Foods that contain phytoestrogens are helpful for ridding hot flashes. Examples of these foods are fermented soy products like miso and tempeh, tofu, nuts, whole grains, apples, fennel, celery, parsley and alfalfa.
3. Consume 10 servings of vegetables/fruits every day. Use dark berries such as blueberries, blackberries, strawberries, cranberries, boysenberries and red grapes (½ cup of fruit = 1 serving). Avoid sugar and refined carbohydrates.
4. Increase the amount of omega 3 fatty acids in your diet (i.e. large cold water fish), green leafy vegetables, soy (use only fermented soy at about 30 grams per day), walnuts and pumpkin seeds, decrease saturated fat and limit or avoid trans fatty acids (hydrogenated margarines and vegetable oils).
5. Avoid artificial sweeteners, aspartame, Splenda® and saccharin (Equal®, NutraSweet®); use stevia, cinnamon and xylitol as sweeteners (½ teaspoon 2-3 times per day).
6. Drink at least 100 ounces of filtered, bottled or distilled water every day. In addition, drink 2-3 cups of Green Tea (naturally decaffeinated).

Supplement Recommendations:

Foundation:

- FemGuard+Balance:** 1 capsule with each meal (3 per day)
Adrenotone Plus: 1 capsule twice a day (breakfasts and lunch)

Step 1:

- Phosphatidyl Choline:** ½ tablespoon of powder or 4 softgels with food once per day
GLA (Gamma-Linolenic Acid): 2 softgels twice a day (breakfast and dinner)
Phosphatidyl Serine: 1 capsule with meals (3 per day)

Step 2:

- Water Ease:** 1 capsule twice a day (breakfast and lunch)
High Gamma/Delta Vitamin E: 1 softgel per day
UltraTrienols Plus: 2 softgels at bedtime