

Superfoods, Self-Care & Strength



Her Health Bible



**EVERY
WOMAN
SHOULD
EAT**

- 1 Edamame** – Packed with fiber, good fats, and estrogen-like isoflavones, great for menopause support.
- 2 Kale** – A powerhouse of Vitamin D, Calcium, Vitamin K, A & C for strong bones, immunity, and healthy skin.
- 3 Asparagus** – High in Vitamin K, helps calcium reach bones and strengthens joints.
- 4 Beans** – Help lower blood sugar & heart disease risk with a low-glycemic diet.
- 5 Grapefruit** – Rich in flavonoids, reducing heart disease and stroke risk.
- 6 Berries** – High in collagen-boosting Vitamin C, antioxidants for skin & brain health.
- 7 Papaya** – Contains lycopene, reducing heart disease and inhibiting breast cancer cells. Prevents Bladder Leaks & Strengthen Pelvic Health

PREVENT BLADDER LEAKS & STRENGTHEN PELVIC HEALTH

Pelvic exercises help strengthen the pelvic floor muscles, which support the bladder, uterus, and bowels.

Kegel Exercises (Basic)

- Sit or lie down comfortably.
- Tighten the muscles used to stop urine flow.
- Hold for 3-5 seconds, then relax for the same time.
- Repeat 10-15 times, 3 times a day.

Butterfly Stretch

- Sit with feet together, knees outward.
- Press knees gently downward.
- Hold for 20-30 seconds.

Bridge Exercise

- Lie on your back with knees bent and feet flat.
- Lift hips while squeezing pelvic muscles.
- Hold for 5 seconds, then lower slowly.
- Do 10 reps.

Squats

- Stand with feet shoulder-width apart.
- Lower hips as if sitting on a chair.
- Hold for 3-5 seconds, then stand up.
- Repeat 10-12 times.



THE AVOCADO ADVANTAGE

- ✓ Reduces visceral abdominal fat
- ✓ Lowers heart disease, cholesterol & stroke risk
- ✓ Reduces oxidative stress on the heart



THE MEDITERRANEAN DIET

● **Avoid:** Sugar, refined grains, trans fats, processed meats, refined oils.

● **Include:** Veggies, fruits, nuts, legumes, whole grains, fish, poultry, eggs (moderation), dairy (moderation), olive oil, healthy fats.



A MAGIC POTION

Green tea + Vitamin D + B6 = 34.7% fibroid volume reduction!


MUST-HAVE HERBS

 **Black Cohosh**
– Menstrual & menopause relief

 **Motherwort**
– Regulates menstruation, supports heart health

 **Peony Root**
– Eases PMS, supports detox

 **Dong Quai**
– Balances estrogen, eases cramps, fights stress

 **Chasteberry**
– Fertility support, balances hormones, treats fibroids

 **Cranberry**
– Prevents bladder infections



5 AYURVEDIC POWER HERBS

- **Shatavari** – Balances hormones, boosts fertility, and supports lactation.
- **Ashwagandha** – Reduces stress, improves energy, and supports reproductive health.
- **Turmeric** – Anti-inflammatory, helps skin, immunity, and menstrual health.
- **Amla** – Rich in vitamin C, promotes hair, skin, and overall vitality.
- **Fenugreek** – Regulates blood sugar, enhances lactation, and supports digestion.

7 SURPRISING MENOPAUSE SYMPTOMS

- ⚡ Ringing in the ears
- ❤️ Heart palpitations
- 👐 Tingling in hands & feet (Vitamin B12 deficiency!)
- 😓 Clumsiness & easy bruising
- 👁️ Dry eyes & mouth
- 🦷 Gum & teeth problems
- 🚽 Bladder sensitivity & incontinence

⚠️ 6 MOOD CHANGES THAT COULD SIGNAL HEALTH ISSUE

- 😰 Anxiety – Possible thyroid dysfunction
- 😡 Short Temper – Low thyroid function
- 😫 Irritability – Blood sugar fluctuations
- 😞 Apathy – Early dementia warning
- 😔 Depression – Linked to Parkinson's
- 💔 Impending Doom – Possible heart attack warning





KEEP YOUR BRAIN & MEMORY SHARP



- ✓ Get 7+ hours of sleep
Side sleeping reduces Alzheimer's risk!



- ✓ Stay socially active
- ✓ Eat a brain-boosting diet
- ✓ Control cholesterol & blood pressure
- ✓ Stay physically active



Face drooping



Arm weakness



Speech difficulty



Vision problems



Trouble walking or lack of coordination



Severe headache without a known cause



General weakness



Disorientation & confusion or memory problems



Fatigue

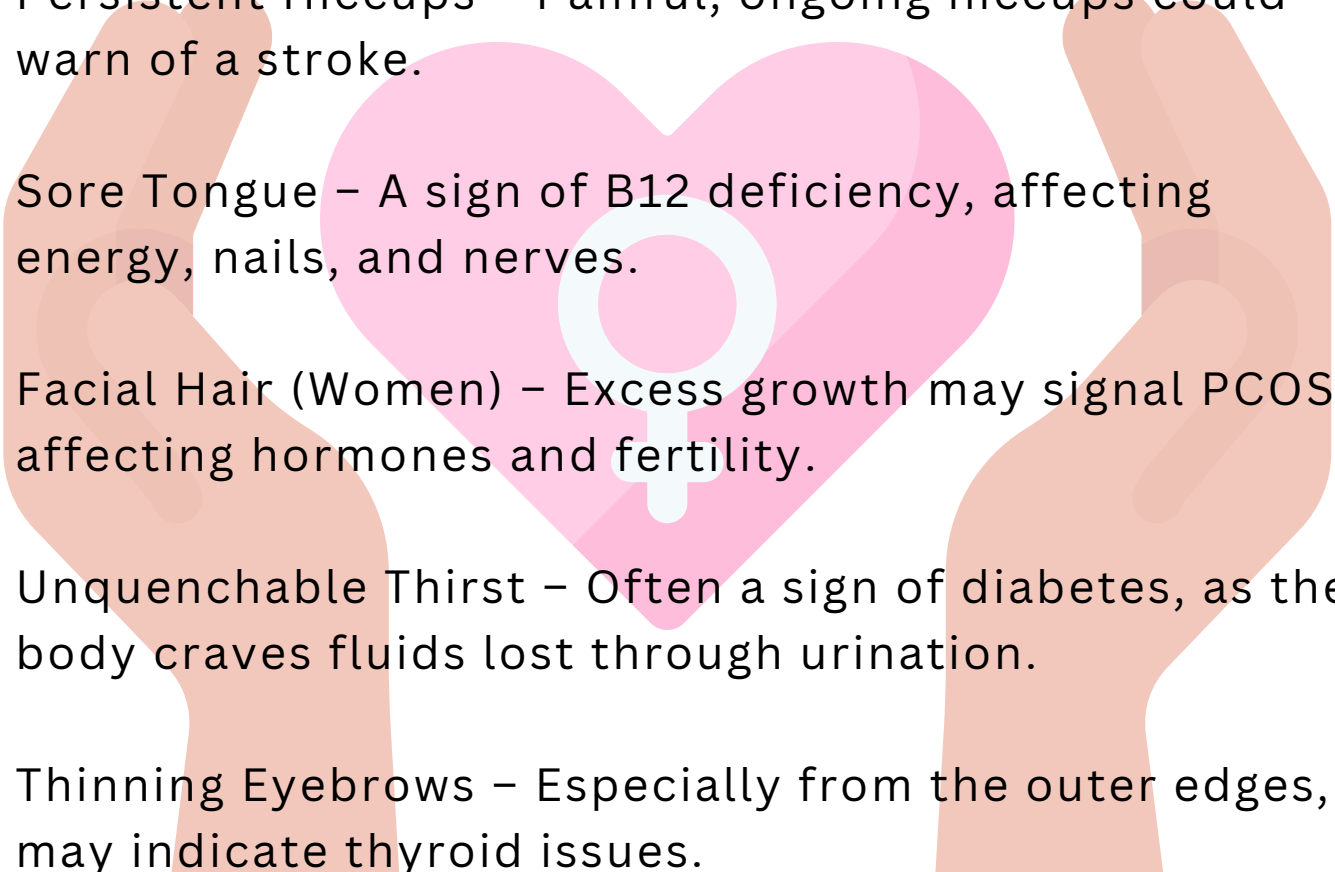


Nausea or vomiting



⚠️ HIDDEN STROKE SYMPTOMS IN WOMEN

9 SIGNALS YOU SHOULD NEVER IGNORE, OR CHALK UP TO “NOTHING.”

- Jaw Pain – Could indicate a blocked artery, especially with chest discomfort or breathlessness.
 - Swollen Ankles – Persistent swelling may signal kidney issues.
 - Breathing Trouble – If you don’t have asthma but feel chest tightness, it could be a heart issue.
 - Frequent Urination – May indicate diabetes or prostate issues.
 - Persistent Hiccups – Painful, ongoing hiccups could warn of a stroke.
 - Sore Tongue – A sign of B12 deficiency, affecting energy, nails, and nerves.
 - Facial Hair (Women) – Excess growth may signal PCOS, affecting hormones and fertility.
 - Unquenchable Thirst – Often a sign of diabetes, as the body craves fluids lost through urination.
 - Thinning Eyebrows – Especially from the outer edges, may indicate thyroid issues.
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- An illustration of two hands, one on the left and one on the right, holding a large pink heart. Inside the heart is a white female symbol (a circle with a vertical line and a horizontal line). The hands are rendered in a light skin tone with soft shading to show depth. The background is white with a blue and green gradient at the top and bottom.

FOODS THAT BOOST THYROID FUNCTION

- Animal protein from pastured beef, eggs from range chickens, mercury-free fish and shellfish, cheeses, eggs and dairy, as well as protein in fruits, vegetables, seeds and nuts help support healthy thyroid function.
- Fresh organic produce from leafy greens, green beans, colorful vegetables, fruits, seeds, nuts and non-gluten grains such as brown rice, oats, buckwheat, quinoa, cornmeal, sorghum, and amaranth.
- Healthy oils such as coconut oil, avocado, olive oil and others high in omega-3.

NUTRIENTS TO ENHANCE THYROID FUNCTION

- **Iodine:** While it is true that lack of iodine can be one cause of hypothyroidism. Iodine is most plentiful in seaweed, seafood, dairy products, grain products, eggs, and less so in fruits and vegetables.
- **Vitamin D-3:** low levels of vitamin D are associated with worsened thyroid function in patients with Hashimoto's thyroiditis. Make sure you are getting enough vitamin D3 or 20 minutes of sunlight daily (enough sunlight for your skin to make adequate amounts).

Hypothyroid

Hair Loss

Fatigue

Sensitivity To Cold

Constipation

Increased Cholesterol

Weight Gain

Dry Skin

Hypothyroid Is Underactive Thyroid

Thyroid gland under-produces the thyroid stimulating hormone.



Hyperthyroid

Fine, Brittle Hair

Trouble Sleeping

Excessive Sweating

Weight Loss

High Blood Pressure

Anxiety

Moist Skin

Hyperthyroidism Is Overactive Thyroid

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HERBS THAT ENHANCE THYROID FUNCTION

- Sea Kelp
- Bladderwrack
- Hops
- Coleus
- Ashwagandha
- Guggul
- Rosemary



GUARDING YOUR HEART AFTER MENOPAUSE

Menopause is natural but brings serious health risks. Estrogen loss affects artery linings, raising blood pressure, stiffening arteries, and disrupting the baroreflex, which controls blood vessel widening. These changes weaken the endothelium, increasing the risk of heart attack and stroke.

There is an increase in chances of suffering a heart attack and stroke after menopause. This risk is just one way menopause sets women up for heart problems.

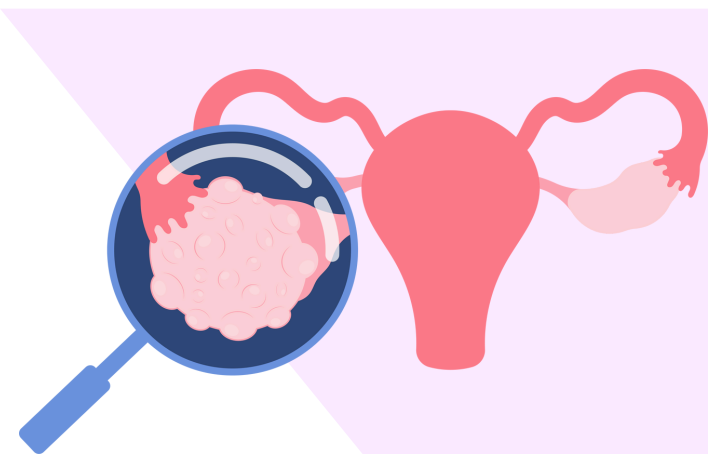
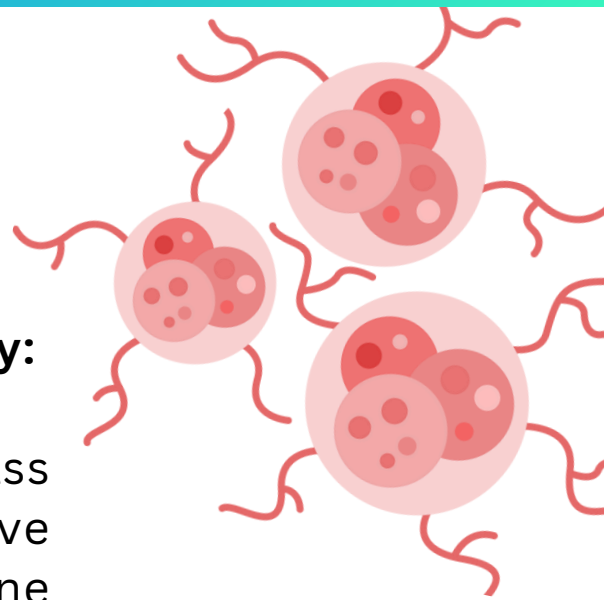
Excess weight and diabetes (often faced during menopausal years) are two more that compound the heart issue. A sedentary lifestyle worsens the problem, but exercise is a powerful solution. Regular physical activity, even walking, improves artery health, lowers blood pressure, strengthens muscles, reduces fat, and combats stress.

There is a sex-based difference in recovery after acute myocardial infarction. Researchers at Yale School of medicine believe it is related to the greater amount of stressful life events reported by women than men. Though the thought of losing a loved one causes unfathomable stress, and there are myriad reasons for a heart attack, regular exercise may be the key to surviving even a broken heart.

RISK FACTORS FOR UTERINE CANCER

The biggest and most modifiable risk factor for uterine cancer is obesity:

- Overweight women with a body mass index (BMI) from 25 to 29.9 have twice the risk of developing uterine cancer as women who are of a healthy weight.
- Once a woman's BMI reaches 30 or higher, her risk triples!



Another health condition that causes elevated estrogen levels and is closely linked to obesity is polycystic ovarian syndrome (PCOS). **Women with PCOS are 2.5 times more likely to develop uterine cancer.**

After menopause, a woman's estrogen levels fall off, but these factors come together to create estrogen dominance.

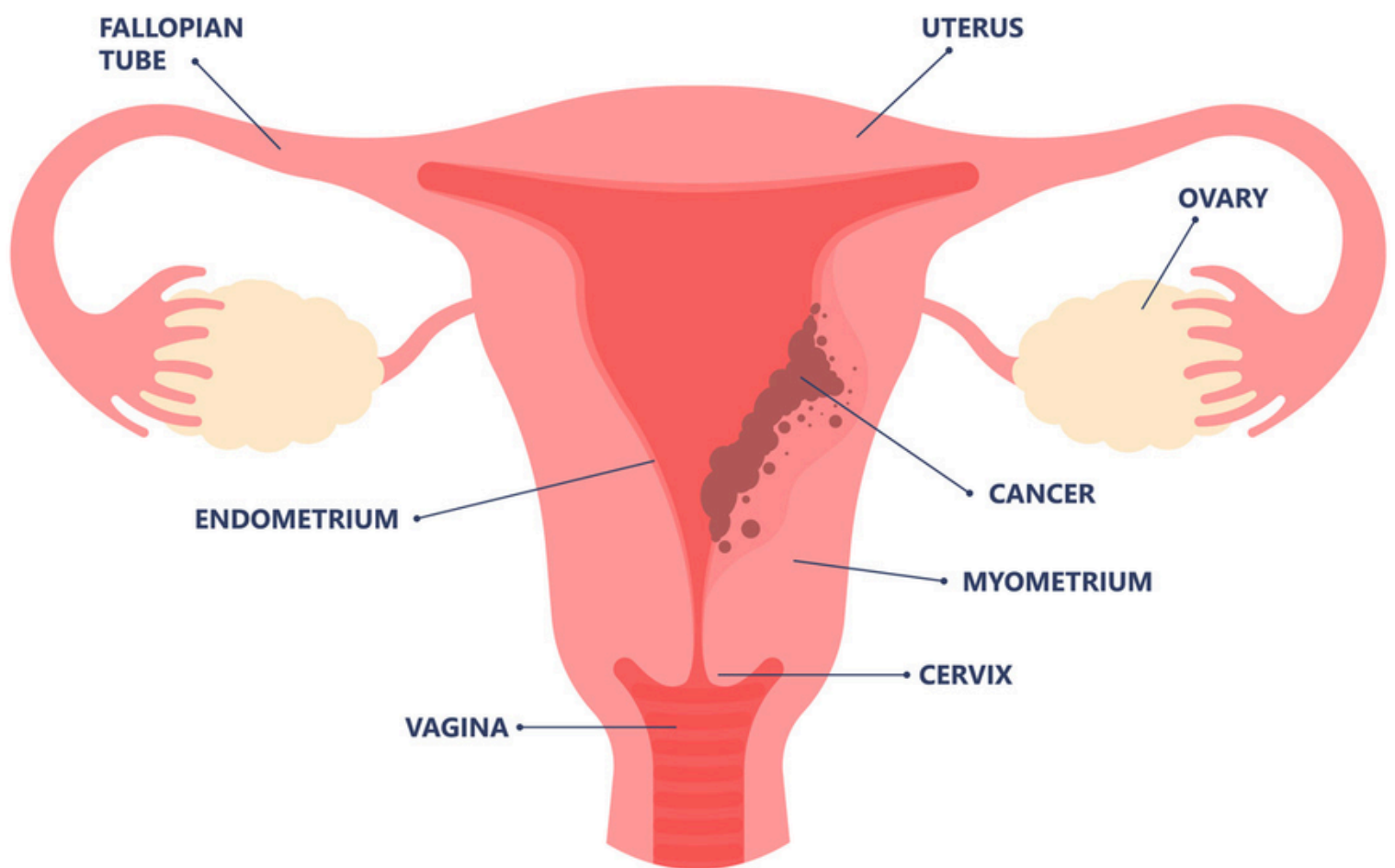
Diabetes, which is also often tied to obesity, doubles a woman's risk for uterine cancer.

Your family history may also include additional risk factors...

Be vigilant if colon cancer runs in your family. People in families with Lynch syndrome, also called hereditary non-polyposis colorectal cancer (HNPCC), have a higher risk for uterine cancer.

WOMEN MUST KNOW THESE SYMPTOMS

The most common symptom of cervical cancer is abnormal bleeding, although it is not always present. That means for menstruating women, bleeding in between periods. For menopausal women, any bleeding at all should raise a red flag.



OTHER SYMPTOMS

- Lower abdominal pain or cramping in your pelvis, just below the belly.
- Thin white or clear vaginal discharge in postmenopausal women.

Current recommendations by the American Cancer Society are for women between ages 30 and 65 to receive a Pap test every 3 years and an HPV test every five.

lower levels of serum albumin and four dietary antioxidants – vitamins A, B2, E and folate – ARE associated with a higher risk of HR-HPV infection. The best way to obtain these antioxidants is through foods containing the vitamins. For vitamin A, try adding orange fruits and vegetables like carrots, sweet potatoes and cantaloupe to your diet, along with red bell peppers and spinach. Vitamin B2, also known as riboflavin, can be found in grains, plants and dairy products. And to get folate, make sure your diet is rich in broccoli, brussels sprouts, green leafy vegetables, peas, chickpeas and kidney beans.

Vitamin E is a bit trickier. To fully take advantage of vitamin E's cancer-fighting properties, it's important to get the right kind of vitamin E. the kind of vitamin E found in most supplements, alpha-tocopherol, has shown no effect against cancer. By contrast, the gamma-tocopherol and delta-tocopherol forms of vitamin E have proven in studies to protect against cancer.

Because gamma-tocopherols and delta-tocopherols are found abundantly in food, you're better off obtaining your vitamin E from dietary sources. Some foods especially rich in vitamin E include plant-based oils, almonds, sunflower seeds, broccoli, spinach, avocado, kiwi, trout and shrimp.

Finally, to maintain good albumin levels, make sure you're getting enough protein in your diet from sources like nuts, eggs, and dairy products. Also, be careful not to drink too much, as alcohol can lower your blood protein levels.

NATURAL CANCER PREVENTION TOOLS

- **Limit alcohol** – Drinking too much alcohol can cause your risk of cancer (especially breast cancer) to rise dramatically.
- **Control your weight** – Maintaining a healthy weight is a cancer prevention tip. So watch your BMI, and take steps to shed any excess pounds.
- **Eat a healthy diet** – Reduce your intake of high-fat foods while upping the number of fruits and veggies you eat with each meal.

Remember, although a portion of cancer risk, like those of the breast and prostate are wrapped up in genetics, lifestyle modifications such as optimizing the timing of your exercise and changing your diet could make all the difference.

7 IMPORTANT TESTS EVERY WOMEN SHOULD TAKE



1. COMPLETE BREAST EXAMINATION
2. PAP SMEAR
3. BONE MINERAL DENSITY TEST, ALSO RECOGNIZED AS A DEXA SCAN
4. SCREENING FOR DIABETES AND HYPERTENSION
5. COLONOSCOPY
6. CHOLESTEROL SCREENING.
7. THYROID TEST

Self-Care Isn't Selfish

A Healthy You Helps Others Too!

Prioritizing self-care isn't just about you; it's about creating a stronger community of women that the world needs. Listen to your body, support each other, and embrace wellness every day!

