

Embracing the Transition: A Holistic Approach to Menopause Wellness

By Elda Health



Table of Contents

Introduction	3
Understanding Menopause	4
The Symptoms of Menopause	6
Nutrition and Menopause	7
Fitness and Yoga for Menopause Wellness	8
Mindfulness and Mental Wellness	10
How Elda Health Can Help	11
Conclusion	

[Follow Us on Social Media](#)



INTRODUCTION

Welcome to Elda Health's guide to Menopause Wellness. As a provider of holistic health solutions, we understand the physical and emotional changes that come with menopause. Our aim with this e-book is to help you navigate this transition confidently.

Menopause is a natural part of aging that brings various symptoms due to declining estrogen levels. It's essential to remember that menopause is not a disease but a natural life transition. With the right information and tools, it can be managed effectively.

This e-book will guide you through understanding menopause, its stages, symptoms, the role of nutrition, fitness, and mental wellness. Additionally, we will introduce Elda Health's comprehensive suite of services tailored for women during menopause.

Whether you're just starting to experience the first signs of menopause or are already in the midst of it, our hope is that this guide will empower you to take charge of your health during this important life stage. Let's begin this journey together with knowledge, understanding, and the commitment to holistic wellness.

Remember, at Elda Health, we believe that menopause is not an ending but the beginning of a new phase of life, filled with opportunities for growth, rejuvenation, and self-discovery. Let us help you embrace this change with confidence, grace, and vitality. Welcome to your menopause wellness journey.



INTERESTING FACTS

A study found that 59% of women felt their work performance was negatively impacted by their menopause symptoms.



Understanding Menopause

Menopause is a natural phase in a woman's life, marking the end of her menstrual cycles. It's officially diagnosed after a woman has gone 12 months without a menstrual period. However the transition into menopause often begins years before this, in a phase known as perimenopause.

During perimenopause, the body's production of estrogen and progesterone, two hormones made by the ovaries, fluctuates and generally starts to decline. This hormonal imbalance can cause various symptoms, including irregular periods, hot flashes, sleep disturbances, and mood changes.



Watch as Dr. Ameya Kanakiya explains the real truth behind menopause.

46.2 years

Is the average age of natural menopause in India , compared to around 51 years in Western countries.



3 out of 10

Indian women experience premature menopause occurring before age 40.

3 STAGES OF MENOPAUSE

Menopause doesn't happen overnight; it's a gradual process that can take several years. Here are the stages:

Perimenopause

Perimenopause, which literally means "around menopause" is the time period leading up to menopause when a woman's hormone levels begin to fluctuate and when she may start experiencing some of the symptoms of menopause. This phase, which is between premenopause and menopause can start between 4 to 10 years prior to menopause in the woman's 40s or late 30s.

Menopause

Menopause signifies the end of a woman's periods and is diagnosed when she goes without a period for 12 consecutive months. It happens when a woman exhausts her supply of follicles from the ovaries and can occur at an average age of 48-51 years globally and 46 years for Indian women.

Postmenopause

This is the time period after menopause and lasts for the rest of the woman's life.



**70% OF WOMEN EXPERIENCE SYMPTOMS LIKE HOT FLASHES
DURING PERIMENOPAUSE.**

The Symptoms of Menopause

Every woman's menopause journey is unique and so are her experiences with menopause symptoms. Here are some of the most common symptoms:

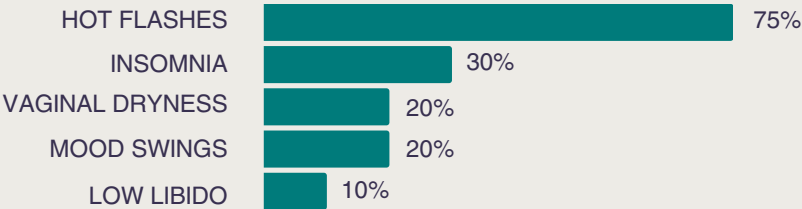
- Hot flashes & Night sweats
- Anger and irritability
- Sadness and sudden tearfulness
- Weight gain and increased belly fat
- Sleep disturbances
- Skin and hair issues
- Mood changes
- Vaginal dryness
- Decreased libido
- Memory and concentration problems

These symptoms can significantly impact a woman's quality of life. Fortunately, many treatments are available, from lifestyle adjustments and natural remedies to hormone therapy and other medical treatments.



[Watch as Dr. Ameya Kanakiya explains Menopausal symptoms.](#)

SYMPTOMS DISTRIBUTION AMONG WOMEN*



*Please note that these are average global figures. The prevalence of these symptoms may vary depending on individual health, lifestyle, and cultural factors. Also, the occurrence of these symptoms can significantly differ from person to person.

Nutrition and Menopause

Maintaining a balanced diet can help manage some menopausal symptoms, promote general health, and prevent chronic diseases. Some dietary considerations during menopause include:

- **Calcium and Vitamin D:** Adequate consumption of calcium, especially in the perimenopause phase, helps to have adequate stores of calcium which can help prevent osteoporosis.
- **Iron:** To maintain a balanced level of red blood cells and prevent anemia, especially in women experiencing heavy periods during perimenopause.
- **Fiber:** Helps to maintain a healthy digestive system and can prevent weight gain by promoting a feeling of fullness.
- **Phytoestrogens:** These are the naturally available estrogens found in certain foods like soy and flaxseeds. Phytoestrogens may help balance hormones in some women.
- **Healthy fats:** Omega-3 fatty acids found in fatty fish, walnuts, and flaxseeds can support heart health and may help alleviate mood swings and mild depressive symptoms.

What to avoid:

Avoid excessive caffeine and alcohol, which can trigger hot flashes and disrupt sleep. Also, reduce your intake of processed foods and sugars, which can exacerbate menopausal symptoms and lead to weight gain.

Here's an recipe that can provide relief from bloating and digestive issues



Fitness and Yoga for Menopause Wellness

Physical fitness plays a vital role in managing menopause symptoms and promoting overall health during this transition. An essential component of fitness, particularly beneficial for menopausal women, is strength, or resistance training. Yoga is an excellent form of exercise and mind-body practice that combines physical poses, controlled breathing, and meditation.

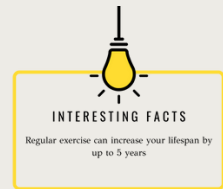
The Importance of Fitness

Regular exercise can help manage several menopausal symptoms such as weight gain, mood swings, and sleep problems. It also significantly reduces the risk of chronic diseases like heart disease, osteoporosis, and diabetes. Exercise boosts your mood, helps manage stress, and promotes better sleep, making it an invaluable tool for maintaining wellbeing during menopause.

Yoga and Menopause

Yoga can be a powerful ally during menopause. Here are a few ways yoga can help apart from helping in weight loss:

- **Managing Hot Flashes**
- **Promoting Sleep**
- **Improving Mood**
- **Maintaining Bone Health**



Integrating Yoga into Your Routine

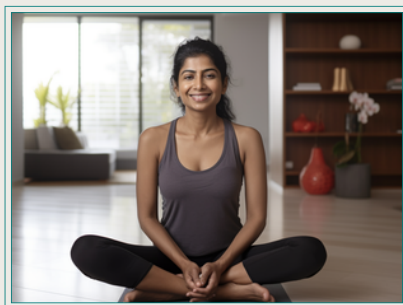
You don't need to be a yoga expert to start benefiting from it. Even basic yoga poses can provide substantial benefits when practiced regularly. Start with gentle poses and gradually include more challenging ones as your comfort and flexibility improve.

Always listen to your body and modify poses as needed. Remember, the goal of yoga is not to perform difficult poses but to connect your mind, body, and breath in a way that promotes overall wellbeing.



[Watch as Uma Subramaniam explains the importance of Yoga during menopause.](#)

3 Yoga Moves for Midlife Women

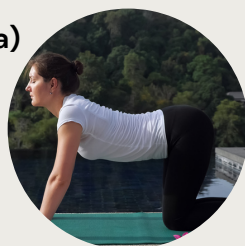


1. Child's Pose (Balasana)

This restorative pose helps to relieve stress and fatigue. From a kneeling position, you lower your forehead to the floor and extend your arms in front of you. It also stretches the hips, thighs, and ankles gently.

2. Cat-Cow Pose (Marjaryasana-Bitilasana)

This pose gently massages the spine and belly organs, which can help alleviate menopausal symptoms such as hot flashes and mood swings. The rhythmic movement can also help reduce stress and anxiety, which are often heightened during menopause.



3. Bridge Pose (Setu Bandha Sarvangasana)

This pose stimulates the endocrine and nervous systems, which can help balance hormone levels. It also stretches the chest, neck, and spine, which can relieve tension and reduce symptoms such as irritability and insomnia. The inversion nature of the pose can also help improve circulation and reduce fatigue.

Mindfulness and Mental Wellness

The significance of mental wellness during the menopause transition cannot be understated. The hormonal changes that occur during menopause can affect your mood and mental health. Therefore, it is essential to prioritize mental wellness to navigate this stage of life confidently and healthily.

Understanding the Connection Between Menopause and Mental Health



[Watch as Dr. Jahnavi explains the importance of mental health during midlife.](#)

Strategies for Improving Mental Wellness-

- **Mindfulness and Meditation:** Regular mindfulness and meditation can help manage menopause symptoms by reducing stress, improving mood, and promoting a sense of wellbeing. Practices like mindfulness-based stress reduction (MBSR) can be particularly beneficial.
- **Cognitive Behavioral Therapy (CBT):** This is a form of psychological treatment that can be effective in managing mood changes and anxiety. It helps you understand and change thought patterns that lead to harmful behaviors or emotional distress.
- **Physical Activity:** Regular exercise has been shown to reduce symptoms of depression and anxiety. It also promotes better sleep, improves mood, and boosts overall mental health.
- **Balanced Nutrition:** A healthy diet can help regulate mood swings and improve overall mental wellness. Foods rich in omega-3 fatty acids, such as fatty fish and flaxseeds, can particularly help support brain health.



How Elda Health Can Help

Menopause is a unique journey for each woman, and at Elda Health, we understand that individual needs and circumstances vary greatly. We are committed to providing personalized menopause plans, factoring in symptoms, lifestyle, and personal goals to help navigate this life transition with confidence.

Understanding Your Menopause Symptoms

Our journey together begins with a comprehensive understanding of your symptoms. Menopause symptoms differ significantly among women and can include hot flashes, night sweats, mood swings, sleep disturbances, and more. Elda Health provides tools and resources to help track, understand, and manage your symptoms, giving you insights into your unique menopause journey.

Lifestyle Assessment

We then take into account your current lifestyle, including diet, exercise habits, stress levels, and sleep patterns. These elements play a significant role in how you experience menopause. By conducting an in-depth lifestyle assessment, we can identify that could be contributing to your symptoms.

Personalized Recommendations

Based on your symptoms and lifestyle assessment, we'll provide personalized recommendations. These might include dietary changes, modified exercise routines, stress management techniques, or suggestions for improving sleep. All recommendations are tailored to your unique needs, ensuring they are effective, achievable, and sustainable.

Medical Evaluation and Support

If required, Elda Health can facilitate medical evaluations and consultations with healthcare professionals specializing in menopause management. They can discuss further options such as hormone replacement therapy (HRT)/MHT- menopausal hormonal therapy or other treatments if they're deemed suitable for your condition.

Yoga programs for Menopause

Incorporating the holistic practice of yoga into your personalized plan, Restorative Yoga and Yoga for Mind are designed to manage symptoms and enhance overall wellness.

Contact Us

We're here to support you in your menopause journey. Please feel free to reach out to us with any questions, concerns, or feedback.

Email: support@eldahealth.com

Phone: [+91-8712206999](tel:+91-8712206999)

Resources

We have a wealth of resources designed to educate and support you in your menopause journey:

Elda Health Blog: Stay updated with the latest research, insights, and tips about menopause wellness on our blog. [Visit Blog](#)

Elda Health Community: Join our community forum to connect with other women navigating their menopause journey. Share experiences, ask questions, and find support. [Join Community](#)

Elda Health App: Download our app for personalized guidance, symptom tracking, and access to a wealth of resources at your fingertips.

[Download Android App](#)

[Download IOS App](#)

Elda Menopause Test: Get to know your menopause stage and understand your symptoms better with our Menopause Test. [Take the Test](#)

Elda Programs: Explore our various programs designed to help manage your menopause symptoms and enhance your overall well-being. [View Programs](#)

[Follow Us on Social Media](#)



[Hear it from our users](#)



"My mind is at peace now that I know that I am not the only one going through this situation"

Shalini
Age: 48



"Elda has helped me realize that it's a beautiful journey and I have friends"

Joyothi Kundu
Age: 44



"The experts specially Ms. Sujatha and Dr. Ameiya are amazing and helped me with my medical issues, diet and other health concerns."

Shristi Singh
Age: 42