



WOMEN'S COLLECTIVE

Embrace Menopause

FUEL THE BODY WITH COOLING FOODS AND HERBS

Throughout perimenopause and menopause, we need tools to help the flow of this transition feel gentle and manageable. Below are a few foods that can support you by keeping you hydrated, cool, and alleviating inflammation within your digestive, lymphatic, and nervous system. Focus on adding in vs. taking away. Mix and match and enjoy!

Cooling/Hydrating Foods

- **Soy-based products:** Tofu, edamame, soy milk, and tempeh contain phytoestrogens, which mimic estrogen and may help regulate hormonal levels and hot flashes.
- **Whole grains:** Oats, barley, and quinoa are nutrient-dense and can help stabilize blood sugar levels.
- **Flaxseeds:** Rich in phytoestrogens and omega-3 fatty acids, can help balance hormones.
- **Fruits and vegetables:** Celery, Cucumbers, zucchini, leafy greens like romaine, berries, papaya, and citrus fruits are all hydrating and packed with antioxidants and fiber.
- **Fatty fish:** Salmon and mackerel are excellent sources of omega-3 fatty acids, which may reduce inflammation and bursts of heat.
- **Dark Chocolate:** Cooling and hormone-friendly thanks to the magnesium in dark chocolate.
- **Coconut water:** Naturally hydrating and rich in electrolytes.
- **Aloe vera juice:** Known for its cooling properties and hydration benefits.
- **Infused water:** Infuse a mix of herbs, fruits, and vegetables in water and enjoy the benefits all day. Try – cucumber & mint, strawberry with lime & basil, cucumber with lemon & rosemary, pineapple with coconut water & mint, watermelon with kiwi & mint, etc.

Cooling/Hydrating Herbs

- **Sage:** Known for its cooling properties, sage may help reduce excessive sweating and hot flashes
- **Black Cohosh:** Often used to manage menopausal symptoms, it may help regulate body temperature and hormonal balance
- **Hibiscus:** Nature's *Gatorade* with plenty of electrolytes for optimal hydration
- **Red Clover:** Contains isoflavones, which mimic estrogen and may alleviate hot flashes
- **Maca Root:** An adaptogen that supports hormonal balance and may reduce hot flashes
- **Peppermint:** Refreshing and cooling, peppermint can be used in teas or aromatherapy
- **Valerian Root:** May improve sleep quality and reduce hot flash severity

Cooling Essential Oils

- **Peppermint or Spearmint:** Contains menthol, which provides a refreshing and cooling sensation.
- **Eucalyptus:** Known for its cooling effects on the skin. It also promotes lung and lymph health.
- **Tea Tree:** Provides a cooling effect while also being antibacterial.
- **Lemongrass:** Refreshing and cooling, with a citrusy scent.

Have questions? Reach out to us! We would love to chat with you! contact@womens-collective.com

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SIMPLE COOLING & HYDRATING RECIPES

Mediterranean Chickpea Salad

Mix chickpeas, chopped cucumbers, cherry tomatoes, red onion, olive oil, and lemon juice for a light, hydrating meal. Have a glass of hibiscus and orange peel iced tea.

Watermelon and Mint Salad

Toss cubed watermelon, crumbled feta or vegan feta, and fresh mint leaves. Drizzle with a light balsamic glaze for a sweet and tangy treat. Have chilled green tea.

Salmon and Quinoa Salad

Grill salmon and serve it over a bed of quinoa, mixed greens, and sliced cucumbers. Drizzle with a lemon-tahini dressing for a light and satisfying meal. Lemongrass, lemon peel, and mint tea goes great with quinoa on a hot day.

Chilled Cucumber Soup

Blend cucumbers, avocado, basil, and apple cider vinegar for a refreshing and easy soup.

Chilled Gazpacho Soup

Blend cucumbers, tomatoes, bell peppers, garlic, olive oil, and a splash of vinegar for a nutrient-packed, cooling soup.

Berry Chia Pudding

Mix chia seeds with almond or hemp milk and let it sit overnight. Top with fresh berries for a cooling, omega-3-rich breakfast or snack.

Seed and Yogurt Parfait

Layer yogurt with ground flaxseeds and/or chia seeds, fresh berries, and a drizzle of honey (optional) for a snack that supports balance in the endocrine system.

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