

Women's Nutrition through the Years



Barbara Formica

November 2010

Each stage of a woman's life brings different milestones and joys, as well as different issues and ailments. From menstrual cycle issues, to skin care problems, pregnancy, menopause, or osteoporosis your body needs require certain nutrients. Sorry ladies, I know this isn't a happy subject but we can make it through these changes gracefully- with a little help.

Women 20-35

Now, at this stage of life your health is usually at its optimal level. However, this is a time in your life when you may be experiencing high levels of stress. This is a crucial stage for getting proper nutrients and making sure that energy levels meet expectations. This is also the stage of a woman's life when she is thinking of having babies which requires additional nutrients such as folic acid. Folic acid intake has been shown to reduce a woman's risk of having a child with brain or spinal cord birth defects.

Recommendations: A good comprehensive Multi Vitamin, B complex, Calcium with magnesium, Vitamin and K, manganese zinc and copper to help with proper absorption and to help reduce the risk of osteoporosis. In addition to these basics you can include GLA (Gamma Linolenic Acid), an Omega 6 fatty acid that helps our bodies use to form prostaglandins- potent, hormone-like substances that help the body regulate many bodily processes. It also helps to maintain a sense of wellbeing throughout their monthly cycle. I also have a great stress relief product that helps to reduce everyday stress and relax the body and mind in as little as 30 minutes as well as a great energy product.

Women 35-50

When women begin to enter their 30's, the reproductive years begin to slowly end. This is known as perimenopause and menopause. Perimenopause can last up to 10 years prior to post-menopause. Scientific research has shown that consuming phytoestrogens (plant estrogens), combined with a healthy lifestyle and diet may reduce the symptoms of menopause.

Recommendations: Continue the above but add Soy Isoflavones in either a supplement and/or Soy Shakes. I offer 2 wonderful products for menopause symptoms- one is a herbal supplement that includes black cohosh which is proven to regulate hormone balance, reduces hot flashes, mild mood swings and occasional sleepiness. It also provides both soy isoflavones and flaxseed lignans, phytoestrogens currently being studied for heart, bone and breast health.

Women 50 and beyond

At this stage, it is critical to maintain strong bones, preserve healthy joints, and promote heart health. It's essential for the body to receive the proper nutrients needed to help prevent osteoporosis and heart disease.

Recommendations: A comprehensive multi for people over 50, a good calcium supplement , Soy protein, and a good supplement for joint health which includes Cat's Claw Extract and Glucosa-mine.

***In a time where more and more recalls are happening and companies are cutting back Shaklee stands out. Shaklee has been providing superior supplements for over 50 years. Safety is para-mount at Shaklee and our standards are unsurpassed. We perform over 80,000 quality tests a year to ensure the greatest purity and potency possible. We are committed to delivering products that work. We have over 90 peer-reviewed publications showing that our products deliver. We are also committed to making truly sustainable products that are safe for you, your home, and your planet. So, make the change...you will not be disappointed! Call today so we can discuss your needs.*

Barbara Formica

www.wellnesscreators.myshaklee.com

516-991-7460