



color me

SOUL-NOURISHING MENOPAUSE RECIPE

Ingredients

- 2 cups of deep breaths
- A heaping scoop of supportive friendships, healthcare professionals, partners, and support groups
- 1 pound of courage and acceptance
- Endless amount of curiosity
- New adventures, (sprinkle to taste)
- A dash of newfound passions
- 1 tablespoon of weight-bearing exercises (walking, strength training, weights, etc.)
- layer in grief
- Sprinkle of patience
- Tons of phytoestrogen-rich foods

Instructions

1. Prepare the Foundation:

- Find a quiet space where you can focus on your well-being.
- Inhale deeply for a count of four, hold for four, and exhale for a count of four. Repeat until you've accumulated 2 cups of deep breaths.

2. Blend in a Robust Support System:

- Reach out to partners, healthcare professionals, and friends who understand and support you during this phase. Share your thoughts and feelings, and let their companionship become a heaping scoop in your daily life.

3. Mix in Courage and Acceptance:

- Reflect on the changes happening in your life. Embrace the courage to face them, and sprinkle in a pound of acceptance. Remember, this is a unique journey, and you have the strength to navigate it.

4. Infuse with Endless Curiosity:

- Foster a spirit of curiosity. Explore new aspects of yourself and the world around you. Let your curiosity be an endless source of inspiration and growth.

5. Integrate New Adventures:

- Embrace and savor new experiences. Whether it's trying a new hobby, traveling to unexplored places, or engaging in different activities, sprinkle these new adventures into your life to taste.

6. Add a Dash of Newfound Passions:

- Rediscover or develop new passions that ignite your soul. These can be creative pursuits, intellectual endeavors, or anything that brings joy and fulfillment.

7. Incorporate Weight-Bearing Exercises:

Strengthen your body with a tablespoon of weight-bearing exercises. Incorporate a mix of walking, strength training, and weights to enhance physical well-being and support overall health.



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8. Add tons of Phytoestrogen-Rich, Fiber-Rich Foods:

- Enhance your hormonal balance with a variety of phytoestrogens-rich, fiber-rich foods. Include items such as flaxseeds, chia seeds, lentils (all legums), beans, berries, veggies, herbs, and leafy greens to support your well-being during menopause.

Bonus Section: Hydration + Vital Nutrients:

- ✓ Add Hydration-Rich Foods: Incorporate a variety of hydration-rich foods to support your overall well-being. Include fruits and vegetables with high water content, such as watermelon, cucumber, oranges, and celery. Staying well-hydrated is essential for maintaining energy levels and supporting bodily functions.
- ✓ Highlight the Importance of Vitamin D3 and K2: Recognize the significance of vitamin D3 and K2 in promoting bone health and hormonal balance during menopause. These vitamins work synergistically to enhance calcium absorption and utilization in the body. Consider including vitamin D3 sources like fatty fish, Nettle Tea, Chaga Tea, Dandelion Leaf Tea, Rosemary Tea, eggs (organic, pasture-raised), mushrooms, sunflower seeds, and exposure to sunlight. For vitamin K2, include fermented foods like kimchi and sauerkraut, nuts + seeds, herbs, leafy greens, and cruciferous veggies such as kale, cauliflower, Bok Choy, broccoli, arugula, and brussels sprouts. Buy your supplements from a Black woman nutritionist brand, Necessary Vitamin D [necessaryvitamind.com](https://www.necessaryvitamind.com) @nessynutri.
- ✓ Estrogen Metabolism:
DIM is thought to influence estrogen metabolism, promoting the conversion of estrogen into its less potent forms. This could potentially help with symptoms related to estrogen dominance or imbalance.

This card is for educational and encouragement purposes. Trust your body's wisdom + constitution. Consult with a wellness or healthcare professional.

A COLOR + JOURNAL CARD EXPERIENCE
the soulful transitions series
MenoGarden Musings



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SOUL-NOURISHING MELANATED BRANDS FOR YOUR MENOPAUSE JOURNEY

Ingredients

- MenoWell Menopause Energy Bars™ @mymenowell
- Dr Lareesa, Menopause Expert @drlareesa
- A menopause community@menopause_made_modern
- Dr. Taniqua Miller, Menopause Maven@taniquamillermd
- Oh Mazing granola, free from wheat, nuts, soy + preservatives @ohmazingfood
- Skin Is Skin African body care, 100% natural, vegan lip & skin balms @skinisskinunite
- Thermaband, wearable hot flash bracelet @thermaband
- Mohawkmomma Studio Boutique, female flourishing, soul care stationery + gifts @mohawkmommasoulcare

Instructions

1. Start with MenoWell Menopause Energy Bars™:
 - Lay the foundation with MenoWell Menopause Energy Bars™. These bars provide essential nutrients to fuel your journey through menopause.
2. Blend in Dr. Lareesa's Expertise:
 - Connect with Dr. Lareesa, Menopause Expert, for personalized guidance. Drizzle her expertise over your recipe to enhance its flavor with insights and knowledge.
3. Infuse Community Connection:
 - Sprinkle a sense of community from Menopause Made Modern. Stir in shared experiences and mutual support to create a harmonious blend.
4. Add Dr. Taniqua Miller's Maven Touch:
 - Incorporate the wisdom of Dr. Taniqua Miller, Menopause Maven. Add a dash of her expertise to bring depth and richness to your menopause experience.
5. Top with Oh Mazing Granola:
 - Sprinkle Oh Mazing granola on top for a delightful crunch. This granola, free from common allergens, adds texture and wholesomeness.
6. Garnish with Skin Is Skin Balms:
 - Garnish your recipe with Skin Is Skin African body care. Their 100% natural, vegan lip and skin balms provide a luxurious touch of self-care.
7. Wear the Thermaband Bracelet:
 - Strap on the Thermaband bracelet, your wearable hot flash solution. Wear it confidently for on-the-go relief and comfort.
8. Complete with Mohawkmomma Studio Boutique Gifts:
 - Finish your MenoWell Empowerment Bars with gifts from Mohawkmomma Studio Boutique. Their soul care stationery and gifts add a touch of female flourishing to your recipe.

