

# **6 Week Perimenopause/Menopause Programme**

## **Hormone Reset Programme for Women Aged 40 +**

**For The University of Manchester staff**

## Overview of Programme

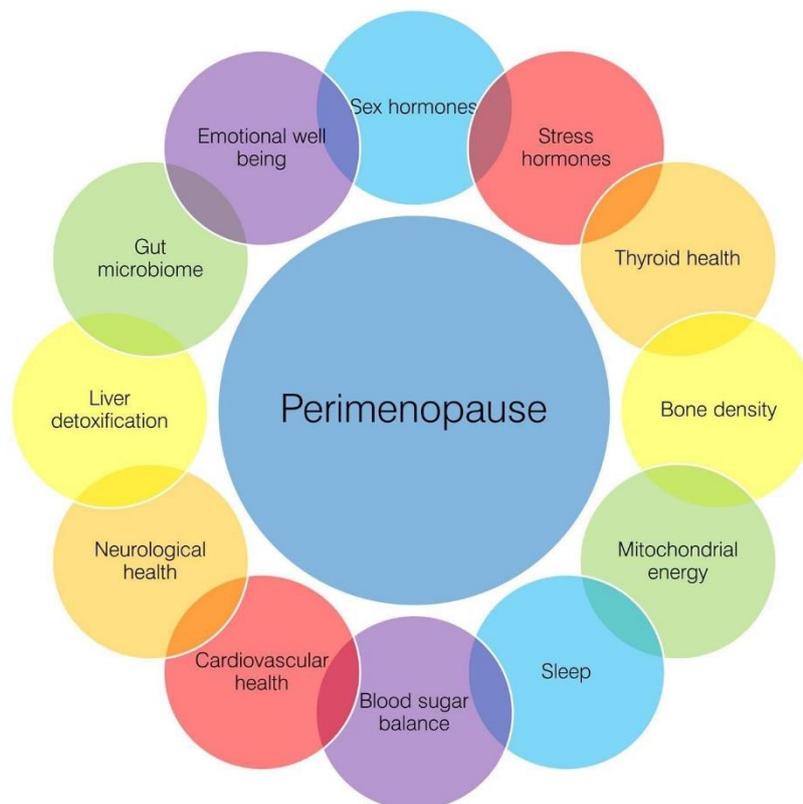
This programme is designed for women over the age of 40. Menopause is a natural part of every woman's life and it is a journey that requires support long before any symptoms appear. Research tells us that the transition through menopause is much easier if women take care of their health in the decade before the menopause. However, this programme is designed to support women, no matter what stage they are at in their menopause journey.

This 6 week programme takes a full 360 degree view of a woman's health, as the body is a dynamic set of interconnected systems that all have the potential to influence each other. It is not just concerned with the sex hormones (oestrogen, progesterone, testosterone) – it also addresses gut health, adrenals, thyroid, blood sugar balance, oestrogen metabolism and biotransformation processes too. By taking this wider panoramic view the body is well placed to move seamlessly through this stage in a woman's life.

## This Programme Aims:

- To provide a foundational framework for 360 degree support for women at any stage on this journey
- To provide additional targeted support for commonly experienced symptoms such as hot flushes.

## The Programme Supports the Following Areas



## How the Programme Works

Each participant will be required to attend a 1 hour online session on Monday evenings at 7,30pm via Zoom (link will be provided) over 6 weeks **starting Monday 7<sup>th</sup> November 2022 with the final session on Monday 12<sup>th</sup> December 2022 (attendance at all sessions is compulsory unless there are exceptional circumstances)**. These sessions are designed to give the group personal support and educate on specific areas that should help them stay on track.

The 6 week programme is as follows:

### **Week 1** – Welcome and introduction to the programme.

- Overview of supplements
- How to prepare to ensure success
- Kitchen Detox
- Reducing social toxins
- Top tips to make life easy and stay on track

### **Week 2** – Stress & Sleep and the role they play in menopause

- Why reducing stress is important
- What stress does to the body
- Practical ways to reduce stress
- Why sleep is essential to good health
- Importance of sleep hygiene
- Homework – practical exercises to improve stress and sleep

### **Week 3** - Balancing Blood Sugar levels

- What is blood sugar balancing?
- The role in blood sugar and the impact on menopausal symptoms
- How to balance blood sugar levels

### **Week 4** – Gut & Liver Health

- How the gut and liver affects hormone balance
- Gut microbiome and hormones – why it's important
- How to eat to support your gut health
- The role of the liver and how it impacts hormonal balance

The importance of oestrogen metabolism and biotransformational processes

Toxins and how to avoid them

Liver loving foods and how to love your liver

#### **Week 5 – Exercise**

Why exercise can help with menopause

The importance of exercise post menopause and beyond

How to fit exercise into a busy life

#### **Week 6 – Wrap up & Feedback**

Support for moving forward

How to maintain new lifestyle

Questions

#### **What Participants Receive**

Each person will receive a pack that contains the following:

- Workbook for data collection
- Supplements & Supplement Plan
- Quick start guide
- Dietary Dos & Don'ts
- 7 Simple Lifestyle Tips
- Food List
- Menu Planner
- Quick & Easy Meal Ideas
- Easy Cheats
- Shopping List
- Recipes
- Frequently Asked Questions
- How to Detox your Life Handout
- How to Balance your Blood Sugar Handout
- How to make kombucha/sauerkraut/kimchi/coconut water kefir

Prior to the programme starting each participant will be asked to complete a booklet which will contain the following information:

- Data collection – Waistline and weight measurements
- Goals & Support
- Lifestyle Changes
- Menopausal Symptom Questionnaire

- Medical Symptom Questionnaire
- Toxin Exposure Questionnaire

On completion of the programme each participant will complete the following:

- Data collection – Waistline and weight measurements
- Goals & Support
- Lifestyle Changes
- Menopausal Symptoms Questionnaire
- Medical Symptoms Questionnaire
- Reflections & Learning
- Food Reintroduction Chart

The menopausal symptoms questionnaire will be used to measure the success of the programme which will then be given to the University of Manchester for review. It's important to note that the name and all personal details of each participant will remain confidential. Data on each participants symptoms will be supplied along with an overall percentage. Eg reduction of x% in menopausal symptoms was achieved.

In addition, a private Facebook group will be set up and participants will be asked to join. This is designed to provide extra support to the participants on the programme and it is also designed so that they can support one another too.

### **Cost of Programme**

The University of Manchester will be funding 10 participants.

### **Key to Programme Success**

Results that participants achieve will depend on various things that need to be considered:

- Attending the online sessions
- Completing their menopause symptom questionnaire before and after programme start/completion
- Routinely taking the supplements
- Compliance with the nutrition plan#

### **Participants**

It is important that Fiona Hutchison has a telephone conversation with each potential participant to assess their suitability for the programme. This conversation will remain confidential and will consider the participants medical history, their current state of health and any medications or supplements they may be taking.

If the person is not deemed suitable for the programme, then Fiona Hutchison will recommend that she works on a one to one basis with them.

It is also necessary for names and addresses to be provided to Fiona Hutchison so that she can arrange delivery of the supplements to the agreed participants home address.

### **Terms of Engagement**

#### **Nutritional Therapy Descriptor**

Nutritional Therapy is the application of nutrition science in the promotion of health, peak performance and individual care. Nutritional therapy practitioners use a wide range of tools to assess and identify potential nutritional imbalances and understand how these may contribute to an individual's symptoms and health concerns. This approach allows them to work with individuals to address nutritional balance and help support the body towards maintaining health. Nutritional therapy is recognised as a complementary medicine and is relevant for individuals with chronic conditions, as well as those looking for support to enhance their health and wellbeing.

Practitioners never recommend nutritional therapy as a replacement for medical advice and always refer any client with 'red flag' signs or symptoms to their medical professional. They will also frequently work alongside a medical professional and will communicate with other healthcare professionals involved in the client's care to explain any nutritional therapy programme that has been provided.

#### **The Nutritional Therapist (NT) requests that the Client notes the following:**

- The degree of benefit obtainable from Nutritional Therapy may vary between clients with similar health problems and following similar Nutritional Therapy programmes.
- Nutritional advice will be tailored to support health conditions and/or health concerns identified and agreed between both parties.
- Nutritional therapists are not permitted to diagnose or claim to treat medical conditions.
- Nutritional advice is not a substitute for professional medical advice and/or treatment.
- Your Nutritional Therapist may recommend food supplements and/or functional testing as part of your Nutritional Therapy programme and may receive a commission on these products or services.
- Standards of professional practice in Nutritional Therapy are governed by the CNHC Code of Conduct.
- This document only covers the practice of Nutritional Therapy with this consultation, and your practitioner will make it clear if she or he intends to step outside this boundary.

#### **NutriAdvanced Perimenopause Programme:**

Fiona Hutchison Nutrition uses the NutriAdvanced Perimenopause Programme. It is important that the client notes the following:

- Nutri Advanced Programmes are not designed to diagnose, treat, cure or prevent any diseases or underlying illness and must be administered under the guidance of a healthcare practitioner.

- The Nutritional Therapist must run a short assessment with each of their clients in order to assess the suitability of the programme for that client.
- This assessment will consider the client's medical history, their current state of health, whether or not they are pregnant or breastfeeding, what medications they may be taking and any existing supplement regime.
- If you are a client, you should discuss any concerns you may have with your healthcare practitioner.

## **CONSENT FORM**

### **As part of your healthcare for the 6 week Menopause Programme:**

Fiona Hutchison Nutrition will only share your name and address with the supplement company, Nutri Advanced Ltd, so that you can receive the perimenopause programme pack for the 6 week Menopause Programme. If we do not receive this consent from you, you be unable to join the 6 week Menopause Programme as participation relies on receiving the programme pack.

In addition, Fiona Hutchison Nutrition will be asking participants via a telephone conversation, prior to beginning the programme, information on the participants medical history and any medication or supplements that they may be taking. This is to ensure that all participants are deemed medically suitable to join the programme. In rare circumstances, sensitive information may need to be shared with your GP regarding any concerning medical issues that are raised as 'red flags'

Please tick the statement to confirm your consent:

- I consent to my name and address being shared with Nutri Advanced Ltd.

You can withdraw your consent to the above at any time by emailing [fionahutchisonnutrition@outlook.com](mailto:fionahutchisonnutrition@outlook.com)

### **Marketing and information**

Fiona Hutchison Nutrition would like to contact you occasionally by email with promotional offers, information on upcoming events and activities, and newsletters.

Please tick the statement to confirm your consent to be contacted for these purposes:

- I would like to receive regular newsletters
- I would like to receive promotional offers and information on upcoming events and activities

You can withdraw your consent to the above communications at any time by clicking on the unsubscribe link at the bottom of the emails.

### **Case Histories**

Fiona Hutchison Nutrition seeks to continuously improve our practice through professional development, a key part of which is sharing case histories with our peers through clinical supervision, online forums and discussion groups. Your name, address and contact details will never be shared.

If you are happy for us to use your data for this purpose, please tick the statement below to confirm your consent:

- I consent to my data being used for the purpose of professional development:

Fiona Hutchison Nutrition would like to share your case history with peers for educational purposes. This could be through conferences, lectures, online forums, and publishing in

medical journals, trade magazines or online professional sites. Your name, address and contact details will never be shared.

I consent to my data being used for educational purposes. Please tick the statement to confirm your consent:

- Conferences
- Lectures
- Online forums
- Medical journals
- Trade magazines
- Online professional sites
- Books

You can withdraw your consent to the above at any time by emailing [fionahutchisonnutrition@outlook.com](mailto:fionahutchisonnutrition@outlook.com)

**Signature .....**

**Date.....**

**Print Name.....**

Please email the completed document to [fionahutchisonnutrition@outlook.com](mailto:fionahutchisonnutrition@outlook.com) with the subject Menopause Nutrition Course UOM.