

Nutrition for Hormone Balance & Understanding Supplements During Menopause

Menopause and perimenopause are natural stages of life that bring hormonal changes affecting energy, mood, sleep, and overall well-being. While each woman's experience is unique, nutrition and targeted supplements can play a key role in supporting hormone balance and easing common symptoms like hot flashes, fatigue, and mood swings.

Food as Your First Line of Support

A balanced diet rich in whole foods is foundational for hormone health. Magnesium, for example, supports mood regulation, sleep quality, and blood sugar stability. Yet, over 34% of Canadian women aged 19 and older consume magnesium below the Estimated Average Requirement (EAR) ([Health Canada, 2004](#)). Magnesium-rich foods include leafy greens, nuts, seeds, legumes, whole grains, and soy products.



Phytoestrogen-rich foods like tofu, edamame, and tempeh contain plant compounds that mimic estrogen, helping reduce hot flashes and support bone health. Flaxseeds, chickpeas, and lentils also provide hormone-supporting nutrients.

Adequate protein helps maintain muscle mass, stabilize blood sugar, and support metabolism. Include a mix of plant and lean animal proteins, such as beans, lentils, fish, poultry, and eggs. Healthy fats from avocado, nuts, seeds, and fatty fish support hormone production, brain function, and reduce inflammation, while limiting processed foods and refined sugars.

Supplements: Filling Gaps Safely

While whole foods come first, some women may benefit from supplements. Common options include vitamin D and calcium for bone health, magnesium for mood and sleep, and omega-3 fatty acids for inflammation and cardiovascular support. Always consult a healthcare professional before adding supplements to ensure safety and effectiveness.

Lifestyle Complements Nutrition

Nutrition works best alongside regular movement, stress management, and adequate sleep. Even small, consistent changes, such as adding a handful of almonds or leafy greens to meals - can have a meaningful impact over time.

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Ideas to get started with exercise:

- Walking: Aim for 30 minutes per day, even in small intervals (10 minutes in the morning, 10 in the afternoon, 10 in the evening).
- Strength and balance: Do light resistance exercises twice a week (leg bends — squats, wall push-ups, or resistance bands) to maintain muscle and bone strength.
- Gentle stretches or yoga: 10 to 15 minutes in the morning or evening can ease stiffness and improve mobility.

**Ideas to get started with stress management:**

- Breathing exercises: Try 4-7-8 breathing (inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds) to calm the nervous system.
- Mindful breaks: Keep a journal or practice guided meditation for 5 to 10 minutes per day to help reduce stress and improve mood.
- Nature and movement: Walking or doing light stretches outdoors combines movement with stress relief.

Join the Conversation

OTIP, in partnership with June Health and MemberRx, is hosting a webinar on **Wednesday, November 5, 2025 from 7:00-8:00 PM EST with 30 min Q&A** to follow, featuring experts Dr. Kara Dionisio and Heather Abbott.



Dr. Kara Dionisio, ND, MSCP, is a Naturopathic Doctor with extensive experience in women's midlife health. She was among the first NDs to earn the Menopause Society Certified Practitioner designation and leads the Menopause Fellowship with The Confident Clinician.



Heather Abbott, CNP, is a Certified Holistic Nutritionist and Women's Health Educator who helps women 40+ build resilience, strength, and clarity through personalized nutrition and lifestyle strategies.

Together, they will explore practical strategies for supporting hormone balance through nutrition and supplements and answer your questions live. Don't miss this opportunity to gain actionable tips and make midlife a time of resilience and well-being.

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