

Webinar 2: Fueling Balance: Nutrition, Hormones, and the Power of Smart Supplements

Thank you to everyone who joined OTIP and June Health for the second session of the OTIP Women's Health Webinar Series, Fueling Balance: Nutrition, Hormones, and the Power of Smart Supplements.

We received many thoughtful questions during the live Q&A, more than we could address in the session itself. To ensure members who were unable to attend still benefit from the expert insights shared, we've grouped common themes and provided general guidance below.

*As always, this information is educational and not a substitute for personalized medical care. Members are encouraged to consult a qualified healthcare provider for individual guidance.

Sleep, Energy, and Daily Functioning

Is it normal to need more sleep during menopause?

Yes. Many women notice changes in sleep needs during perimenopause and menopause. Hormonal shifts, stress, and sleep disruption can make rest feel less restorative, leading to increased fatigue. Rather than focusing on a specific number of hours, the goal is quality sleep, waking feeling refreshed and functional during the day.

What can help improve energy and sleep quality?

Improving sleep often requires a multi-layered approach. Consistent sleep routines, limiting late-day caffeine and alcohol, managing night sweats, and incorporating regular movement can all help. For some women, targeted supplements or non-hormonal therapies may be useful, but these should be guided by a healthcare professional.

Nutrition and Hydration at Midlife

How much water should women be drinking?

Hydration needs vary based on body size, activity level, climate, and overall health. Rather than aiming for a fixed amount, experts recommend drinking regularly throughout the day and using thirst and urine colour as practical indicators of hydration.

Is there confusion around calcium intake?

Calcium needs depend on age, dietary intake, and bone health risk factors. Many women can meet their calcium needs through food alone. Supplements may be helpful if dietary intake is insufficient, but more is not always better. Calcium supplementation should be individualized and discussed with a healthcare provider.

Does protein intake matter more in midlife?

Yes. Adequate protein becomes increasingly important during midlife to support muscle mass, bone health, and metabolic function, especially when paired with resistance training. Spreading protein intake evenly across meals is often more effective than consuming it all at once.





Supplements and Complementary Approaches

Who should I consult about supplements?

Qualified professionals such as naturopaths, registered dietitians, or physicians with nutrition training can help assess whether supplements are appropriate. It's important to review supplement quality, safety, and potential interactions with medications.

Which supplements are worth considering?

Vitamin D (and calcium when dietary intake is low) are commonly discussed for bone health. Herbal supplements like black cohosh, sage, or red clover have mixed scientific evidence - some women report symptom relief, while others do not. Because supplements are not tightly regulated, professional guidance is recommended.

Are supplements like red yeast rice or vitamin K necessary?

These decisions should be individualized. Red yeast rice can act similarly to cholesterol-lowering medications and may not be appropriate for everyone. Vitamin K may be considered in certain bone-health contexts, but supplementation should always be discussed with a healthcare provider.

Hormones, Symptoms, and Special Considerations

What are common symptoms of perimenopause?

Perimenopause can include a wide range of symptoms such as irregular cycles, hot flashes, sleep disruption, mood changes, brain fog, joint aches, and shifts in weight or energy. Symptoms vary significantly from person to person.

What options exist if hormone therapy isn't recommended?

For women who cannot or choose not to use hormone therapy (such as those with a history of certain cancers) non-hormonal medications, lifestyle strategies, and targeted local therapies may help manage symptoms. Care is always individualized and may involve collaboration with specialists.

Are vaginal dryness or changes in odour normal?

Yes. Hormonal changes during menopause can affect vaginal tissue and microbiome balance. Vaginal moisturizers, gentle hygiene practices, and, in some cases, low-dose vaginal estrogen or other therapies can help. These symptoms are common, treatable, and nothing to be embarrassed about.

Fitness and Lifestyle Strategies

What type of exercise is most helpful at midlife?

A balanced approach is best. Resistance training two to three times per week, combined with aerobic activity and mobility work, supports bone density, muscle strength, mood, and metabolic health. Consistency and sustainability matter more than intensity.

You're Not Alone in Midlife Health

Midlife health looks different for every woman. The most effective approach combines evidence-based information, supportive care, and strategies that align with your goals and values. Whether that includes nutrition changes, supplements, lifestyle adjustments, medical therapies, or a combination of all three, support is available.

Thank you for being part of the OTIP Women's Health Webinar Series. We look forward to continuing the conversation in upcoming sessions.

What's Next in the OTIP Women's Health Webinar Series?

This conversation doesn't stop here. Webinar 3 in the OTIP Women's Health Webinar Series is coming soon and will continue to build on these topics with expert-led, practical guidance for midlife health.

Keep an eye on your inbox for emails and updates with details on the next session, including the topic, date, and registration information. We look forward to continuing the conversation and supporting you through every stage of midlife health.

