



Natural Ways to Feel Better During Menopause



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Gentle Remedies, Foods & Routines That Really Help

Brought to you by Navigate Menopause

Gentle Remedies

Natural approaches to ease menopause symptoms

Supportive Foods

Nutrition that helps balance hormones

Daily Routines

Lifestyle practices for better wellbeing





Why Go Natural?

Many women want to avoid or delay hormone therapy.

Natural doesn't mean "less serious" — it means working with your body's rhythm. Let's explore what helps.



Working with Your Body

Natural approaches support your body's own rhythms and processes



Gentler Alternatives

Options for those who prefer to avoid or delay hormone therapy



Holistic Support

Addressing multiple aspects of wellbeing during transition



Food as Support, Not Fix

Phytoestrogens

Plant estrogens found in:

- Flax
- Soy
- Chickpeas

Calcium-rich Foods

- Leafy greens
- Sesame
- Sardines

Magnesium + B vitamins

- Whole grains
- Nuts
- Bananas

Hydration!

Hormone shifts =
dehydration risk

Herbal Allies (Always Check Safety!)



Black cohosh

Hot flashes,
mood



Red clover

Mild estrogen
support



Valerian

Sleep support



Ashwagandha

Stress
reduction

Ask Navigate Menopause: "What are some safe natural supports for me to try?"



Movement & Energy Reset





Mind-Body Practices

Meditation

Start with 5 minutes

Journaling

Emotion + symptom tracker

Breath-work

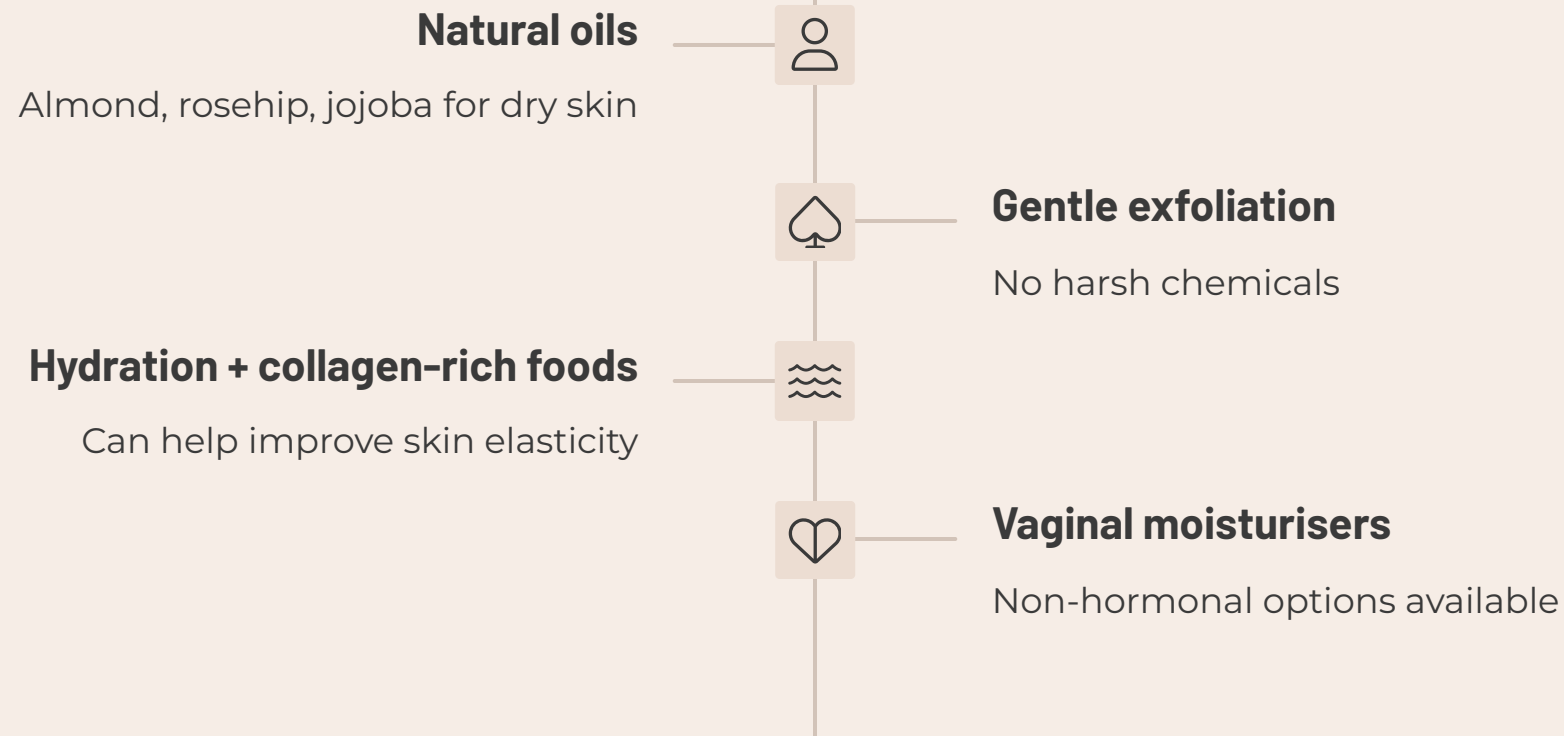
Inhale for 4, exhale for 6

Additional Practices

Sound healing, nature walks, body scans



Skin, Hair & Comfort Routines



It's Okay to Mix Approaches



You don't have to choose one path. Natural + medical support can coexist.

You are allowed to evolve your plan over time.



Try Navigate Menopause Free



Sleep Support

"What herbs support sleep in menopause?"



Nutrition Guidance

"Give me a hormone-balancing meal idea."



Stress Management

"How can I use breath-work to reset my mood?"

Want to try a natural shift? Try asking questions like these with Navigate Menopause.