



# 10 MENO ZAPPERS

to help you live your best  
life ever with vitality,  
radiance and youthful  
energy.

ANN LOUISE GITTLEMAN, PhD, CNS



### ABOUT THE AUTHOR

**ANN LOUISE GITTLEMAN,  
PhD, CNS**

As one of the world's foremost experts in functional and integrative medicine, Ann Louise holds an M.S. in Nutrition Education from Columbia University, has the title of Certified Nutrition Specialist (C.N.S.) from the American College of Nutrition and a Ph.D. in Holistic Nutrition. She has also served as the Chief Nutritionist of Pediatric Clinic at Bellevue Hospital and is the former Director of Nutrition at the Pritikin Longevity Center in Santa Monica, CA. She has won numerous awards, including The American Medical Writers Association Award for Excellence.

Continually breaking new ground in integrative and functional medicine, Ann Louise is a top nutritionist who was years before current trends like Paleo and Keto. She is internationally recognized as a pioneer in dietary, environmental, and women's health issues. She is an award-winning New York Times bestselling author of over 35 books on health and nutrition including diet, detox, women's health, men's health, perimenopause, menopause, beauty and the environment.

# WELCOME

Welcome to all of you magnificent midlife women! Here are my *10 Meno Zappers* to help you live your best life ever with vitality, radiance and youthful energy.

1

## Flaxseeds and/or Flaxseed Oil

Flaxseeds and flaxseed oil contain both omega-3 and omega-6 fatty acids. Flax contains the parent oil or biochemical precursor of the fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) which transform into hormone-like prostaglandins. Because flax helps to balance estrogen, it is a great remedy for menopausal symptoms, especially skin conditions, depression, and fatigue. It also fights cancer (especially breast cancer), lowers cholesterol levels, and makes insulin more effective. And there's more! Flax discourages the body from storing fat, enhances the immune system, and reduces the risk of osteoporosis!

## 2

## Black Currant Seed Oil

Black currant seed oil is a potent source of gamma-linolenic acid, found in [GLA-90](#), a fatty acid that converts into hormone-like prostaglandins, which have a variety of functions, including stimulating fat burn. I believe GLA is a miracle ingredient, especially for cramping, irritability, headaches, and water retention. While there are several oils that contain GLA, I recommend black currant seed oil because it provides the most balanced form of omega-3 (alpha-linolenic acid) and omega-6 essential fatty acids. To relieve breast tenderness, mood changes, anxiety, irritability, headaches, and water retention, take two capsules (180 milligrams) of black currant seed [GLA-90](#) twice daily after food.

## 3

## M 'n' M (Magnesium and Multivitamins)

A combo of magnesium, as found in [Mag-Key](#) and certain vitamins found in [Uni Key's Female Multiple](#) may be necessary to get your hormonal systems back in balance. M 'n' M is a marvelous supplement mix for the mind as well as the body, helping to smooth out mood swings and combat fibromyalgia, panic attacks, insomnia, anxiety, tissue dryness, and water retention. Involved in more than 350 biochemical processes of the body, magnesium is notoriously deficient in most women in the menopausal stage of life. It works with vitamin B6 and zinc to alleviate a broad spectrum of menopause symptoms. MAGNESIUM: 400 to 1,000 milligrams throughout the day. Generally, you should take 5 milligrams of magnesium per pound of body weight. I recommend [Mag-Key](#).

(Continued on next page)

## 10 MENO ZAPPERS

VITAMIN B COMPLEX: should include 50 to 100 milligrams of activated vitamin B6, with at least 800 micrograms of methylated folate and at least 1,000 micrograms of methylated B12 taken once daily.

VITAMIN C: 1,000 milligrams three times a day with [Time-C](#).

VITAMIN E: 400 to 1,200 international units daily.

When you feel that your hormones are back in better balance, you may be able to cut back to 1,000 milligrams a day of vitamin C and to 400 international units daily of vitamin E.

## 4

## Zinc

If M 'n' M doesn't completely clear up your symptoms, try a **zinc** supplement of 15 to 50 milligrams a day. This mineral is a must if you are vegetarian, as zinc is usually found in animal products. Zinc helps to lower estrogen and increase progesterone levels, build strong bones, and keep your immune system in tip-top shape to ward off viruses. It will also balance your copper levels. When your body transforms the levels of "free copper" to a bioavailable form, you may experience increased energy, less anxiety, and fewer mood swings.

## 5

# Natural Progesterone Cream

Perimenopausal symptoms are frequently caused by a low progesterone level. Taking an artificial progesterone (progestin) can intensify your symptoms and also make your body feel that something is not quite right. Natural progesterone is the same molecule as that in your body. Used as a non-prescription skin cream, it rebuilds your body's progesterone level, restores hormonal balance, and helps relieve a wide array of symptoms, including decreased sex drive, depression, abnormal blood sugar levels, fatigue, fuzzy thinking, irritability, thyroid dysfunction, water retention, bone loss, fat gain, and low adrenal function. I formulated [Progesta-Key](#) with all of you magnificent midlife women in mind!

## 6

## The Right Moves

Exercise positively influences the sex hormones and supports the adrenals, reducing cortisol levels. Get up and exercise at least five days a week. You can opt for half an hour of vigorous activity or try the shorter, but more intense, high-intensity intermittent exercise (HIIT). Or both! Either form will lower insulin resistance, reduce stress, balance hormones, and improve glucose tolerance, which, in turn, balances blood sugar. Do housework, garden, walk briskly, cycle, swim, dance, have fun. Do different things each day—and do what you enjoy! This Meno Zapper is especially important if you spend all day sitting down for work or have an otherwise sedentary lifestyle. Be sure not to overexercise; keep strenuous activity to less than two continuous hours in order to avoid overstressing your body.



## Stress Reliever

Stress, while an essential survival response, can cause cortisol levels to go haywire, digestion to slow, depression and anxiety to set in, the brain to shrink, and a “menopot”—the belly fat that often appears during menopause—to develop. Lowering stress levels will also help to off set the aging process, which is accelerated by excess cortisol.

Top-notch stress relievers include brisk walking, deep breathing, and meditation. [Mag-Key](#)

## 8

## Adrenal Refresher

Adrenal recovery is very important during perimenopause. The adrenals are the backup system for the reproductive organs and are designed to make up for the declining hormone output. In order to perform this function, the adrenals need a full supply of vitamins, minerals, and adaptogens for optimized health.

In order to achieve this, consider [Uni Key's Female Multiple](#) and [Uni Key's Adrenal Formula](#), as well as adding pantethine to your program. Pantethine is the biologically active form of pantothenic acid, the stress vitamin. I typically like to see 1,000 milligrams twice per day.

## 9

## Liver and Bile Support

Support your liver so that it can produce enough quality bile, which is necessary to break down fats and transport excess hormones out of the body. Inadequate bile leads to poor estrogen metabolism, hypothyroidism, fatigue, indigestion, constipation, and weight gain. This will in turn provoke menopause-related symptoms. To support the liver and produce quality bile, consider supplementing your morning smoothie with beet powder or taking bile salts (100 to 200 milligrams per meal) as well as adding 1 to 2 tablespoons of non-GMO sunflower lecithin granules to soups or salads. The supplement [\*\*Bile Builder\*\*](#) contains all the nutrients known to decongest the liver and thin the bile—500 milligrams choline, 50 milligrams lipase, 250 milligrams of taurine, 100 milligrams ox bile (extract or salt), 100 milligrams beet root, and 60 milligrams collinsonia root (to aid in breaking down stones). Studies have shown that foods such as eggs, onions, and pork are the top three gallbladder allergens, so avoiding these foods may help both the liver and bile function and flow smoothly.

## Natural Estrogen Therapy

You don't have to take horse estrogen and artificial progesterone (progestin), subjecting yourself to a risk of breast cancer and to weird bodily feelings. Instead, you can take the natural hormone estriol, specially prepared for your needs as indicated by saliva tests of your hormone levels. With your healthcare practitioner's help, you can determine the proper dose for your body's needs. Taking phytoestrogens (plant estrogens) also can moderate your estrogen levels and ease your symptoms as you reach menopause. I recommend both foods and supplements of pomegranate seed oil, maca, curcumin, and a Thai vine called *Pueraria mirifica*. Please follow recommendations on the labels for the various seeds, tinctures, oils, and pills.