

# Eat the right foods at the menopause

Submitted by: The Menopause Exchange

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## PRESS RELEASE

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Eat the right foods at the menopause

Eating a balanced diet can keep you healthy at any age, but is particularly important as you approach the menopause. There are certain foods that can help to protect you against osteoporosis and heart disease and possibly even reduce your hot flushes and night sweats.

In the Summer 2012 issue of The Menopause Exchange newsletter, nutritionist and food writer Fiona Hunter discusses healthy eating at the menopause. In her article, she looks at which foods will help to protect your heart and bones, ease any digestive symptoms and maintain a healthy weight. She also includes the risks of alcohol and caffeine and whether menopausal women could benefit from dietary supplements.

“Eating the right foods at the menopause can keep you healthy by providing you with essential nutrients at this time of life,” says Norma Goldman, founder and director of The Menopause Exchange. “In her article, Fiona Hunter covers the do’s and don’ts of healthy eating, with a focus on key nutrients and foods that will help you keep your weight down and even ease your menopausal symptoms.”

The Menopause Exchange is completely independent – it’s not sponsored by any companies and is funded purely by subscriptions from individuals and healthcare professionals. Other articles in the Summer 2012 issue of the newsletter include prescription medication alternatives to HRT, osteoporosis risk assessment and all about diabetes. We also have book reviews, news and our ‘Ask the experts’ page.

Take a look at Norma Goldman’s video ‘The Menopause – keep your cool’ on the home page of The Menopause Exchange website to hear general information on the menopause. Benefit from her top ten tips on how to cope with your symptoms, with information on HRT, complementary therapies and self-help lifestyle measures.

Visit The Menopause Exchange website at [www.menopause-exchange.co.uk](http://www.menopause-exchange.co.uk).

For more information on The Menopause Exchange, write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS, call 020 8420 7245, fax 020 8954 2783 or send an e-mail to [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk)

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## NOTES FOR EDITORS

1. The Menopause Exchange was launched in June 1999.

2. The founder and director of The Menopause Exchange is Norma Goldman, a pharmacist with a Master's degree in health promotion. She gives talks on the menopause to employees in the workplace and hospitals, women and women's groups, healthcare professionals, GP practices, organisations, health clubs and at exhibitions. Her daughter, Victoria, the editor of the newsletter, is an experienced health journalist with a BSc. degree in Biomedical Science and a Master's degree in Science Communication.

3. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, healthcare professionals (e.g. nurses and pharmacists) and complementary practitioners.

4. Topics covered in previous issues of the newsletter include: the perimenopause; HRT questions you forgot to ask your doctor; easing flushes and sweats without HRT; treating vaginal dryness; menopausal symptoms you may not recognise; phytoestrogen and herb safety; ageing past the menopause; essential fatty acids; weight gain at the menopause and premature menopause.

5. UK annual membership (4 issues of the newsletter, regular fact sheets, use of the information service and 'Ask the Experts' panel) costs £18 for individuals; £22 for local organisations; £40 for companies/national organisations; corporate (over 10 copies) and overseas memberships are available on request.

All press enquiries to Norma Goldman on 020 8420 724