

# 10 Natural Ways To Help *Reduce Cholesterol* *Levels* in Perimenopause



CHECKLIST

Embrace a **heart-healthy lifestyle** as you navigate perimenopause and menopause. With the right choices, you can nurture your heart and body.

### 1. Move Your Body: Exercise Regularly

Engage in at least 30 minutes of daily exercise/movement. Ideally, choose an activity you enjoy, such as dancing, walking, resistance training, swimming or yoga.



### 2. Reduce Alcohol Intake: Moderation is Key

Limit your alcohol intake, and choose to have days during the week when you don't drink any alcohol at all.



### 3. Focus on Healthy Fats: Choose Your Fats Wisely

- **REDUCE Saturated Fats**
- **AVOID Trans Fats**
- **INCLUDE Monounsaturated Fats:** Avocado oil, olive oil, nuts, seeds, and olives.
- **INCLUDE Polyunsaturated Fats:** Especially omega-3 fatty acids, like salmon and flaxseeds.



#### 4. Sleep & Rest: Rejuvenate Your Body

Getting 7-9 hours of sleep each night is highly recommended. A relaxing bedtime routine can promote better sleep quality and quantity.



#### 5. Nourish Your Gut: With Plants, Phytoestrogens & (Soluble) Fibre

Include plant-based foods like soy, flaxseed, fruits, seeds, garlic, vegetables, and whole grains in your meals.



#### 6. Reduce Stress: Master Deep Breathing Techniques

Mindfulness, deep breathing, and meditation can help combat stress. It may help lower cholesterol, blood pressure, and your risk for heart disease.



#### 7. Stop Smoking: Drop the Cigarette

Stopping smoking during perimenopause helps keep your cholesterol in check and your heart healthy.



## 8. Probiotics: Boost Your Gut Health

Probiotics (good bacteria), naturally found in fermented foods, may help reduce serum cholesterol. If choosing a probiotic supplement, the bacterial strains thought to help lower cholesterol levels include *Lactobacillus acidophilus*, *Bifidobacterium lactis*, and *Lactobacillus plantarum*.



## 9. Maintain a Healthy Weight: Reduce Your Risk of Heart and Metabolic Disease

Declining estrogen contributes to weight gain. Yet, you can maintain your healthy weight with a balanced diet, exercise, strength training, and hormone therapy (if appropriate).



## 10. Limit Highly Processed Foods: Replace With Whole Foods

Highly processed foods often contain excess sugars, unhealthy fats, and artificial additives, exacerbating symptoms and increasing health risks.





*The challenges of ageing and perimenopause are undeniable. Yet, the power of a balanced diet and an active lifestyle offers a healthier heart, a better quality of life and may even help to alleviate symptoms. Your daily choices in nutrition, sleep, stress, and movement support you during this phase and set the foundation for lasting health.*

