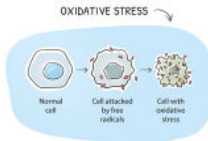


LIFESTYLE TIP OF THE MONTH - February 2023



Diet and Menopausal symptoms



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-Oxidative stress can lead to hot flashes in menopausal women.



-Diet with antioxidants can lead to fewer menopausal symptoms.



-Eat less fat, increase fruit, vegetables and whole grains. The combination of a low-fat, vegan diet and whole soybeans was associated with reduced frequency and severity of hot flashes and improved quality of life in postmenopausal women.



-According to one of the studies menopausal symptoms decreased and the quality of life increased among the women who used flaxseed for 3 months.