Smoothies for Menopause

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Smoothies are Easy Solutions for Meals and Can Reduce Menopausal Symptoms

If a smoothie could possibly help reduce your menopausal hot flashes, it would be one that used a food that mimicked estrogenic activity. If you added the herb Suma – an estrogenic herb – to the smoothie mix, you could notice a difference in your hot flashes. Suma is a mild-tasting herb and the taste of it is easily covered up in smoothies. The dosage to take would be one teaspoon of the Suma powder.

Your smoothie recipe ingredient lists could look like this:

Ingredient List #1

- 3 ounces coconut water
- ½ cup blackberries
- 1 tangerine
- ¼ teaspoon chlorophyll
- 1/8 avocado
- 1/3 cup plain yogurt
- 1 teaspoon Suma herb
- 1 leaf Swiss chard
- 1 handful spinach
- 1 teaspoon flaxseeds
- 1 cup ice cubes

Ingredient List #2

- ½ cup yogurt, plain or vanilla
- ½ cup blueberries
- 1 teaspoon almond extract
- 1 handful almonds
- 1 cup ice cubes
- 1 teaspoon Suma
- One inch square of chocolate

If you are having menopausal symptoms such as mood swings, make sure that your blood sugar levels are stable all day long. Smoothies for menopause can help with this! Just remember that mood swings become a reality when blood sugar levels are low. In fact, there was a study done years ago with volunteers who had different forms of mental disease that found that no matter what the mental disorder was, the symptoms became worsened when blood sugar levels were low.

Next page: adding protein to your smoothies.

Mental Disease often Includes Symptoms such as Mood Swings

That’s not to say that you have mental disease when you are going through menopause! However, it’s only to state that mood swings are brought on by low blood sugar. Thus, if you want to avoid them, increase your protein level in your smoothies. This is easily done by adding protein powder, yogurt, milk, or egg to the smoothies. The amount of recommended protein is 21 grams or greater.

Adding protein might create a smoothie like this:

Ingredient List #3

- 2/3 cup yogurt (about 11 grams protein)
- 1 egg (about 6 grams protein)
- 1 scoop protein powder (about 7 grams protein)
- 1 cup of your favorite berries
- 1 leaf kale or Swiss chard or 3 dandelion leaves
- 1/2 handful almonds or walnuts
- 1-ounce chocolate preferably dark
- 2 handfuls spinach
- 1 teaspoon nutritional yeast

Ingredient List #4

- 3 scoops protein powder (21 to 28 grams protein)
- ½ cup blueberries
- ¼ avocado
- 1 teaspoon chia seeds (2 grams protein)

Try either one of these smoothies for menopause to decrease your menopausal hot flashes or temper your moodiness and see what happens. Remember that consistency is the answer, and results improve with time. Let us know how it goes!