

# WELLNESS WORKS



September is National Whole Grains Month! Do you eat whole grains? With or without gluten there are options for you. Whole grains offer fiber and valuable nutrients. September is also menopause awareness month. It's a natural process and every woman experiences this change.

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## Whole Grains with or without Gluten

Whole grains are an important part of a healthy diet. It is recommended you aim to make at least half of the grain foods you eat whole grain foods. You can get there by making simple swaps, like purchasing 100% whole wheat bread and checking your cereal ingredients to make sure they are whole grains. Try some of the tips below to boost the level of whole grains and fiber. When growing in the field, all grains start out as whole grains. If you don't tolerate wheat or gluten, there are plenty of options. Try oats, quinoa, brown rice, cornmeal, polenta, millet, amaranth, teff, and buckwheat. [Click here](#) for more details.



- ◆ Try gluten-free options for variety
- ◆ Try oatmeal or whole grain toast with breakfast
- ◆ Try a whole-grain breakfast cereal
- ◆ Swap white rice for brown or wild rice
- ◆ Swap pasta in a pasta salad for quinoa
- ◆ Add bran to meatloaf
- ◆ Cook wheatberries and chill for a grain addition to a lettuce salad
- ◆ Make a chilled farro salad or add it to soup



## Menopause Changes

Menopause and perimenopause is the natural end of the female reproductive cycle, it's not an illness or disorder. It does mark a significant change in female hormone production. Not only is it a biological transition but also a psychological and spiritual transition. Every woman's experience is different. Some will have very few symptoms while others may have the quality of life disrupted. There are actions that can help with your transition. An approach that addresses all factors provides a better transition to this new stage in life. See the sidebar for strategies approach this stage in life. [Click here](#) for more.



## How to Maintain Healthy Hormonal Balance Male or Female

**Get enough sleep.** Adequate, uninterrupted sleep helps maintain healthy hormone levels.

**Manage your stress.** High stress can cause an increase production of stress hormones which can cause an imbalance that impacts estrogen levels.

**Get the right amount of exercise.** A healthy amount of exercise can help you regulate how much you eat and how much body fat you have.

**Practice eating patterns that support overall health.** Reducing added sugars and increasing foods high in fiber and healthy fats (fats found in olive oil, nuts, seeds, and fish) can help with hormone balance.

## Menopause Benefits!

- ◆ Free from the pressure that comes with reproductive years and monthly menstrual cycles which can be emotionally and physically taxing.
- ◆ Post menopause verve equals more energy for later years.
- ◆ Wisdom and greater confidence. Many women report a newfound sense of empowerment and self-esteem after going through menopause.
- ◆ A fresh outlook on life
- ◆ Women have more energy to focus on themselves and relationships.