



HEALTHY GUT, BALANCED HORMONES

A free and simple guide to supporting gut health, digestion and hormone harmony during perimenopause and menopause

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Disclaimer

The material in this eBook is for informational and educational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical advice, diagnosis, treatment, prescription or recommendation. All viewers of this content, especially those taking prescription or over-the-counter medications, should not make any changes in their health regimen or diet before first consulting a qualified health professional.

What's inside

Welcome

Key factors affecting gut health in menopause

- **Key Factor #1:** 🌙 Gut microbiome imbalance
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Welcome!

Are you bloated after meals or even when you have not eaten?

Is reflux keeping you awake at night or making your chest feel tight or uncomfortable?

Have you become sensitive to foods you tolerated all your life?

These gut changes are common in menopause and are closely linked to hormone and nervous system shifts.

Hi, I'm Joanna

Your gut and your hormones are deeply connected. When your digestion is out of balance, your hormones usually follow.

Many women notice changes in digestion during perimenopause and menopause - bloating, constipation or food sensitivities that never used to be a problem before. These symptoms are more than just digestive discomfort, they're signs that the gut and hormones are out of sync and the gut needs extra care.

The good news? With a few simple and consistent daily habits, you can restore microbiome balance, improve digestion, and support smoother hormonal transitions.

In my clinical experience, the key elements to address therapeutically for healthy gut in menopause include:

- Gut detox and microbiome repair
- Diet review and monitoring
- Nutritional deficiencies and/or excess (toxicity)
- Food sensitivities assessment
- Sleep, stress and natural rhythms balancing

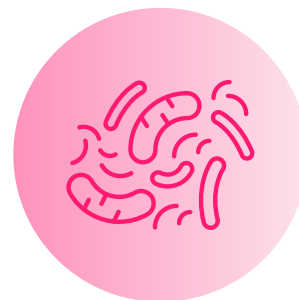
These steps are included in my personalised therapeutic programs and consultations with clients.

This guide briefly covers

- ✔ The 4 key factors that influence gut function during menopause
- ✔ Simple, natural swaps and tips to restore digestive health
- ✔ Next steps towards better gut health and hormone balance
- ✔ Resources and tips that work



Key Factor #1



Gut microbiome imbalance

Why it matters

Your gut is the foundation of your hormonal health. When digestion and microbiome balance are off, hormones can't be properly metabolised or cleared, leading to symptoms like bloating, mood swings and hot flushes.

The gut microbiome (millions of beneficial bacteria) when balanced, helps regulate and detox estrogen and other key hormones. When this balance is disrupted, symptoms like bloating, mood swings, and hot flushes can worsen.



Natural swaps & tips



Eat a variety of fibre-rich foods: vegetables, legumes, seeds, nuts.

A diverse, plant-rich diet supports the microbiome, digestion and hormone metabolism.



Balance gut flora: add fermented foods like sauerkraut, kefir, yoghurt or miso to nourish good bacteria. Reduce sugar and processed foods that promote 'bad' gut bacteria.



Support detox pathways – drink plenty of water (6-8 glasses daily) and include cruciferous vegetables (broccoli, kale, cabbage) and bitter foods (lemon, rocket, olives) to help the liver process hormones and detox toxins, and support gut function.

These small steps help to restore gut microbiome balance and support estrogen metabolism by enhancing estrogen detox that is key to good hormonal balance.

Additional resources: [Joanna's circadian rhythm and sunlight blogs](#)



Key Factor #2



Poor digestion & nutrient absorption


Why it matters


Low stomach acid and sluggish digestion can reduce absorption of key nutrients like zinc, iron, calcium, magnesium and B vitamins - all are essential for hormone balance and gut function. Low levels impair protein breakdown leading to fermentation/ bloating, failure to activate enzymes/kill pathogens, reduce nutrient absorption causing deficiencies/ fatigue/ immunity issues, and promote dysbiosis/ SIBO/ Candida via weakened gut barrier.


To prevent poor digestion, low hydrochloric acid and impaired liver function (liver detoxes hormones), focus on whole food diet and avoid processed foods. Additionally, thoroughly chewing your food and managing stress can help maintain healthy stomach acid levels and enhance digestion.



Natural swaps & tips

 **Support digestion:** eat slowly and chew thoroughly to support natural enzyme release. Avoid eating when stressed as stress slows down digestion. Consider herbal digestive bitters before meals to stimulate stomach acid and liver function.

 **Avoid drinking large amounts of water with meals.** This dilutes hydrochloric/ stomach acid impairing digestion and absorption. Small amount of water or herbal tea is OK, if needed.

 **To support digestion consider taking digestive enzymes** or have a small glass of warm water with lemon juice or apple cider vinegar 10-15 min before eating to stimulate digestion.

Better digestion means better nutrient absorption providing building materials for the body and smoother hormonal transitions.

Additional resources: [Check out Joanna's digestive aids blog.](#)



Key Factor #3



Inflammation & food sensitivities

Why it matters

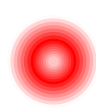
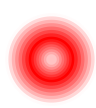

The gut is central to everything - your digestion, your immunity, your nervous system, and your hormones, especially during perimenopause and menopause.

Processed foods, alcohol, caffeine and food sensitivities can irritate the gut lining, leading to inflammation that disrupts hormone signaling, brain function and energy levels.

Research shows that chronic inflammation in the gut - fueled by stress, poor nutrition, and poor sleep, can create conditions for colorectal tumors to develop. Disruption of the microbiome and weakening of the gut barrier both play a role in tipping the body toward a pro-cancer environment.



Natural swaps & tips

-  **Focus on whole, unprocessed foods and reduce refined sugar and alcohol.** Stay hydrated, drink clean filtered water throughout the day (6-8 passes daily).
-  **Include anti-inflammatory foods including turmeric, ginger, berries and leafy greens.** Herbal teas such as peppermint, chamomile or dandelion root also help.
-  **If symptoms persist, consider a short food elimination period for common irritants** (gluten, dairy, soy) and observe how your body responds.

Reducing inflammation helps your gut heal and your hormones rebalance naturally.

Additional resources: [Check out Joanna's food sensitivities articles](#)



Key Factor #4







Stress & the Gut-Brain Axis

Why it matters

The gut and brain communicate constantly. Chronic stress can slow digestion, increase bloating, and alter gut bacteria towards pro-inflammatory varieties - all of which affect mood and hormone balance. A calm mind supports a calm, well-functioning digestive system.

Stress can significantly impact gut health by triggering digestive issues such as bloating, diarrhoea, stomach pain and food sensitivities. This is due to the gut-brain connection, where stress negatively affects gut function and can disrupt the balance of beneficial gut bacteria. The connection between stress and gut health is one of the clearest examples of how emotional wellness shows up in the body.

Natural swaps & tips

-  **Practice daily relaxation: deep breathing, meditation, walking in Nature or gentle yoga.** Chronic stress triggers inflammation as unwanted substances escape into the bloodstream via a leaky gut.
-  **Stress disrupts sleep and poor sleep weakens the gut lining.** Dim the lights and avoid screens 1-2 hours before bed. Aim for 7-9 hours of uninterrupted sleep in a cool, dark and quiet space.
-  **Move your body, gently and mindfully.** Movement doesn't have to be intense to help. Gentle movement can be just as powerful for gut support.
-  **Take short breaks during the day to reset your nervous system. Spend time outdoors** - nature helps calm both the mind and the gut.

Chronic stress impacts your digestion in profound ways. It changes microbiome, weakens gut lining, and can even raise risk of disease, including colorectal cancer.

Additional resources: [Check out Joanna's article on stress reducing holy basil herb](#)









Next steps

Gut-Brain axis = by supporting gut you support the brain and vice versa

Start with one or two of the tips and swaps today and notice how your energy and mood shift within a few weeks.

Your daily gut health checklist

-  Fibre-rich meals with vegetables and whole, unprocessed foods
-  Fermented food and other probiotic sources daily
-  Hydration - 6-8 glasses of water combined with herbal teas
-  Stress reduction and mindfulness practice
-  Sunlight and time in Nature for microbiome support
-  Consistent sleep and gentle evening routine

An invitation

What you have just read is one piece of a much bigger picture. Menopause can show up in **more than 100 different ways** across the brain, nerves, gut, joints, skin, mood and metabolism. That's why symptoms can feel confusing and hard to pin down.

I created **"The Menopause Symptoms and Systems Guide: A practitioner's guide to the physical and emotional changes of the menopause transition"** to bring clarity to that complexity, and help you recognise what your body is communicating.

It includes a comprehensive symptom map and simple explanations of causes to help you see where your own patterns may sit. You may get it by clicking the button below.

[GET THE FULL GUIDE](#)

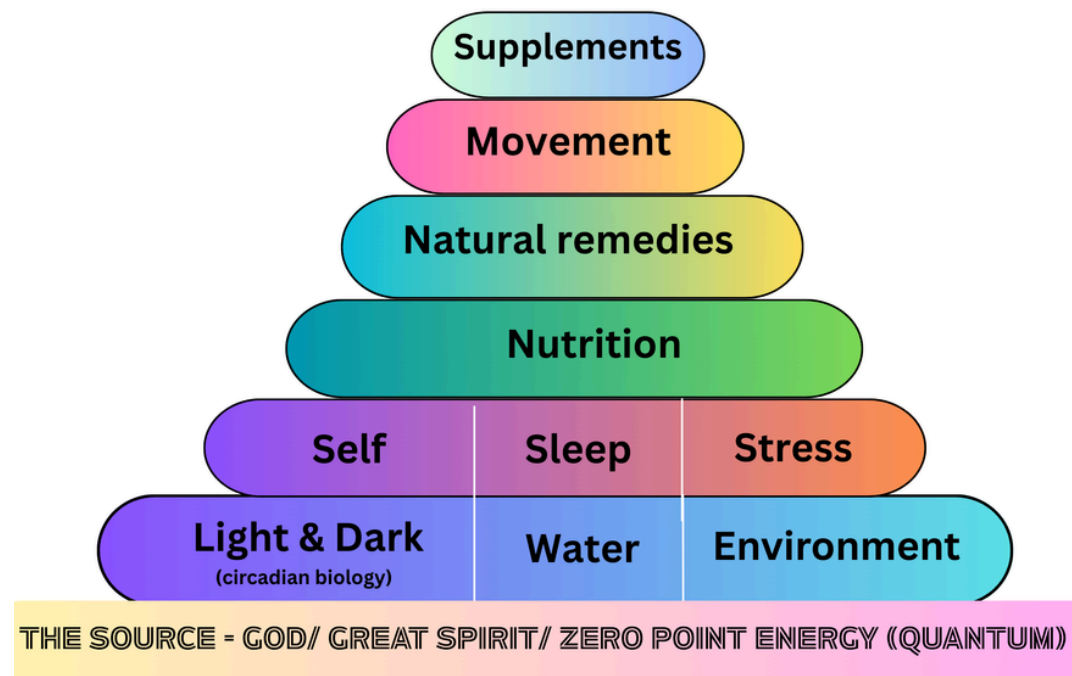
Inside, you will also find how my Naturimedica Blueprint approach supports the whole body, not just individual symptoms.

If you would like personal support, you can also learn how I work with women to create a natural, sustainable plan for their unique menopause journey inside the full guide and on the next page here.



The Naturimedica Signature Blueprint for Health & Wellbeing

One method. Many paths. Always personalised.



At the heart of the Blueprint lies a pyramid structure that reflects what, from my clinical and personal experience, truly drives lasting wellbeing:

- **~60% Lifestyle Foundations (i.e. two bottom layers = key to any transformation):** light and dark balance, hydration, nature connection and mindful environment, quality sleep and self-care and stress reduction.
- **~30% to 40% Nutrition:** real, nourishing food tailored to your body's needs.
- **~10% to 15% Supplements, Natural Remedies and Movement:** targeted support to fine-tune your health and body function.

This layered approach blends natural wisdom, science and personalisation, helping you move from any imbalance or hormonal challenges toward renewed harmony and energy. **The interconnected structure ensures that every step supports the next - restoring energy, balance and vitality from the ground up.**

Explore the Signature Blueprint graphic and method to see how each layer builds upon the next, creating strong foundation for lifelong wellness.

Download your free Naturimedica Signature Blueprint guide [HERE](#) (or from the website), then connect with me for personalised support to start your own transformation journey to health and wellbeing.

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Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause visit my website: www.naturimedica.com
Here are the links to the most relevant website information:

- <https://www.naturimedica.com/category/guthealthanddigestiveremedies/>
- <https://www.naturimedica.com/category/hormones-menopause/>
- <https://www.naturimedica.com/category/circadian-biology/>

If you'd like more information and simple, basic guidance on other specific perimenopause or menopause symptoms/ topics, the following FREE guides are also available to review:

- Hot flushes
- Weight loss
- Brain fog
- Sleep
- Hair loss
- Key symptoms overview
- Adrenals & energy
- Thyroid health
- Skin, nails, collagen
- Circadian Daily Light Guide: Practical steps + benefits
- Gut health
- Blood glucose management
- Anxiety & depression
- Osteoporosis

Feel free to contact me if you'd like any of the above guides emailed to you.

Email: joanna@naturimedica.com

I also regularly publish valuable free resources and practical tips on social media.

Follow me on

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About me



As a Wholistic Natural and Lifestyle Therapist with 15 years clinical experience, my passion is helping women to restore energy, sleep and vitality by reconnecting with Nature and its rhythms.

I combine nutrition, herbal medicines, naturopathy and lifestyle strategies with practical education, so clients can take charge of their own health.

My approach is grounded in both research and traditional naturopathy. My therapeutic strategies are always tailored to the individual.

I believe true health comes from following daily rhythms aligned with Nature, and from nurturing the body with good nutrition, sleep, rest and re-establishing good function, not quick fixes. The fact is: we can't outsmart Nature!

I've seen consistently how small, habitual changes add up to create big result over time. My goal is simple: to guide you back to health with tools and remedies that are natural, safe, sustainable and effective.

Visit my website www.naturimedita.com for more information on my therapeutic approach, areas of expertise and special interest, and how to connect with me.

Follow me on social media for more support and updates:

[Instagram](#)

[Facebook](#)

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[Wellness Blog](#)

I look forward to connecting with you and supporting you in your ongoing health journey.

Best of Health

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