



STRONG BONES AND FLEXIBLE JOINTS NATURALLY

A free and simple guide to supporting bone strength 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

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Welcome!

Are your joints stiff, achy or painful, especially in the mornings?

Have you been told your bone density is dropping or that you are at risk of osteoporosis?

Do your muscles feel weaker or slower to recover than they used to?

Oestrogen plays a major role in bone and connective tissue health, and menopause changes this.

Hi, I'm Joanna

Bone and joint health become especially important during perimenopause and menopause. As estrogen levels decline, bone density can decrease and joints may feel stiffer or more inflamed.

But bone and joint health are about more than just preventing osteoporosis, they're about maintaining flexibility, strength, and freedom of movement for years to come.

The good news? With a few simple and consistent daily habits, you can strengthen your bones and joints during the hormonal transition.

In my clinical experience, the key elements to address therapeutically for osteoporosis and bone health in menopause include:

- Restoring natural (circadian rhythms) and safe sun exposure
- Nutritional deficiencies and/or excess (toxicity)
- Gut detox and microbiome repair
- Diet review and monitoring
- Sleep and stress

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

This guide briefly covers

- ✓ The 4 key factors that influence bone health during menopause
- ✓ Natural ways to strengthen bones and reduce stiffness
- ✓ A daily checklist to keep your body strong and mobile
- ✓ Resources and tips that work



Key Factor #1





Declining estrogen & bone density

Why it matters

Estrogen helps regulate calcium absorption and bone renewal. When levels drop, bones can lose density more quickly.

Declining estrogen levels, particularly during menopause, can lead to decreased bone density and increase the risk of osteoporosis. Estrogen is crucial for maintaining bone strength, and its reduction accelerates bone loss, making bones more porous and prone to fractures.

Natural swaps & tips

-  **Include calcium-rich foods daily** - leafy greens, almonds, sesame seeds, sardines, dairy products (if tolerated).
-  **Ensure adequate vitamin D** - ideally from sunlight first then supplements, if required, to support calcium absorption.
-  **Add magnesium-rich foods** (pumpkin seeds, avocado, leafy greens, dark chocolate) to balance calcium and support bone formation.
-  **Include weight-bearing exercise** like walking, dancing, Pilates, or light resistance training.

Strong bones are built through daily nourishment and movement.

Additional resources: [Joanna's super greens blog](#)



Key Factor #2

Inflammation & joint stiffness





Why it matters

Hormonal changes can increase inflammation, leading to joint pain or stiffness.

Inflammation can cause joint stiffness by leading to swelling and pain in the joints, which often makes movement difficult. This is commonly seen in conditions like rheumatoid arthritis and osteoarthritis, where the immune system or “wear and tear” affects the joints. Joint stiffness and inflammation affects around 70% women in menopause. Therefore it needs special attention from the lifestyle and nutrition perspectives.



Natural swaps & tips

-  **Eat anti-inflammatory foods:** turmeric, ginger, olive oil, brightly coloured fruit and vegetables and oily fish (omega-3 fats).
-  **Reduce processed and packaged foods, sugar, seed oils, coffee and alcohol,** all of them promote inflammation.
-  **Stay hydrated to keep joints lubricated.** Drink 6-8 glasses of water daily with added minerals (electrolytes) to increase absorption and retention.
-  **Consider herbal support** such as boswellia, turmeric, or devil’s claw for joint comfort (always consult with a qualified practitioner before taking herbs).

Reducing inflammation helps joints stay flexible and pain-free.

Additional resources: [Check out Joanna’s inflammation and arthritis blog.](#)



Key Factor #3

Collagen & connective tissue health

Why it matters

Collagen provides structure and elasticity to bones, joints, and ligaments. Its production declines with age and lower estrogen.

Collagen is a crucial protein that provides structure and support to connective tissues, including skin, bones, muscles, tendons, and cartilage. Maintaining healthy collagen levels is important for overall connective tissue health, as it helps prevent issues like joint pain and skin ageing. Collagen is the most abundant protein in the human body, making up about 30% of its total protein content.

Foods that naturally contain collagen are typically animal-based, as collagen is found in connective tissues.

Natural swaps & tips



Include collagen-building foods like bone broth, gelatinous meats, eggs, chicken, fish, citrus fruit and berries.



Ensure adequate intake of vitamin C, zinc and copper to support collagen synthesis. The body cannot properly synthesise collagen without adequate levels of vitamin C, zinc, and copper.



Move and stretch daily to maintain flexibility and circulation in connective tissues, bones, joints and muscles.

Healthy collagen keeps joints supple and bones resilient.

[Additional resources: Check out Joanna's gotu kola herb for collagen synthesis blog](#)



Key Factor #4





Movement & posture

Why it matters

Sedentary habits weaken muscles and joints, while poor posture increases strain on the spine and hips.

Maintaining good posture and movement is crucial for preventing pain, injuries, and long-term health issues. Proper posture supports your spine's natural curves and reduces strain on muscles and joints, while regular movement helps prevent stiffness and rigidity.

Natural swaps & tips

-  **Move daily** - walking, yoga, swimming, or Pilates all support joint mobility.
-  **Focus on posture and core strength to protect the spine.** Activate your core: gently squeezing your core muscles (the muscles in and around your abdomen) can naturally straighten your posture and keep your spine in alignment.
-  **Move your body, gently and mindfully.** Movement doesn't have to be intense to help. Gentle movement can be just as powerful for bone support.
-  **Alternate sitting and standing throughout the day.** Include gentle stretching or foam rolling to release tension.

Movement is medicine for bones and joints.


Additional resources: [Check out Joanna's weight loss in menopause blog](#)



Next steps


Strong bones and flexible joints are built through consistent nourishment, movement, and care. By combining nutrient-rich foods, gentle exercise, and mindful rest, it's possible to stay active, comfortable, and strong well into later life.

Your daily bone & joint health checklist

 Calcium, magnesium, and vitamin D-rich foods

 Daily sun exposure (vitamin D) and time in Nature

  Weight-bearing and flexibility exercises

 Hydration — 6–8 glasses of water combined with herbal teas

 Collagen and herbal joint support

 Rest and recovery for tissue repair

  Stress reduction or mindfulness practice

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](#)

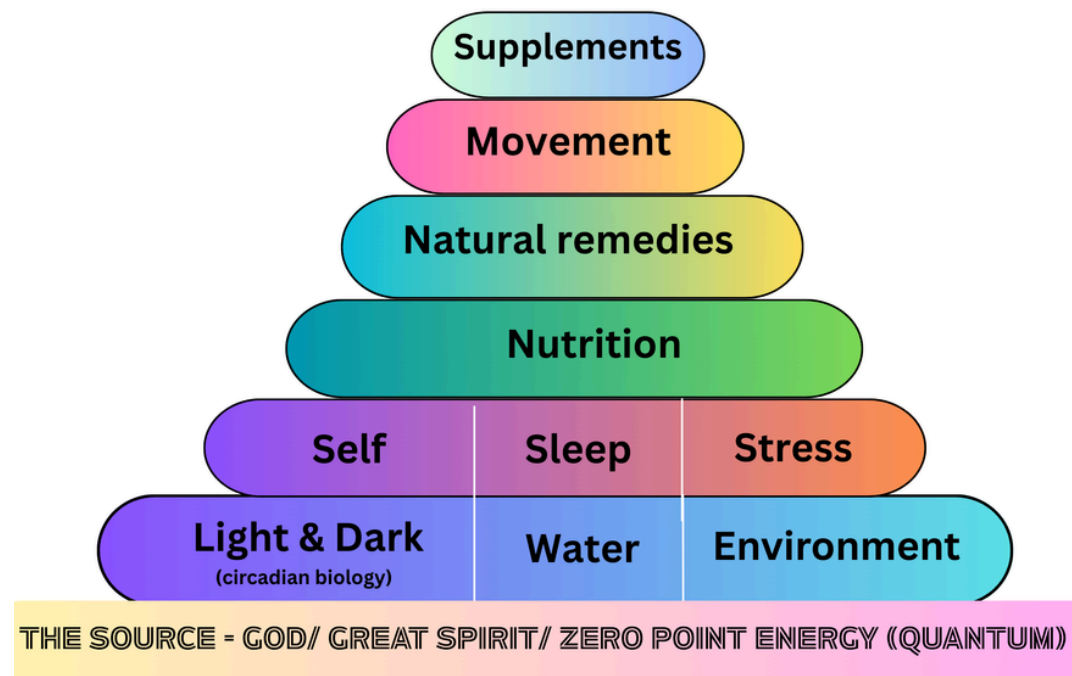
Inside, you will also find how my Naturimedica Blueprint approach supports the whole body, not just individual symptoms.

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:** eating 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 & 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/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
- Key symptoms self-check
- Gut health
- Weight loss
- Adrenals & energy
- Blood glucose management
- Brain fog
- Thyroid health
- Anxiety & depression
- Sleep
- Skin, nails, collagen
- Osteoporosis
- Hair loss
- Circadian Daily Light Guide: Practical Steps + Benefits

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 information on social media.

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About me



As a Wholistic Natural & 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.naturimedica.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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