

# Personalized Nutrition for Every Stage of a Woman's Life

**MAY  
2021**

Over the course of her lifetime, a woman's nutritional needs will change several times. From infancy to adolescence, from motherhood to menopause, change is constant. Good nutritional care is the key to navigating each transformation.

## Childhood

Children are notoriously picky eaters, but encouraging good food choices and making sure that kids are getting enough exercise are vital building blocks.

**Girls should be encouraged to:**

- Take a multivitamin to help ensure they're getting all the nutrients they need, including enough calcium for building strong bones
- Take a **fish oil blend** to help promote healthy brain development
- Engage in a variety of sports to allow for well-balanced muscle, bone and posture development

## Teen Years

Today's teens are reporting unprecedented levels of anxiety and depression. Balancing school, activities, friends and family can be stressful. For girls, there is peer pressure to be thin, and some may try restrictive diets at a time when their bodies are growing rapidly and need good food to supply their developing body.

In addition to continuing to take a **calcium supplement featuring vitamin D** exercising right for their type can help teens feel good inside and out.

**Blood Types A & AB:** Calming, centering exercises are best, such as yoga or tai chi. Not only do they allow for stress relief, but they also strengthen core muscles.

**Blood Type B:** Physical activity with a mental component—like cycling or tennis—can help occupy a busy mind while offering the benefits of movement. And outside time is always a plus.

**Blood Type O:** Team sports or martial arts can offer an intense workout to help to calm and bring balance. They are also great for building muscle and developing self-confidence.

## Early Adulthood

Busy young women want to be in great shape physically—but they also want to feel healthy and energetic to fully engage in things they enjoy while reducing stress from college or a new career.

Main goals for this phase include:

- Keeping up with regular exercise to keep physically and mentally healthy. As a bonus, it also makes skin glow and boosts energy.
- Working in weight-bearing exercises to build strong bones, tone muscles and manage stress. Regular check-ups are a must at this age—a physical, dental check-up, skin check, and visit to the gynecologist should all be yearly priorities.



## Childbearing Years

When it's time to think about starting a family, all the healthy habits developed and nurtured over the years will help tremendously. Consume the recommended amount of folic acid, as it has been known to help prevent certain birth defects.

- Find time to exercise, even when it's difficult. Exercise is essential for maintaining bone strength and preserving cardiovascular health.
- Get the recommended allowance of right-for-her-type fruits and vegetables whether cooking for herself or her family.
- Add a **probiotic** to her diet to help with digestive problems and irregularity—common during this stage of life.
- Get into the habit of performing monthly breast exams and if approaching 40, getting an annual mammogram.

## Menopause

Menopause can cause uncomfortable symptoms for some women, including hot flashes, night sweats, weight gain and moodiness. The good news is that eating right for her type can help keep some of these symptoms in check, or at least manageable. During this stage, it's important to prioritize:

- Exercising to maintain cardiovascular health, bone strength and flexibility. Many women find yoga and stretching exercises particularly helpful, as they are gentle on the joints and provide the mind-body connection that helps relieve irritability.
- Trying some **herbs that have been proven effective** in helping to alleviate some of the uncomfortable symptoms of menopause. Chaste tree berry, black cohosh root and dong quai root are among the most frequently prescribed herbs to relieve menopausal symptoms.
- Continuing to see a doctor for an annual physical and routine blood work, and to get annual mammograms—they can be life savers!

## Seniors

Both physical and mental exercises are important for senior women, as ease of mobility and cognitive function can decrease during these years.

**Physical health:** Exercises that focus on balance and flexibility are important, as good balance decreases falls and injuries.

**Brain health:** Since cognitive function may naturally decrease, learning something new—like a second language or a hobby—can challenge an aging mind to stay sharp.

Crossword or Sudoku puzzles can also help.

**Both:** Regular daily activity keeps the heart and muscles strong, while being socially involved through group activity stimulates the mind and elevates mood.

The important thing is not to restrict oneself by letting age become a barometer for potential success.

# May 2021 Special

Combination of supplements specifically for women, to provide calcium support and maintain a healthy hormonal balance.

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### Fem Balance

Supplement specifically for women, to ease the pain of menopause and promote healthy hormonal balance.

Contains a blend of herbs and vitamins to create a powerful formula that soothes the uncomfortable and disruptive symptoms that accompany menopause. While Fem Balance was intended for menopausal support, it may also help relieve monthly menstrual irregularities and discomfort.

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## Acupuncture for Menopause and Gynecological Issues

Acupuncture aims to help in restoring any imbalances and reaffirming harmony within the body through the insertion of needles at certain "acupoints". The insertion of needles in these specific acupoints then prompts pathogens to exit the body, reducing pain and allowing hormones to rebalance themselves. Acupuncture's targeted approach helps promote the healthy movement of energy and blood through areas of the body where problems exist.

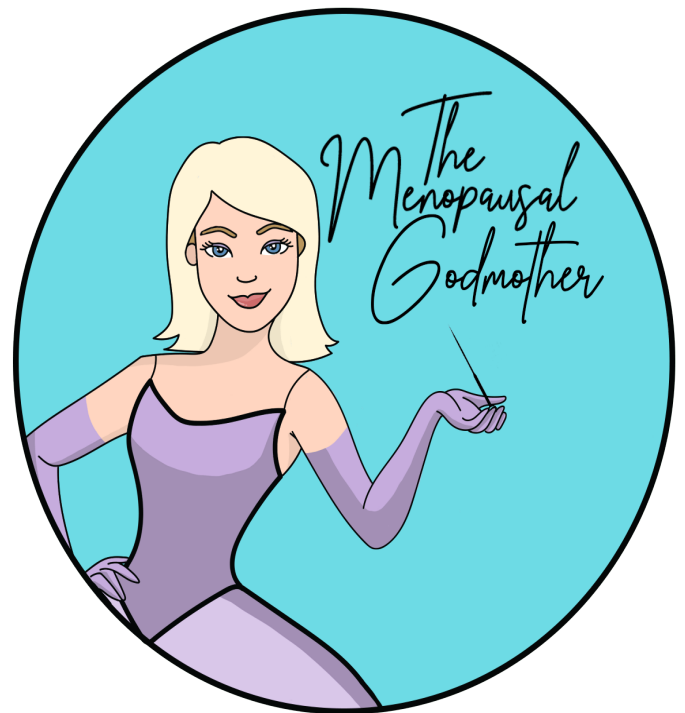
Acupuncture can help alleviate symptoms and underlying problems associated with:

- Premenstrual syndrome (PMS) or Premenstrual
- Dysmorphic Disorder (PMDD)
- Polycystic Ovarian Syndrome (PCOS)
- Post-Birth Control Pill Related Issues
- Interstitial Cystitis (IC)
- Irregular or Painful Periods (Dysmenorrhea)
- Endometriosis
- Chronic yeast infections

### How can acupuncture for menopause help?

Acupuncture for menopause is a healthcare treatment widely practised across the UK and the world to gently and effectively treat the physical, emotional and mental symptoms of menopause.

Menopause is a natural phase of life, not a disease, that should be almost unnoticeable when the body is in balance. When the body is not in balance, symptoms can include hot flushes, weight gain, night sweats, aching joints, changes in libido and low mood. This fundamental change in the functioning of the body can cause a whole array of other problems that can feel unpredictable and out of control.



Acupuncture for menopause can help alleviate your symptoms and underlying problems by:

- Balancing the release of various female hormones and neurotransmitters such as follicle stimulating hormone, luteotrophic hormone and serotonin
- Relieving muscle tension and pain
- Rebalancing heat and the flow of Qi which can be altered by the fluctuations in hormone levels

Source:[https://amae-acupuncture.co.uk/acupuncture-for-menopause/?fbclid=IwAR00EXhRWjsElz8DEWduVINcaiEPWfZ\\_GEZc-OXPHR05o8kZ2WJgxOa9b80](https://amae-acupuncture.co.uk/acupuncture-for-menopause/?fbclid=IwAR00EXhRWjsElz8DEWduVINcaiEPWfZ_GEZc-OXPHR05o8kZ2WJgxOa9b80)

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