



## ***Menopause Support* by “Vital Nutrients”**

120 capsules, offered for \$38.20

This is a proprietary blend of botanical medicines that help with the whole rainbow of perimenopause and menopause symptoms, ranging from hot flashes to poor memory.

Please refer to our handout, “**Menopause and Perimenopause Management at Cascade Acupuncture Center**” for a more detailed description of ways to approach your entry into this phase of life!

### Suggested dosing:

- Take 2 capsules 2x/day.
- Consider the addition of vitamin E (see handout) if hot flashes do not decrease
- Consider the addition of Custom Herbal Formula to address additional concerns more specifically
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Feel free to ask your practitioner any questions!

## ***Vitamin E* by “Vital Nutrients”**

100 gel caps at 400 IU each per bottle, offered at \$23.80

### Supplementation with vitamin E may be helpful for:

- Antioxidant effects
- Anti-inflammatory effects
- Asthma and allergies
- Arthritis
- Muscle cramping
- Painful menses
- PMS
- Fibrocystic breasts
- Menopause
- Cardiovascular health
  - May increase HDL cholesterol
  - May strengthen blood vessels
  - May prevent blood clotting (not advised to take large doses (>1000 IU/day) if already taking blood-thinners - ask your doctor for advice)
- Slows progression of Alzheimer Disease



**Please make sure your practitioners know about all medications you take, and any cardiovascular conditions you know about and are treated for.**

Suggested dosing:

- For perimenopause and menopause hot flashes, take 1 Vitamin E gelcap 2x/day
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**Bone Broth**

Bone broths are rich in bio-available (meaning easily absorbed and used by yourself) minerals including, calcium, magnesium phosphorous, silica, sulfur, and trace minerals. It also contains chondroitin sulfates and glucosamine, and gelatin. Fish stock also includes iodine and other substances that help the thyroid. Bone broths can be made from chicken (simmer 24 hours), lamb, beef (simmer 48 hours), pork, buffalo bones or fish heads (simmer 8 hours).

You can freeze the stock for future use so you have it on hand.

**Stock Ingredients**

<ul style="list-style-type: none"> <li>• 2 lbs of soup bones and per gallon of water. (may roast for 30 min prior)</li> <li>• Meat (Brown meat prior to adding it to the stock to release more flavor)</li> <li>• 2 tbsp of Apple Cider Vinegar per gallon of purified water</li> </ul>	<ul style="list-style-type: none"> <li>• (Optional)Per gallon: 2 Carrots, 1 onion, 2 stalks celery, garlic (2 cloves in last half hour), parsley(last 15 min), seaweed</li> <li>• 2 tsp <b>Real Salt</b>, 1 tsp peppercorns, other herbs and spices</li> </ul>
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Add bones, meat, apple cider vinegar to the water in the soup pot and let stand for 25 minutes. Add vegetables (optional) Bring to boil, at the start of boil turn down to barely a simmer. On Low simmer during the first 2 hours about every 20 min. scrape the scum off. Simmer for the allotted time. Strain into containers and catch the bones.

**Resources:**

Store bought Bone Broth is available at Farm Stand in Hood River, at 12th and June in the Heights (<http://farmstandgorge.com/>) or in Portland at <http://saltfireandtime.com/> or New Season's or Whole Foods. Or order it online: <https://www.bonebroth.com/> or <http://epicbroth.com/>

Articles:

- <http://articles.mercola.com/sites/articles/archive/2013/12/16/bone-broth-benefits.aspx>
- <http://wellnessmama.com/5888/how-to-make-bone-broth/>
- <http://nourishedkitchen.com/bone-broth/>
- <http://www.westonaprice.org/health-topics/broth-is-beautiful/>

Bone Broth information compiled by Scott Klein, LAc © 2015