ANDREA ANDERSON
WELLNESS
BALANCE. HEAL. THRIVE.

The Perimenopause Wellness Edit

Nourishment • Strength • Acupressure • Everyday Support

A supportive collection of tools to help you feel nourished, grounded and strong through the changing seasons of perimenopause.

A gentle, practical guide designed to complement - not replace - individualized healthcare.

Nourish Your Changing Body

Perimenopause is a transition, not a failure of the body. Consistent nourishment, resistance exercise, sleep support and stress regulation can help support strength, energy and overall wellbeing.

• Build meals around protein: tofu, tempeh, edamame, Greek yogurt or fortified soy yogurt, lentils, beans, eggs if included, cottage cheese, hemp hearts and quinoa.

• Prioritize fibre: vegetables, berries, pears, oats, barley, beans, chia and ground flax support digestive and cardiometabolic health.

• Include calcium-rich foods: fortified plant milks, calcium-set tofu, yogurt, tahini and leafy greens; vitamin D needs are best individualized.

• Choose unsaturated fats: extra-virgin olive oil, avocado, nuts, seeds and omega-3-rich foods such as chia, flax and walnuts.

• Notice personal triggers: alcohol, very spicy meals and excess caffeine can worsen hot flashes or sleep for some women.

Supplements to Discuss With Your Healthcare Professional

• Vitamin D: useful when intake or blood levels are low; dosing should reflect individual needs and local guidance.

• Calcium: food first when possible; supplements may be considered when dietary intake is insufficient.

• Magnesium: may help fill a dietary gap; some forms can cause diarrhea and it can interact with certain medicines.

• Vitamin B12: especially important for vegans and some vegetarians; dose depends on diet, absorption and lab results.

• Omega-3: algae-derived DHA/EPA is a vegetarian option. Discuss it if you use anticoagulants or have surgery planned.

• Creatine monohydrate: may support strength and lean mass when paired with resistance training; ask your clinician if it is appropriate for you.

Three Vegetarian Recipes

Warm Lentil + Roasted Vegetable Bowl
Ingredients: 1 cup cooked lentils, roasted sweet potato, broccoli, red pepper, 1 tbsp tahini, lemon, parsley, pumpkin seeds.
Simple method: Roast vegetables until tender. Spoon over warm lentils and finish with lemon-tahini dressing and pumpkin seeds.

Berry Chia Protein Overnight Oats
Ingredients: 1/2 cup rolled oats, 1 tbsp chia, 1 tbsp ground flax, 3/4 cup fortified soy milk, 1/2 cup berries, cinnamon, optional plain Greek/soy yogurt.
Simple method: Stir together, refrigerate overnight, then top with berries and yogurt.

Ginger Tofu + Edamame Stir-Fry
Ingredients: calcium-set tofu, shelled edamame, bok choy, mushrooms, carrots, ginger, garlic, low-sodium tamari, brown rice or quinoa.
Simple method: Brown tofu, add vegetables and aromatics, then tamari. Serve over a modest portion of whole grain.

Movement That Supports This Season

• Strength 2-3 days/week: squats to a chair, wall or counter push-ups, rows with a resistance band, hip hinges and step-ups. Start with 1-2 sets of 8-12 controlled repetitions.

• Walk most days: 20-30 minutes at a comfortable-to-brisk pace, broken into shorter walks if needed.

• Mobility: 5-10 minutes of gentle hip, thoracic-spine and shoulder mobility.

• Progress gradually: add resistance or repetitions only when technique feels comfortable.

Acupressure for Everyday Self-Care

Point	How to find & use it
SP6 - Sanyinjiao	About four finger-widths above the inner ankle bone, just behind the shin bone. Apply comfortable, steady pressure for 30-60 seconds per side.
PC6 - Neiguan	About three finger-widths above the inner wrist crease, between the two prominent tendons. Press gently for 30-60 seconds per side.
ST36 - Zusanli	Roughly four finger-widths below the kneecap and one finger-width lateral to the shin bone. Use firm but comfortable pressure for 30-60 seconds.
KD3 - Taixi	In the depression between the inner ankle bone and Achilles tendon. Use gentle pressure for 30-60 seconds per side.

Acupressure should feel comfortable, never sharp or painful. Avoid SP6 during pregnancy unless specifically advised by a qualified maternity-care professional/acupuncturist.

A Simple Weekly Rhythm

• Choose one protein-rich breakfast and repeat it on busy mornings.

• Prepare one grain, one legume/protein and two trays of vegetables for mix-and-match meals.

• Schedule two or three short strength sessions as appointments with yourself.

• Keep a brief symptom journal for sleep, hot flashes, mood, energy and food triggers to discuss with your clinician.

Important Wellness Disclaimer

This guide is for general education and wellness support only. It is not medical advice, diagnosis, or treatment and is not a substitute for care from your physician, nurse practitioner, pharmacist, registered dietitian, physiotherapist, or other qualified clinician. Supplements can cause side effects and interact with medications. Check with a qualified healthcare professional before starting supplements, especially if you are pregnant or breastfeeding, have a medical condition, take prescription medication, have kidney or liver disease, or are preparing for surgery. Stop any exercise or acupressure technique that causes pain, dizziness, shortness of breath, numbness, or worsening symptoms. Seek medical assessment for new or severe symptoms, heavy or unusual bleeding, chest pain, fainting, or other concerning changes.

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