

POWERED BY MPOWDER

# Big Ideas. Little Read.



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# Did you know that the food we put on our plate can make a big difference to our menopause experience?



Research by Kings College London into the diet of thousands of women in the UK in 2022<sup>1</sup> concluded that the hormone shifts of menopause have an impact on our metabolic rate too. This second finding is important.

- Many of us find ourselves gaining weight in midlife - particularly around our waists.
- Others may find new intolerances to foods previously eaten without issue.
- We may find ourselves constipated or bloated too.

We all know too much extra weight can pose a health risk. But, as critically, unexplained weight gain and gut discomfort can also have a big impact on how we feel. We may start a cycle of negative self-talk. View the added pounds as a sign of a lack of control or discipline rather than hormonal shifts. We may restrict calorie intake at the very point our bodies crave nourishment.

We may push ourselves at the gym at the very point where we would be better practising a little inner kindness.

Which is why this issue of the Little Read is dedicated to midlife nourishment in all its forms; from how we rethink our relationship with food to how we cultivate our view of midlife. From the store cupboard heroes and garden herbs that can deliver an added nutritional boost to familiar dishes and recipes, to the secrets behind the world's oldest societies.

Because, although we all experience menopause differently, I can say with confidence we are united by one thing: the wisdom we've collected in getting here.

**That wisdom is golden.**

We have so much to share. The females that follow us need to see us. The world needs us to take up space, not to get smaller and fade away. This is our moment to shine.



Rebekah Brown, founder of MPowder  
[www.mpowder.store](http://www.mpowder.store)



Want weekly midlife tips from leading experts direct to your inbox?  
Scan now to join our community.

1. [thelancet.com/journals/ebiom/article/PIIS2352-3964\(22\)00485-6/fulltext](https://www.thelancet.com/journals/ebiom/article/PIIS2352-3964(22)00485-6/fulltext)



# A nourished approach to midlife.

## The top foods that support our bodies and minds in menopause.

Many of us find our bodies respond differently to food as we transition through menopause.

Falling oestrogen impacts our bodies in so many ways. And the changes that can occur in our gut can be responsible for new food intolerances, gassiness, bloating, IBS-symptoms and acid reflux too.

Poor digestion can inhibit our ability to absorb nutrients. It can impact our ability to maintain a healthy weight. Critically, our gut is also responsible for up to 95% of the production of serotonin. Changes in our serotonin level can have a significant impact on how we feel, how we sleep - low serotonin levels may even contribute to the reduction of bone density in our bodies.

So, how can we better feed our bodies in menopause?

### 5 foundation principles:

1. Keep things simple and consistent. Dr Martins, our resident naturopath and herbalist, advocates a PFF approach to what you put on your plate - a good source of protein (P), a good source of fibre (F) and a good source of fat (F) should be the foundation of each meal. Easy!
2. Seek out anti-inflammatory foods such as wild oily fish, nuts and seeds alongside antioxidant-rich foods like berries, green tea and cocoa, and ensure a broad mix of vegetables on your plate. Brassicas or cruciferous vegetables have additional benefits - as do vegetables that are rich in phytoestrogens.
3. Explore healthy and delicious fats. Olive oil and coconut oil, nuts and seeds, avocado ... these fats are the precursors for our hormones and make up healthy cell membranes.
4. Swap out white, processed carbohydrates for wholegrains like quinoa, black, brown and red rice, and sourdough bread.
5. Explore foods rich in probiotics. Dairy kefir, water kefir, kombucha, sauerkraut, kimchi (even better if you can make your own!) are the best natural probiotics you can aim for.

And remember that digestion starts in the brain and mouth, so eat mindfully and chew your food very well (aim for at least 15 chews per bite).





## Garden herb heroes in midlife.

Our foundational powders work best when you build up new practices around them. In fact, our community members often reflect that the results our blends deliver over the first few weeks give them the energy to explore other tools and practices that have helped further.

So, if you're considering what you can do 'next' to nourish your body and mind, we recommend you start by exploring the value of herbs. MPowder prioritises specialist ingredients that can be tricky to find. But many of the herbs that our bodies benefit from in menopause are easy to source - a few are also very easy to grow! Here are just a few of our favourites:

- **Praise parsley!** High in folate as well as vitamin C and flavonoids, parsley supports healthy blood sugar levels and, due to its diuretic effects, can aid UTIs. Simply sprinkle handfuls onto salads and stir into sauces - or for a stronger boost, make an infusion using hot water.
- **Reach for rosemary:** High in antioxidants and anti-inflammatories, rich in aroma, this hardy herb could boost our immune system and help with blood circulation - small scale studies point to its potential in helping boost mood and cognition too.
- **Sage, we salute you:** Often found in the health food aisle, some people find it helps with hot flashes. More research is needed - but the herb is also a good source of vitamin K, A and C, packed with antioxidants and anti-inflammatory compounds as well as being rich in flavour.



And, as always when introducing nutritional changes, do your own research. If you're concerned about medical contraindications or have an underlying health condition, consult your doctor. Nature packs a powerful punch - even with familiar herbs.



## The science behind breath.

Have you ever stopped to think about the way you breathe - and how your breath changes in response to external stressors and internalised worries?

Breathwork - the practice of consciously using breath - is found in many ancient practices. And researchers now know there's a direct correlation between our emotional and mental state and the way we breathe<sup>2</sup>.

Adapted breath control sequences and exercises inspired by spiritual ritual can be found in the work of the Ice Man himself, Wim Hof, as well as a whole new category of self-help literature - with another fascinating book looking at the impact of breath on modern 'maladies', 'Breath, A New Study of a Lost Art', by James Nestor, hitting the shelves in 2020 and spending 18 weeks on the NYT best-seller list.

Advocates of breathwork assert that it can help with anxiety, sleeplessness, depression, reduce blood pressure and even help us manage pain.

### But, what evidence is there to show breathwork eases menopause symptoms?

Cognitive Behavioural Therapy (CBT), which uses a blend of breathwork techniques as well as mental exercises, is one of the best-researched approaches in this field. Researchers at Kings College London found it to be effective in three clinical trials for women going through the menopause and for breast cancer patients<sup>3</sup>.

In addition, researchers in the USA monitored the impact of CBT on a randomised group of women transitioning through menopause<sup>4</sup>. A promising number of participants across both studies reported improvements in hot flushes and night sweats, as well as other aspects of their lives. The practice is now recommended by NICE and The British Menopause Society<sup>5</sup>.

### Let's talk technique.

How we breathe matters too. Studies that looked at the potential of improved cognitive function have found that our brain responds better when we breathe in through the nose. Guided meditation practice actively uses a mix of nasal breathing and 'mouth breathing' to reach a meditative state.



### Box breathing.

If you're curious about the potential of breathwork on managing your menopause symptoms, getting started is easy. A search online will give you a range of exercises you can try.

Box breathing, also known as 4-square breathing, is a great introduction. It's called this because a box or a square has four sides, and this technique involves four counts of breathing in, four counts of holding your breath, four counts of breathing out and another four counts of holding your breath. It's even used by Navy SEALs to mitigate highly stressful situations! The technique is very simple:

#### Step 1:

- Inhale slowly through your nose while mentally counting to four.
- Concentrate on filling your lungs and abdomen with air.
- Let your body feel how air is filling your lungs.

#### Step 2:

- Hold your breath and mentally count to four again, slowly.

#### Step 3:

- Exhale slowly through your mouth while mentally counting to four.
- Concentrate on getting all the air out of your lungs at once.

#### Step 4:

- Hold your breath again for the count of four.
- Repeat the whole process again.

### Practice makes perfect.

As with all lifestyle practices, consistency is key. Commit to including breathwork in your daily routine for at least a month and track how it makes you feel over time.

Remember, breathwork can result in a powerful physical response. It's a good idea to consult your doctor before introducing a new practice to your routine if you have concerns. Always practise breathwork in a safe environment with people nearby. And if you feel lightheaded and nauseous, stop.

2. [pubmed.ncbi.nlm.nih.gov/18487316/](https://pubmed.ncbi.nlm.nih.gov/18487316/)

3. [bpspsychub.onlinelibrary.wiley.com/doi/full/10.1111/bjhp.12543](https://bpspsychub.onlinelibrary.wiley.com/doi/full/10.1111/bjhp.12543)

4. [journals.lww.com/menopausejournal/Abstract/2019/09000/Cognitive\\_behavior\\_therapy\\_for\\_menopausal\\_symptoms.6.aspx](https://journals.lww.com/menopausejournal/Abstract/2019/09000/Cognitive_behavior_therapy_for_menopausal_symptoms.6.aspx)

5. [thebms.org.uk/publications/tools-for-clinicians/cognitive-behaviour-therapy-cbt-menopausal-symptoms/](https://thebms.org.uk/publications/tools-for-clinicians/cognitive-behaviour-therapy-cbt-menopausal-symptoms/)

# How do you take yours?

Tips on integrating MPowder into your everyday. From people that do.

Your taste buds are as unique as your body - and your menopause journey. And we know that, alongside establishing a routine or ritual, finding a recipe that works for you is critical to integrating our blends into your everyday.

Here are just a few of the tips and hacks from our community.



## MPowder to go?

Not everyone has time to blitz our powders into a daily smoothie or breakfast bowl. If you need to dash out of the door in the morning, why not experiment with:

- **Pre-blended smoothie:** if you like MPowder best with berries, bananas and nutritious veg, why not pre-blend the ingredients and freeze them in batches in small freezer bags? Then, when you need to blitz and go, simply measure your powder into your blender, add the frozen smoothie block (we find pouring a little hot water over the freezer bag to loosen the block first helps), the liquid of your choice and you're done!
- **Overnight chia pot:** Mix your daily dose with chia seeds, the plant milk of your choice, berries, mashed banana and seeds and leave in the fridge overnight.
- **MPowder bites:** replace the protein powder in your favourite protein ball recipe with MPowder and get your daily dose across the day whenever you're peckish.
- **Greek yoghurt pot:** stir your daily dose into your greek yoghurt and top with fresh banana and nut butter for an extra protein hit.
- **Protein pancakes:** the beauty of pancakes is that they can be made in advance and stored in the fridge for a few days. Find a protein pancake recipe that you love and replace the protein powder with MPowder. Easy!
- **Blend on the go:** others in our community find a jam jar and a willingness to jiggle the easiest solution! To avoid your blend getting too stodgy in transit, measure your powder into a clean jam jar before you leave the house and add the liquid of your choice at the point you are ready to drink it. Then put on the lid and shake rigorously until blended!

## Struggling with bitterness?

A little sweetness can go a long way. But sugar and artificial sweeteners can have a big impact on hormone balance. So, why not try some of nature's gifts to soften the flavour of our blends?

- **1-2 pitted dates, soaked in water:** Dates are packed full of bone-friendly minerals including phosphorus, potassium, calcium and magnesium. They are also a source of vitamin K which is also needed for healthy, strong bones.
- **Vanilla Extract:** Vanilla has been used through the ages to support digestion. In fact, just the smell has been shown to help lower cortisol levels and reduce stress and anxiety. With antioxidant properties as well as good levels of b-vitamins, it can also support our skin.

- **Ceylon Cinnamon:** Also rich in antioxidants, Ceylon cinnamon (sometimes referred to as 'true' cinnamon) has been shown in research to reduce blood sugar, combat insulin resistance, support cognitive function and help with digestion.

- **Oats:** Oats are a wonderful gluten-free source of fibre as well as complex carbohydrates and B vitamins, which can help with energy levels. More importantly for those of us experiencing shifts in mood, the vitamins B1 and folate and the mineral selenium found in oats all help regulate and improve mood.

And remember, we're always on hand to support you if you have a query or a struggle with our powders. Simply drop us a line at [yourteam@mpowder.store](mailto:yourteam@mpowder.store) and we'll be in touch.



# Packing your toolkit for Part 2.

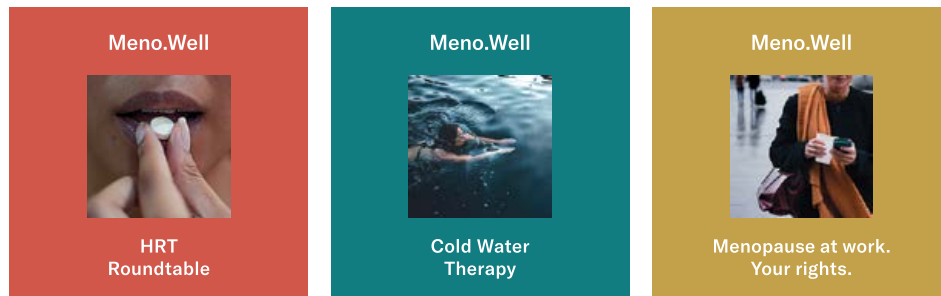
Cultivating curiosity. And letting go of what no longer serves you well.

MPowder is more than a product range. We're a community. And a key tenet of our work is focused on sharing insights and principles from the best midlife experts in our monthly online Meno.Well masterclasses. Menopause is a whole body and mind experience. And we know that the more we explore new practices, the better midlife can be. From the science behind acupuncture, to the latest research into CBD. From the benefits of HRT to the power of breathwork. From tailored nutritional advice to career coaching, sound baths, cold water therapy, moving with your cycle and much more, our sessions are designed to deliver knowledge as well as provide a valuable taster of practices before you dive in - so you can work out what works for you.

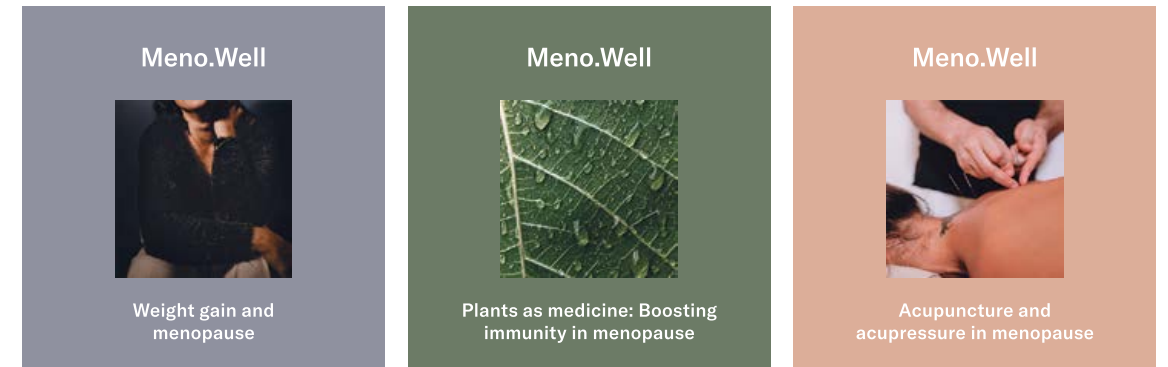
## The benefits of joining Meno.Well:

- Be part of intimate live audience online and ask your questions direct to leading experts in their field.
- Fast-track new friendships by getting to know the MPowder team as well as our wonderful community of midlife adventurers.
- Unlock exclusive offers and gifts from MPowder and visiting guests.
- Receive time-limited access to the Masterclass with show notes and additional reading / information sources the following week.

## WHAT YOU MAY HAVE MISSED



## What's up next?



**THU, 26 JAN 2023**  
19:00 – 20:00 GMT

**Weight gain and menopause.** How to shift from a focus on pounds to a focus on nourishment.

With Dr Martins, MPowder's resident naturopath and herbalist.

**THU, 23 FEB 2023**  
19:00 – 20:00 GMT

**Plants as medicine: Boosting immunity in menopause.**

With Dr Martins, MPowder's resident naturopath and herbalist.

**THU, 30 MAR 2023**  
19:00 – 20:00 GMT

**Meno.Well Masterclass: Acupuncture and acupressure in menopause.**

With Jo Darling, acupuncturist and chinese medicine practitioner.

Meno.Well tickets are £15 to MPowder community members and FREE to MPowder subscribers.

To find out more or to book your seat on the virtual sofa, simply head to [www.mpowder.store/pages/meno-well-programme](http://www.mpowder.store/pages/meno-well-programme) now.



# Blue zones and happy hearts.

## Lessons on a life well lived.

Menopause is, for many of us, a midway point. Far from being a sign of old age, if we're lucky enough, our generation will be the first to live 40-50% of our lives 'postmenopausal'. And, what we may find is that, as our bodies transition, our minds begin exploring what they want Part 2 to hold. The wisdom we have acquired leads us to question practices that no longer serve us. The increased empathy that comes with age results in a desire to perhaps find greater purpose - in work as well as in life. Far from fading away, this life-stage can be a stepping up point. An opportunity to do more, bring more, be more for those around us.

There is a growing body of research exploring societies where individuals don't just live to an old age, but 'age well'. The often-cited Blue Zones Research<sup>6</sup> identifies a number of common threads that appear critical in laying the foundations for a healthy postmenopausal life. People move in nature every day and eat a largely plant-based diet full of legumes and pulses. They prioritise a natural sleep cycle. They also feel valued and needed by those around them;

The Okinawans call it "Ikigai" and the Nicoyans call it "plan de vida;" for both it translates to "why I wake up in the morning." Knowing your sense of purpose is worth up to seven years of extra life expectancy ...

Source: Bluezones.com

And far from midlife and beyond being a period of diminishing life satisfaction, researchers at the University of Chicago have found that our odds of being 'very happy' rise 5% every 10 years<sup>7</sup>. We worry less about what others think. Studies show we also get better at training our attention on what really matters. And, in his brilliant book, 'Bolder; Making The Most Of Our Longer Lives', Carl Honoré cites research from the Stanford Centre on Longevity, which has observed that our amygdalae, the two regions of the brain that regulate the fight-or-flight response, become less responsive to negative input;



'That means we experience fewer unhappy emotions.'

Source: Bolder; Making The Most Of Our Longer Lives, Carl Honoré

Interestingly, researchers believe a healthy, long life is also about finding your 'tribe'; the people that support you in living well. Researchers have found that unhealthy habits spread across friendship groups - from how we eat to whether we prioritise exercise. As critically, they've also discovered that our view of the world is contagious too. According to research by the University of Cambridge<sup>8</sup>, we can become 'infected' by loneliness. Beautifully, we can 'catch' happiness too.

It's why we place such value on the community that surrounds MPowder. Not only does community encourage curiosity - perhaps the most valuable attribute we can cultivate during our menopause journeys - but it helps us reframe how we see ourselves and this next stage of life. And with that context, the insight from researchers, the support of experts across all life areas - and, of course, our foundational powders, we can step forward with confidence and vitality.

To find out more about our online community, visit us on instagram @mpowderstore, or find us on facebook in our closed group, **The Powder Room**. We'd love you to say hello.

### THE POWDER ROOM; WHERE THE BEST CONVERSATIONS HAPPEN.

"62% of women feel blind-sided or 'unprepared' for menopause. An increase of 1% since 2020."

- The GenM Invisibility Report Tracker, 2022



6. bluezones.com/live-longer-better/#section-2

7. news.uchicago.edu/story/age-comes-happiness-university-chicago-study-shows

8. cam.ac.uk/research/discussion/loneliness-is-contagious-and-heres-how-to-beat-it



# Meet MPowder's foundation supplement range. Powered by plants.

Our goal, when creating our first range of menopause supplements, was for you to get all the goodness critical at this life-stage in one easy-to-integrate serving, every day.



**Peri-Boost**  
 A comprehensive daily formula.  
 Boost your nutrient intake.  
 Nourish your body and mind.  
**FOR PERIMENOPAUSE AND WOMEN 40+**

Log the foundations for a balanced Peri-Boost. Formulated by our team of experts, and verified by our scientists, Peri-Boost has been developed to support your skin, bones, energy, plantain, metabolism, hormonal regulation and more in perimenopause.  
**POWERED BY DRACOBELLE™ NY MOLEMAN DRAGONHEAD**

<b>OVER 20 INGREDIENTS</b> 20+ individualised ingredients. Formulated for your body and mind. <sup>**</sup>	<b>NON-GMO</b> And free from BPA, lactose, gluten and artificial flavour.
<b>COMPLEX FORMULATION</b> Unique blend of ingredients for and formulated with vitamins and minerals, including A, B, C, E, K2, D3, B12 and Magnesium.	<b>NATURAL GOODNESS</b> Organic blends, Capsules, Lactose, Flavours, & more.

600g (17 oz) 100% VEGAN / FOOD SUPPLEMENT

**Meno-Boost**  
 A comprehensive daily formula.  
 Boost your nutrient intake.  
 Nourish your body and mind.  
**FOR MENOPAUSE POST-MENOPAUSE & WOMEN 45+**

Peri-Boost is about you. Formulated by our team of experts, and verified by our scientists, Meno-Boost supports normal energy, plantain, metabolism, cognitive function, regulation of hormonal activity, the reduction of wrinkles. We base of best research, mechanisms of action, and more in menopause.  
**POWERED BY ORGANIC KSM-66™ ADHUKANBARA & MACA**

<b>24 GENUINELY-LED INGREDIENTS</b> Formulated for your body and mind.	<b>NON-GMO</b> And free from BPA, lactose, gluten and artificial flavour.
<b>COMPLEX FORMULATION</b> Formulated with vitamins and minerals, including B1, B2, B6, B12, C, D3, E, K2, Magnesium, Omega-3 and Selenium.	<b>HONEST GOODNESS</b> Lactose, BPA, Gluten, Soy, and other & more.

600g (17 oz) 100% VEGAN / FOOD SUPPLEMENT

With 20+ different ingredients in every recipe, each with a specific role to play at each bio-chemical stage of your menopause journey, it doesn't feel fair to have favourites in our 2 foundation blends. But here are a few of the super-hard working heroes we love ...

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## Moringa

The leaves of the Moringa plant contain zeatin which feeds our skin, beta-sitosterol which can help lower cholesterol, anti-inflammatory acids supporting its potent anti-inflammatory properties, carotenoids that support eye health and calcium and phosphorous to nourish our bones naturally.



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## Raw Cacao

A rich source of magnesium which supports nerve function, bones, hormone balance, sleep and blood pressure. Magnesium is also an important mineral in supporting the body in regulating calcium. Research points to cacao's powerful antioxidant properties and its potential to improve cognitive function and skin health too.



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## Moldavian Dragonhead

Clinical research points to the potential of this member of the mint family in increasing skin moisture, skin elasticity, density and its ability to repair the skin's dermis layer. We use a highly concentrated botanical extract developed by our partner Mibelle Biochemistry, and customers consistently highlight visible changes in their skin.



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## Ashwagandha

We work with a highly concentrated source of this ancient herb called Ashwagandha KSM-66. It supports the libido and adrenals. And research has also highlighted its potential in reducing stress, anxiety and supporting hormone balance.



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## Red Clover

Trials have seen small doses of this herb deliver positive results in addressing hot flashes, regulating sleep and supporting bone mass density. It works best alongside a prebiotic.



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## Slippery Elm

Often called 'The King (shouldn't that be Queen?!) of Digestive Health', this herb is a prebiotic as well as an anti-inflammatory, with fantastic gut healing properties.



# Your taste is as individual as your body.

We said 'no' to artificial sweeteners and bulking agents ...

And 'yes' to wholefood-led Vegan Society accredited ingredients that simply work.



This makes us pretty different in the powdered supplement space. And our powders taste pretty different too. Earthy and nourishing, some find it great with water and ice, and some like to add other ingredients to create their own, unique blends.

Our brand is built on the wisdom and creativity of our community. So, to get you started with a few ideas on how you could use our powders, we've collected some of their favourite recipes. We're adding to our collection all the time. Whenever you're in need of inspiration, head to [www.mpowder.store](http://www.mpowder.store) for the latest tips. And, if you've a blend or hack you'd like to share with us, we'd love to hear from you — [yourteam@mpowder.store](mailto:yourteam@mpowder.store)



# Your body. Your journey.

Our powders deliver a big nutritional punch.



We provide recommended serving size guidance on the reverse of all our pouches. But, if you experience any discomfort or detox symptoms that extend beyond a few days, half your dose and gradually increase back to the recommended amount over 7 days.

And know we're always on hand to support you. If you struggle - with taste, with recipes, with your body's response to our blends, please do get in touch: [yourteam@mpowder.store](mailto:yourteam@mpowder.store)

# Change is good.

Your transition through the menopause will shine a light on many areas of your life. And that is exactly how it should be. Our powders provide an important nutritional foundation.

But how you live, what you want to prioritise, what new stuff you want to learn ... and what you want to do with your 'second spring' - well, those decisions will influence your journey too. We're here. To share the science, feed your curiosity and surround you with community. So, let's get started! This 'change' is good change.



With love, the MPowder Team.  
[yourteam@mpowder.store](mailto:yourteam@mpowder.store)

# Together we rise.

**MPowder is more than a midlife supplement range.  
We're a community.**

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And we grow almost entirely through  
personal recommendations.  
**Share your find.**

Discussion about menopause can feel uncomfortable.  
Research last year by Gen-M revealed that 2 in 3 of us  
still see it as a taboo topic. Yet, when we share our  
own experiences, our discoveries, our learnings ...  
those that follow don't feel so alone.

We each have the power to torpedo the menopause taboo,  
one conversation at a time. Collectively, we can lift  
each other up. And that is when good change happens.

**Share your discovery of MPowder with those you love.**

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**MPowder®**