

When do I take my supplements?

Once you know which ones to take then knowing when its best to take them can be tricky, especially as you reach midlife and you're juggling a handful a day! Scroll to the end of this guide for links to the main supplements and your discount 😊

Here are some tips for taking supplements:

1. Always take with food unless it says otherwise. This is the best way to get optimum nutrient absorption as they are digested and utilised
2. You can split them over the day, they don't have to be taken in the morning, some people find them better at lunchtime
3. Magnesium and Ashwaganda can be taken in the evening as they help you sleep. Calcium and Iron are too be taken away from food/drink (especially caffeine) as it can negate the absorption.
4. Multivitamins, and additional vitamins like C and D you can take earlier so you benefit during the day from the energy that they give you.
5. Oils like fishy ones may make you queasy so take with food. This goes for magnesium too until you're sure it doesn't give you a runny tummy. Switch to a vegan omega 3 oil (made from algae) as it's a purer source, or at least get a pure fish oil; cod liver oil is out of favour as can be heavily polluted nowadays.
6. A probiotic is usually taken first thing in the day on an empty stomach, around 20 mins before food and drink. A probiotic repopulates your gut with healthy bacteria you're most likely missing. This helps with a host of symptoms when you pop the bacteria in and also if you've suffered from malabsorption too. A probiotic is essential after taking antibiotics and can prevent you getting ill as it strengthens your immune system (your gut health IS your immune system).
7. Supplements in oils (fats) are the best ones for ultimate absorption (called liposomal) , however pure plant extracts are the purest to absorb and these come in capsules that are normally a brown/green colour and may smell a bit like vegetation – this is good! Chalky white ones that have the first ingredient of Calcium carbonate are ones that have been bulked out, they are usually larger and have no additional benefit, avoid these if you can as they are a false economy. There are some white ones like Magnesium but the first ingredient should be.... Magnesium.
8. Take them for a minimum of 3 months, but it can be 6 months to 2 years depending on your severity of symptoms (specifically Adrenal Fatigue). This is just an estimate, everyone is individual, listen to your body.

Supplement Starter Guide

Supplements are a mine field , where do you start if you don't have a clue?

I've put together all the starter supplements in one place, these will start relieving a swathe of symptoms plus build your energy back up and help your sleep, aches and ailments. I've spent 2 years finding a company that has enough of these good supplements in one place. Sourced from plants if the supplement states its **Bioavailable** or **Wholefood** it means you will absorb more of the nutrients.

It's taken me a few years to settle on Cytoplan, they are practitioner grade supplements, plant based and ethical. Use discount code **CYT122819-35-10R** just apply the once on your account, for 35% off your first order and 10% all subsequent orders (even sale items), and it states you've been registered with a practitioner:

Copy and paste this code for to access your discount and it's set for life!

CYT122819-35-10R

Multi vitamin - you need all these microminerals to support all of your general health whether nervous system, lungs, brain, bones and muscles. The women's whole food is high in vitamin B complex for energy and hormone health balance. It helps the excess cortisol that you have from stress do its job which eases a lot of symptoms. If you require lower iron and you're a woman choose the men's link, as this is the lower iron dose:

[Shop Women's whole food multi vitamin](#)

[Shop Men's whole food multi vitamin](#)

Magnesium. You will be deficient in Magnesium , that's a fact! Supports over 300 systems in your body and can be the root cause of sleep interruptions around 4am and muscle issues. Take up to 450/500mg a day, however start with one and check it doesn't affect your stools/gut:

[Shop Biofood Magnesium](#)

Borage/Starflower - Essential fatty acids we can't produce (greater amounts than Evening Primrose)

[Shop Borage](#)

Omega Balance (vegan) oils - If you don't eat oily fish twice a week (but I suggest you take anyway) and if you have brain fog, overwhelm, achy joints add in your Omega 3 essential fatty acid.

[Shop Omega Balance](#)

Vitamin C + Bioflavonoids if you're experiencing Hot Flushes, but also helps to promote collagen growth (i.e. sagging skin) and support immunity. Vitamin C is one of the most important ones for aiding good cardio

vascular health during and post menopause (and men too!) Also aids elasticity and lubrication (i.e. less likely to have prolapses). Can take 1 to 2000mg a day.

[Shop Vitamin C](#) or [Organic Vitamin C](#) (if you're orange/ascorbic acid intolerant)

Ashwaganda if you're anxious, tired but can't relax. Aids a better quality of sleep and calms your adrenal release. Definitely take if you're awake between 4 and 6am, along with Mg and MV.

[Shop Ashwaganda](#)

Vitamin D3 - we can't get enough from the sun, along with Magnesium and Calcium help aid bone strength, also boost Lung strength and immunity. With vitamin K2 for effective absorbency. Can take up to 4000iu a day if you suffer from low moods.

[Shop Vitamin D3/K2](#) Other D3 options available on the website

Vitamin B12 - if you really are low in energy then this could be a real booster for you. You get a decent amount of the B complex in most women's MVs but a B12 boost may help energy levels further.

[Shop vitamin B12](#)

Rhodiola - a real energy booster, can be taken alongside Ashwaganda, but only if advised. Could be too stimulating if you're exhausted, just stick to the Ashwaganda for the first 3 months.

[Shop Rhodiola](#)

Glutathione/ NAC - you can alternate these, they are amino acids that heal at a cellular level. Good for the liver and gut they heal inflammation and help with nutrient absorption.

[Shop Glutathione](#) [Shop NAC](#)

Agnus Castus (chasteberry) – for boosting your progesterone. If you still have periods and issues with your hormones then to aid balancing of the oestrogen try this.

[Shop Agnus Castus](#)

Phytoestrogens (soy isoflavones) only take if erratic/scant periods or finished and you have heat symptoms or you're known to be low in oestrogen and are looking for a plant alternative. However more women are intolerant to soy so I would suggest **Red clover extract** (a purer form of phytoestrogen but not as strong as soy).

[Shop Phytoestrogens](#) Red clover extract is currently unavailable at Cytoplan I've sourced from supplemented.co.uk

Marine Collagen - Type I Collagen peptides, used to support the structure, elasticity, texture, strength and resilience of the skin. Internally to prevent arterial stiffness and prolapses. Also keeps body lubricated. Very beneficial for wound healing/ operation scars.

[Shop Marine Collagen](#)

Daily liver detox support – everyone will need this at some point. Very definitely if you're experiencing any heat or irritability symptoms, and especially if you feel pain under the lower right rib cage, regular nausea, nights sweats, putting on belly fat, or concerned about high blood pressure, your heart health, or diabetes.

[Shop Cytoplasm Liver Health](#)

Hormonal liver detox - 2 specific supplements (DIM (with Calcium D Glucarate) , and Sulphurophane 'Plant Power') a powerful combination to cleanse your system of dirty hormones which have been introduced via the food chain and could be adding to your weight gain around the middle.

[Shop DIM](#) and [Plant Power](#)

Probiotic – BIOLIVE - The top supplement for your gut and brain health, metabolism, energy levels and immunity. With a range of 10 there is something to support you. Look for *Revive* if you have gut health issues then follow onto *Gold*, *Liver* if you have heat symptoms, *Breathe* for lung support, *Resilience* for Immunity, *Sleep* for sleep!

For peri/menopause shop [Women](#) (if you have periods that are irregular or heavy or you have known hormonal issues) or [Liver](#) (post periods/have night sweats, hot flushes)

Use this code for a **15% discount** on *all orders* with **MBZCM15**, from [Microbz](#). If you are unsure which to get this will be based on your symptom set, book a call with me.



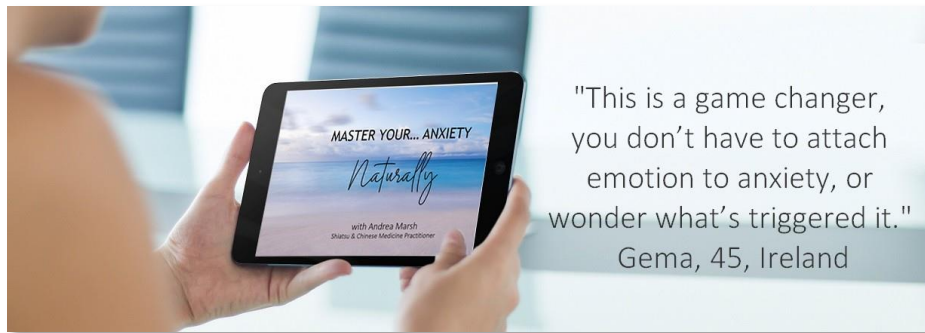
Support from Andrea at Shiatsu Bodyworks

If you're not sure where to get started then a 15 minute clarity call may suit you, [book here](#).

If you would like to start with a treatment, have a look at the [options here](#).

There are many other options to support you too, how to alleviate anxiety (a guide to understanding and relieving the physical cause), supporting you through a liver detox, plus my popular 28 Days programme (live

group or videos) for those of you who would like support as you step through your changes. All my support options are on my Cotswold menopause site [here](#).



About Andrea

Andrea is a Shiatsu and Chinese Medicine Practitioner, with over 15 years experience who learnt that supplements were her solution to a majority of her symptoms when she researched the depletions caused by health changes in midlife. She now can help you zoom consultations as well as running a daily shiatsu practise from her home in Cheltenham.

Lifestyle is your medicine