



Happy May!

While the weather doesn't remind us of Spring lately (except today), May is upon us and with that, there is much to celebrate including **Women's Health Month!**

There is no better moment than now to shine a light on women's health as we celebrate mothers and mother figures on *Sunday May 10th*.

For this month's newsletter, we will be specifically focusing on a chapter of women's lives that every woman will experience, yet is often under-discussed: **menopause**. With nutrition interventions being researched and women finally having more evidence-based recommendations to follow for menopause, we will explore the current nutrition guidelines including how **the Mediterranean dietary pattern** can help with symptom management and disease prevention. Let's make **May** a month of good health not just for women but for all!

AND, we have just announced our **Spring Nutrition Summit** - created by yours truly and Nancy Bevilacqua, Registered Dietitian, "**She Blooms: Women's Nutrition Summit**" is for all women! Scroll down to link to Eventbrite to learn more and order your tickets. Limited seating! Pre-sale on now!

We hope you enjoy our newsletter, and as always we welcome your feedback!



Filomena Vernace-Inserra
Your Registered Dietitian &



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Newsletter Contributor



Women's Health Focus: Menopause

Menopause is a completely natural life transition for women, yet until recently it's not been talked about, nor researched adequately! Because of that, many women have found themselves navigating it with uncertainty. Sometimes, women are navigating to self-proclaimed "experts" who are not qualified to speak about hormones, menopause or women's health. Yet if you have spent any time on social media, there has been an explosion of influencers who suddenly are experts in this area - with no credentials, training or research background.

Many of us can attest that the hormonal changes during this time of life can affect energy, mood, sleep, metabolism, and bone health. The good news is that with the right support and knowledge, especially through nutrition and lifestyle, you can help your body adapt and feel your best.

The Importance of Hormonal Health

Hormones act as the body's internal communication system. As a woman transitions into menopause, estrogen and progesterone levels decline and follicle-stimulating hormone (FSH) and luteinizing hormone rise (LH) ¹. FSH and LH are produced in the brain, specifically the pituitary gland. Because of this, we see ripple effects across multiple systems, causing symptoms which can vary substantially from person to person. This is normal!

Regardless of which phase of life women are in, prioritizing hormonal health through balanced nutrition, stress management, and movement can help ease symptoms (menstrually, menopausally) and support long-term well-being^{2,3}.

The Menopause Society⁴

Did you know that **The Menopause Society** is an organization that exists? In fact, it is dedicated to addressing important and up-to-date issues relating to women at midlife and beyond. Their position statements (think of this as an official document of expert opinion on a topic) provide evidence-based, expert-guided recommendations for managing midlife women's health.

Below are summaries of the Menopause Society's key position statements:

1. *Non-hormone Therapy (2023)*

While hormone therapy is still considered the most effective option for managing menopause symptoms (think of these as hot flashes, mood changes, sleep disturbances), there are several non-hormonal approaches that can help minimize symptoms including dietary changes, clinical hypnosis & cognitive behavioural therapy.

Click [here](#) to learn more

2.Hormone Therapy (2022) now called Menopause Replacement Therapy

Menopause Replacement Therapy is highly effective for relieving menopause symptoms and can improve sleep, mood, and quality of life. It involves taking estrogen (and possibly progesterone) which can help to relieve symptoms.

For many women, especially those early in menopause, the benefits of menopause replacement therapy are many however it's a personalized decision based on health history and symptom severity and should be discussed with a medical doctor.

Click [here](#) to learn more

3.Management of Osteoporosis in Postmenopausal Women (2021)

Bone health becomes especially important during and after menopause, as declining estrogen levels accelerate bone loss and increase the risk of osteoporosis (thinning of the bones). This condition often develops silently, without symptoms, until a fracture occurs, making prevention key.

Strategies like adequate calcium and vitamin D intake, regular weight-bearing exercise, and, when appropriate, medical therapies (including hormone therapy) can help protect bone health.

Click [here](#) to learn more

4.Genitourinary Syndrome of Menopause (2020)

Genitourinary Syndrome of Menopause (GSM) is a common but often overlooked condition involving vaginal dryness, discomfort, and urinary symptoms due to low estrogen. Unlike other menopause symptoms, it typically worsens over time, but can be effectively managed with the right support. Some recommended treatment options include:

- Non-hormone remedies
- Vaginal hormone therapy
- Oral estrogen therapy

Click [here](#) to learn more

The Mediterranean Dietary Pattern

Symptom support through nutrition is also a highly researched and recommended intervention for menopausal women. In particular, the mediterranean dietary pattern shows meaningful health benefits for women during menopause. It is associated with reductions in weight, blood pressure, triglycerides, total cholesterol, and LDL cholesterol⁵.



This diet is high in fibre, lean protein, and healthy fats, while being low in saturated fats and sugar. It focuses on whole, minimally processed foods: think vegetables, fruits, whole grains, legumes, nuts, seeds, olive oil, and lean proteins like fish, including nutrients that support heart health, brain function, and inflammation regulation, all of which become especially important during and after menopause⁵.

Click [here](#) to learn more about the mediterranean dietary pattern

Soy-based foods for symptom support

Soy foods have been widely studied in relation to menopause, particularly because they contain isoflavones, plant compounds that have estrogen-like activity in the body⁶. The evidence for hot flash relief is mixed, telling us that soy foods may be helpful to some women as some respond better than others, but it is not a standalone solution⁶.

Other results from studies found that potential benefits of soy foods can help with mood and depression, palpitations, and headaches in menopausal women⁷. It was also found that whole soy foods, such as tofu, soy milk, and edamame, may be more beneficial than soy-based isolated isoflavone supplements⁶.

In all, soy foods may offer modest, symptom-specific support for some women during menopause, particularly when included as part of a balanced dietary pattern. However, they should be viewed as a supportive option rather than a primary treatment.

**Are you interested in learning more about
your health as a woman?**

**Do you want to cut through the noise of conflicting nutrition
advice and misinformation?**

We are planning this just for you!

Introducing the...

Women's Nutrition Summit

Sat. June 27th, 2026

Novotel Vaughan, Bass Pro Mills
9:30am-3pm



"She Blooms" is a one-day summit hosted by yours truly Filomena Vernace-Inserra & Nancy Bevilacqua, award-winning private practice Registered Dietitians in Vaughan.

This summit will be a trusted space where women can access clarity, confidence, and credible information about their health, with the promise to:

- Cut through nutrition and health misinformation with clarity and confidence
- Deliver practical, evidence-based strategies women can apply in their day-to-day busy lives

- Promotes a message of balanced, sustainable nutrition — not extreme, misguided promises
- Build community and connection among women

Click here for early registration! For more information and to register (take advantage of the pre-sale savings), click [HERE](#)

Stay tuned for more information including our key note speaker, sponsors & giveaways, and LIVE chef demo featuring plant-forward recipes!

Mother's Day - Sunday May 10th 2026



Look out for our next newsletter this coming weekend as we share great ideas on how to celebrate the mothers, grandmothers, and mother-figures in your lives!

-May's Recipes- featuring the mediterranean diet

**Mediterranean bowl with
salmon**



**Sheet pan balsamic veggie
bake**



**Whipped feta dip with roasted
olives**



**Greek quinoa salad with
avocado**



Layered Shawarma dip



References

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