

orthomol femin



Information for patients

Naturally female.  
Throughout the  
change of life.

We Value  
Your Health.

orthomol



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## Change your perspective!

Nowadays, women who are going through the change of life have a wealth of experience to draw on. Their children are grown up and have usually left home and the women have their responsibilities at work or in the home down to a fine art. This should be seen as an ideal opportunity for a change of perspective: now, at last, they can start thinking more about themselves again and decide how to shape the years to come. Making plans, beginning new hobbies, or fulfilling long-cherished dreams – all this is now possible.

Despite the physical and emotional upheaval that is frequently associated with the change of life, women can devote all their energies to this stimulating stage in their lives. Besides a positive attitude towards the notion of ageing, much can be done to bring about a feeling of well-being – primarily through a well-balanced diet with the correct micronutrients, sufficient exercise and conscious relaxation.

We have put together a wealth of information and tips on the change of life in this brochure to ensure that you can make the most of your new opportunities while feeling at one with your body.

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# The emotional rollercoaster

The change of life is a time of hormonal activity. The hormone production in the ovaries gradually decreases until they cease to function.

This not only means that a woman's fertility draws to an end, but also that the whole body must first become accustomed to the changes because the sex hormones influence many different areas.

The duration of the change of life varies from woman to woman – on average it is roughly 10 years. However, the loss of estrogen has the same effect on all women, although this is felt to differing degrees. The effects include, for example, changes to the fat and bone metabolism, weight increase, as well as temporary symptoms such as hot flushes and profuse sweating.

## The meaning behind those specialist terms

The term “*climacterium*” is used by medical professionals for the change of life; the *menopause*, on the other hand, is essentially defined as a woman's last period. However, this term can only be applied if there are no more periods for twelve months – the exact time of the menopause can therefore only be determined afterwards.

Accordingly, the *pre-menopause* is the time before the menopause itself. During this phase, bleeding still occurs, frequently with the typical cycle irregularities that are typical of hormonal changes.

The *post-menopause*, on the other hand, begins around 1-2 years after the actual menopause.

Although the hormonal change lasts for several years, the typical complaints do not necessarily appear throughout.

## Simple tricks can often be used to reduce the effects of hot flushes:

- Regulate your circulation by pouring cold water over the inside of your wrist.
- Try not to smoke, because this increases the likelihood of hot flushes.
- Profuse sweating is frequently triggered by certain causes, e.g. alcohol or hot and spicy foods. Try to recognize these individual causes – so that you can avoid them easily.
- Stress or fear can also cause hot flushes. Relaxation techniques such as yoga, meditation or autogenic training can help the soul and body to find peace and calm.

# Hormonal changes and lifestyle

At this stage in life, making “Quality, not quantity” your nutritional motto will be a big step in the right direction. This outlook will help you to deal more successfully with one of the most common problems encountered during the change in life: keeping your weight down. Although many women do not eat more than before, they tend to put on weight at this time. The weight increase is due on the one hand to the change in the hormonal balance – roughly between the ages of 45 and 54 – and on the other simply to the ageing process. The volume of energy-consuming muscles gradually decreases, making the way clear for fatty tissue to increase.

## Fruit and vegetables keep your body weight stable

If at all possible, the number of calories consumed per day should therefore not exceed 2,000-2,300 kcal. High-quality foods – natural rather than processed – are not only good for your body, but also give your taste buds a treat: fruit, vegetables, fish, low-fat dairy products, wholemeal products and lean meat should form the basis of your diet. A well-balanced diet in the long term is the best guarantee for good health and stable body weight. Crash diets, on the other hand, often give rise to a yo-yo effect and restrict the supply of micronutrients that the body badly needs at the present time.

A sensible calculation of the body weight is provided by the “Body Mass Index” (BMI). It is calculated as follows:

$$\frac{\text{Body weight}}{\text{Height (m)} \times \text{Height (m)}}$$

The body weight is evaluated as follows using the calculated value: A BMI between 20 to 24.9 indicates normal body weight, from 25 to 29.9 means that you are overweight, from 30 to 35 indicates obesity (adiposity), and anything above this value means serious adiposity.

## How the BMI works

For example: A woman is 1.65 m tall and weighs 74 kg

In this case, the BMI is calculated as follows:

$$74 : (1.65 \times 1.65) = 74 : 2.72 = 27.2$$

The woman is therefore only slightly overweight and need not worry as yet. However, extra care should be taken if risk factors such as high blood pressure, excessively high blood lipids, diabetes or joint illnesses (arthrosis) are involved. In this case, it can be good for your health to lose weight until a normal BMI is reached. Otherwise, from a nutritional point of view, there is nothing wrong with a BMI of 27 for women aged over 45 – and the value should not fall below 22. Thin and underweight women appear to be more prone to osteoporosis.

### **Eating the right food is the key to achieving your ideal weight**

Wholemeal products should always be preferred because they not only provide valuable nutrients, but they also keep hunger at bay for longer. This automatically reduces the calorie intake. The same effect can also be achieved by drinking sufficient quantities of liquids. People who drink large amounts of mineral water and herbal and fruit teas tend to feel less hungry and can keep their body, particularly the skin, looking and feeling fresh.

During the change of life, [food should fulfill two needs](#): on the one hand, it must not contain too many calories, and on the other hand, it must provide your body with a sufficient quantity of all micronutrients.

### **Exercise harmonizes body and soul**

The results of conscious eating can be enhanced even further by integrating exercise into your everyday life and by engaging in sporting activities. The primary focus is naturally on improved weight control and physical well-being, but sport can achieve much more: it strengthens the muscles and bones, helps to prevent osteoporosis and tightens the skin. Don't forget: [exercise counteracts stress and soothes the soul](#).

If at all possible, try to plan sport into your routine three times a week and opt for the bicycle rather than the car whenever you can. This counteracts muscle reduction and boosts energy consumption. Endurance sports such as brisk walking, cycling, swimming or hiking help you burn off an ideal amount of fat. Half an hour per training session is ideal. Keep checking your pulse: train aerobically, i.e. ensure that your breathing can still provide enough oxygen.

[As a general rule](#): you should still be able to talk while doing sport. If you want more precise information, calculate your aerobic pulse span. This is dependent on your maximum pulse frequency, which is calculated as follows:

#### **220 minus age = maximum pulse frequency**

Your aerobic pulse span is 70-85% of the maximum pulse frequency – while in this zone your stamina is trained effectively and that unwanted fat will soon disappear.



## How micronutrients can help

Newcomers to sport should visit their healthcare professional for a check-up and begin their training at a moderate level. 60-70% of the maximum pulse rate is sufficient. Check your pulse with an appropriate measuring device which can be purchased in any good sports store.

If you prefer something not quite as sweat-inducing, but very effective for firm contours and increased agility, then go for gymnastics or the current trend, Pilates. You can also get yourself into shape in a fitness studio – the wide range of courses available will keep your training diversified and you also get to meet like-minded people there.

Massages, swimming pools or visits to the sauna cultivate that feeling of well-being and a radiant appearance. In the same way as sport, they also release happiness hormones that are produced by the body. So now and then, set some time aside for yourself. You will be able to relax and recharge your batteries for the rigors of everyday life.



During the change of life, your body is exposed to many different demands – which is why it is also important to tailor your diet to these specific requirements. A sufficient supply of nutrients is particularly important at this stage.

**Macronutrients** are our main source of energy. These include proteins, carbohydrates and fats; the fats themselves contain different quantities of saturated and unsaturated fatty acids. Predominantly saturated fatty acids are found in butter or lard, mono- or polyunsaturated fats are found above all in vegetable oils or fish oils – these are important for your health.

Examples of unsaturated fatty acids, which are very important for our health, include **omega-3 fatty acids** and gamma-linolenic acid. Omega-3 fatty acids have a favorable effect on the fat metabolism, for instance, and are good for the heart. Omega-3 fatty acids are contained in fatty coldwater fish such as salmon, herring and mackerel – two portions of sea fish should therefore be eaten every week. Gamma-linolenic acid is contained in the seeds of evening primrose, borage and blackcurrants and protects the skin against dryness. Due to the particularly positive effects of the two essential fatty acids, nutritional supplementation is always a good idea.

Although your body only needs the tiniest amounts of **micronutrients**, they are vitally important for your health. Rather than supplying energy, micronutrients ensure that the macronutrients are properly utilized; this involves numerous metabolic processes. For this reason, there are a large number of micronutrients: these include vitamins, minerals and trace elements. During the change of life, the need for certain micronutrients can increase.

**The following information details some characteristics and features of micronutrients that are particularly needed during the change of life:**

The group of **B vitamins** includes vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub> and B<sub>12</sub>; it also includes nicotinamide, pantothenic acid, folic acid and biotin. Every single one of these vitamins plays its own important role in the body, but they have one thing in common:

They are involved in the energy metabolism and growth within the body. They have central responsibilities related to the regeneration of nerve cells, skin, mucous membranes and hair. They also make you look healthy and attractive. B vitamins are found in a wide variety of foods, e.g. in wholemeal bread and nuts, but also in meat, eggs and dairy products. However, food alone rarely supplies the body with sufficient folic acid.

This has been confirmed by studies on eating habits in Germany, indicating that the intake of folic acid could be much better.

Most people are familiar with the extremely versatile **vitamin C** from treating their winter colds. It boosts the immune system and promotes the growth of bones and connective tissue. The body needs at least 100-200 mg of vitamin C every day.

In many processes within the body, vitamin E joins forces with vitamin C. **Vitamin E** is an important radical scavenger and ensures that your body does not suffer from oxidative stress. In order to achieve this, you need at least 12 mg of vitamin E every day.

**Vitamin D<sub>3</sub>** is not only important for the absorption of calcium by the bones, it is also essential for the teeth and immune system. The German Nutrition Society (Deutsche Gesellschaft für Ernährung – DGE) recommends a daily amount of 5 µg, increasing to 10 µg when you reach the age of 65. The body itself can produce vitamin D<sub>3</sub> in the skin when the sun shines on it, although this quantity is usually insufficient for its needs.



**Zinc** and **selenium** are two trace elements – the body only needs traces of them, i.e. the tiniest amounts. However, their importance should not be underestimated: Zinc itself is involved in dozens of physical functions and is versatility itself.

For example, the workings of the immune system depend on the presence of sufficient zinc, which is also important for the healthy growth of skin, hair and nails. At least 15 mg of zinc should be ingested every day – this quantity is found, for example, in 300 g of lentils. Selenium also plays a role in the body's defenses, and is also required by the thyroid gland in order for it to function properly.

The daily requirement of 50-100 µg can be found in 100 g of herring or tuna.

Numerous plants contain special ingredients, called **"phytonutrients"**. **Carotenoids** and **phytoestrogens** belong to the group of phytonutrients.

Several carotenoids are preliminary stages of vitamin A – the body can convert them to vitamins in the gut. The best-known member of the group is beta-carotene. Carotenoids help to ensure that the skin looks fresh and that the eyes function well. They are also very important for the body's defenses. Fruit and vegetables are particularly good sources of carotenoids, e.g. carrots, honeydew melons, spinach and apricots. In order for beta-carotene to be absorbed by the body, it is important for a small amount of fat to be consumed at the same time, e.g. carrots with a splash of oil or fruit with some yoghurt.

The micronutrient **coenzyme Q10** plays a major role in the regeneration of body cells. It is one of the most effective antioxidants and thus serves as an extremely efficient radical scavenger: free radicals are partly responsible for the ageing process, not least with regard to the skin. An additional intake of Q10 through food contributes, for example, towards natural regeneration and optimizes the metabolic processes of the skin cells.





# Phytoestrogens from soya and flaxseed: gentle change with a natural progression

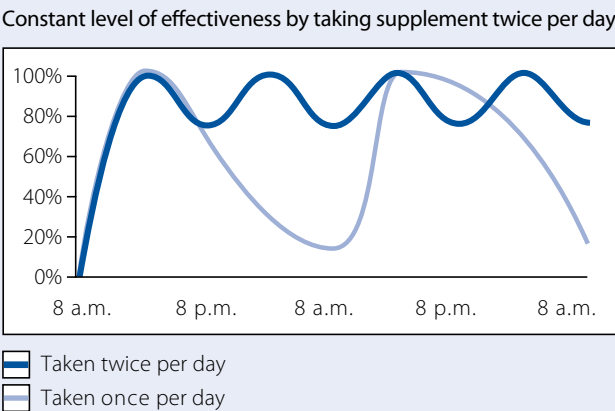
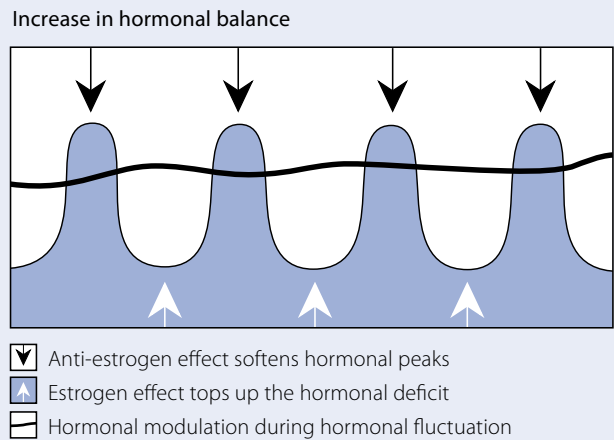
Phytoestrogens are phytonutrients with a very special effect. They can reduce the typical symptoms of the change of life such as hot flushes and attacks of sweating because their structure is similar to that of estrogen. They therefore help to modulate hormones and can lessen the effects of the fluctuating and generally decreasing estrogen levels during the change of life.

As implied by the prefix “phyto”, phytoestrogens are purely of plant origin. They offer a gentle alternative for women who wish to provide their body with assistance during this change.

Soya contains an especially large amount of phytoestrogens. In fact, Asian women suffer hardly any of these symptoms owing to their high consumption of soya.

Only 20% of women in Japan suffer from symptoms such as hot flushes. In Germany at least 50% of women are affected by them. Scientists have discovered that Japanese women eat up to 50 times as much soya as European women.

Flaxseed also contains valuable phytoestrogens (lignans). These can supplement the effect of the soya-phytoestrogens on symptoms during the change of life. This means that both soya and flaxseed should be eaten regularly in order to have a favorable effect on the body. As neither of these is included in our everyday diet, it is difficult to obtain a sufficient supply through food. A nutrient-adapted supplement is therefore advisable; ideally, this would be combined with those micronutrients that are also needed in higher quantities for menopausal symptoms.



The nutritional supplementation of phytoestrogens has the additional advantage that a constant level of effectiveness can be achieved by taking it twice a day (see illustration on page 17).

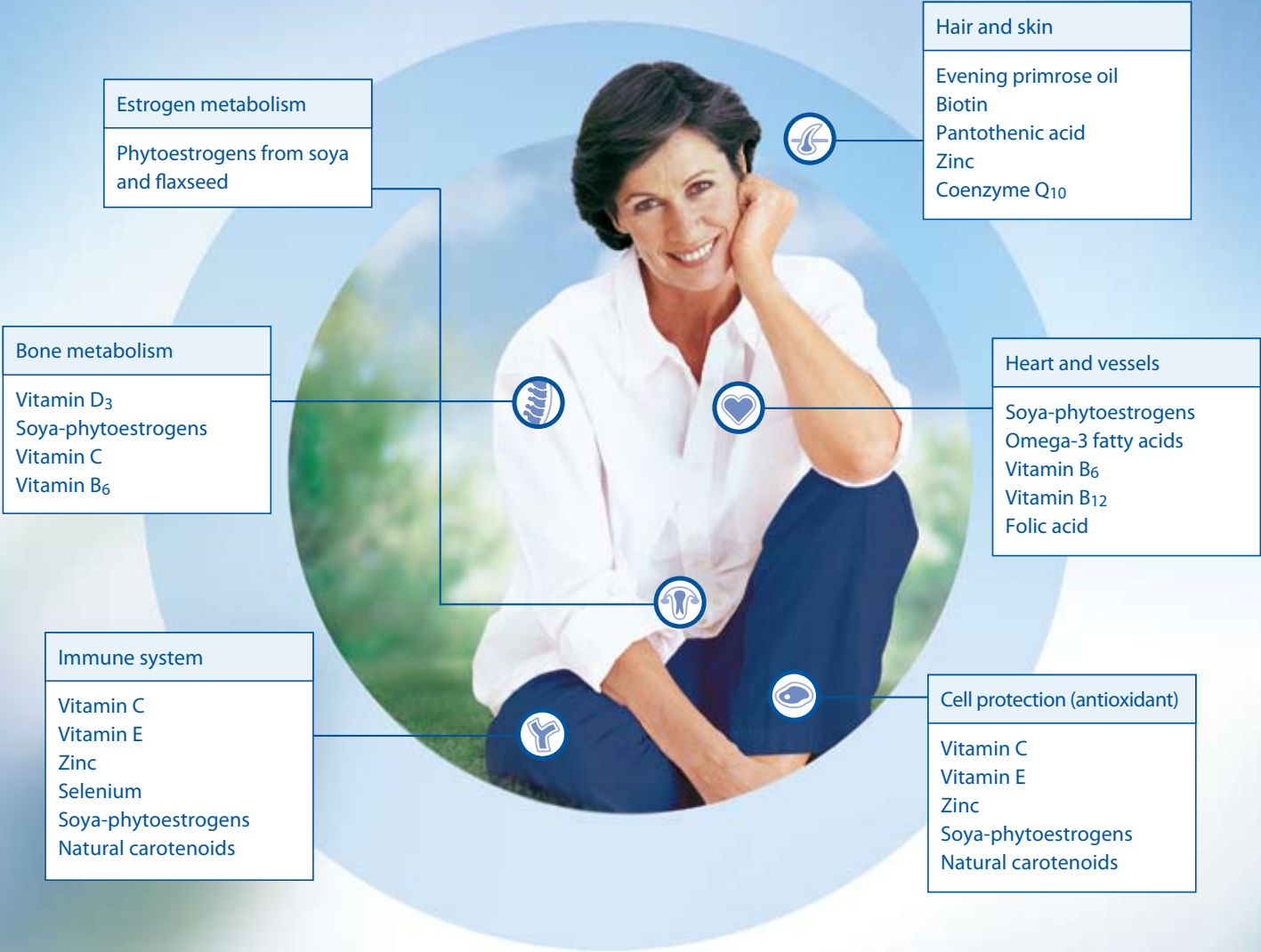
Orthomol® Femin– Meeting your body’s needs	Characteristics and features
Phytoestrogens from soya and flaxseed	Their structure has certain similarities to the estrogen produced by the body and they have hormone-modulating characteristics
Vitamin C Vitamin E Natural carotenoids Beta-carotene Alpha-carotene Lycopene Lutein	Antioxidant characteristics
Vitamin D <sub>3</sub>	Nutritionally significant for bones and immune system

Orthomol® Femin offers women in the change of life phytoestrogens in the correct concentration and a combination of complex micronutrients that is precisely tailored to meet the body’s increased need as a result of menopausal symptoms.

Vitamin B <sub>6</sub> Vitamin B <sub>12</sub> Folic acid	Nutritionally essential for carbohydrate, fat and protein metabolism
Selenium	Important for the immune system and thyroid gland
Zinc	Important for the immune system
Omega-3 fatty acids Eicosapentaenoic acid Docosahexaenoic acid	Positive characteristics for the fat metabolism, blood flow and cardiac rhythm
Evening primrose oil Gamma-linolenic acid Biotin Pantothenic acid Zinc Coenzyme Q <sub>10</sub>	For beauty from within (fresh skin, strong hair, firm nails)

# Interaction:

## Features and characteristics of micronutrients



## Natural change with Orthomol® Femin

Soya-phytoestrogens and a well-balanced dosage of micronutrients for women aged 40 and over.

Orthomol® Femin for the dietary management of menopausal symptoms.

Orthomol® Femin is available as a monthly package with 30 daily servings of 2 capsules each.



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