



Meno matters

SAY YES TO GOOD FATS

Discover five ways omega-3s can help you beat perimenopausal symptoms.

FROM HOT FLUSHES TO forgetfulness, perimenopause symptoms can affect your quality of life. Could omega-3 fatty acids be the answer?

There are several types of omega-3 fatty acids. Of these, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) have the most health benefits. They help protect the heart, but it's

their hormone-balancing properties that make them crucial during perimenopause. 'EPA and DHA help create substances called prostaglandins,' says nutritionist Penny Crowther, who specialises in women's health during mid-life and beyond (nutritionistlondon.co.uk). 'These interact closely with oestrogen and progesterone, which are in flux during perimenopause. Ensuring you

consume enough omega-3s will help support your hormone balance.'

Your body can't produce essential fatty acids, so you need to rely on diet or supplements. To prevent deficiency, the NHS recommends two portions of fish a week, at least one of which should be oily. Ensuring you consume enough fatty acids will help combat five common symptoms of perimenopause.

WORDS: KAREN DEEHAN. PHOTOGRAPHS: GETTY IMAGES AND SHUTTERSTOCK

