

ANCIENT + BRAVE



YOUR GUIDE TO MENOPAUSE

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MENOPAUSE

WHAT IS HAPPENING IN THE BODY?



Menopause is a natural, transitional stage which occurs in every woman's life. It is usually determined by the absence of a menstrual period for more than one year, and is actually only a single day (the 12 month anniversary of your last period).

Menopause is often referred to as transitional because there are typically several stages, with symptoms often starting months or even years before menopause happens. The period preceding menopause is referred to as 'perimenopause', during which women begin to notice changes in both their mind and body. Many women report that this feels like a "second puberty", as many of the symptoms are reminiscent of PMS experienced during their teenage years.

The transitional period of menopause involves biological and physical changes due to hormonal fluctuations - primarily a decrease in oestrogen and progesterone production. Your GP may conduct a blood test to determine these changes. These fluctuations are what cause symptoms to come and go as the body adapts.

Here at Ancient + Brave we honour that every experience of menopause will be unique, and that symptoms will vary for each individual. Examples include hot flashes, joint pain, [brain fog](#), mood issues, poor [sleep](#) and more. We want you to feel reassured that by supporting the body with targeted ingredients and the right environment, you can thrive at this stage and beyond.



EMBRACING CHANGE



While we acknowledge the changes and challenges that come with menopause, we also believe it can be perceived as a period of metamorphosis.

Instead of being openly talked about and recognised for the profound impact it has on the lives of countless women, menopause is frequently overlooked, misunderstood, and dismissed. For example, the phrase “going through the change” is a rather dismissive remark that in no way offers the support and understanding many women need at this momentous time of life.

If menopause was a season, we believe it would be autumn. A season of reflection on the growth of spring, and the blossoming of summer. It is also a time to look forward

and prepare for the winter days to follow. Similarly, for women, the perimenopause and menopause phases represent a transition into unpredictability, serving as a bridge between the past and the possibilities awaiting in the second half of our lives.

With the right support and preparation, this phase of womanhood can be a positive time. Where women can tune inwards to their own needs, often after many years of giving to others, caring for family and community, and often putting themselves last. It can be a beautiful time to re-energise and find a new level of strength and creativity. Tuning in rather than looking outwards at the needs and wants of others can help us rebalance and invite in calmness, comfort and regeneration to this phase of womanhood.





CAN COLLAGEN HELP WITH MENOPAUSE?



Absolutely. Collagen production declines from around the age of 25, and by the age of 50 we lose more than our bodies can produce. In studies, up to 30% of dermal collagen was lost in the first 5 years after the menopause. Levels subsequently reduce at a rate of 2% per menopausal year.

The degradation of collagen can be associated with many signs of ageing from poor joint repair to loss of elasticity and

plumpness of our skin. Collagen production is also closely linked to oestrogen levels, and therefore as oestrogen drops, so does our collagen formation.

Taking targeted supplements, like our [True Collagen](#) or [Wild Collagen](#), to help rebuild the natural collagen in our body can help to relieve many of the symptoms commonly experienced in menopause such as hair loss, dry skin and joint pain. Let's explore this further.

ENHANCED SKIN ELASTICITY

As menopause sets in, your skin may be affected by the aforementioned decline in estrogen, leading to a reduction in collagen levels. The result? Diminished collagen levels can result in reduced elasticity and strength of the skin. The conjunction of decreased collagen levels with dryness, often prompted by hormonal shifts, accentuates the appearance of fine lines, wrinkles, and sagging skin.

The good news? Science proves that taking collagen helps. A 2015 clinical trial demonstrated that a collagen supplement led to significant improvements in wrinkle depth, elasticity and hydration of the skin in females aged 45-64 ([source](#)). Collagen is also known to stimulate the production of hyaluronic acid for healthy, glowing skin.

IMPROVED BONE DENSITY

The decline in bone density following menopause is a concerning consequence of decreased oestrogen and collagen levels in the body. This heightens the risk of developing osteoporosis later in life. Collagen makes up a mighty 90% of bone!

Oestrogen is what protects joints and reduces inflammation. In a review of over sixty scientific studies on collagen in people with joint pain, osteoarthritis or osteoporosis,

it was found that supplementing with collagen peptides promotes healthy tissue regeneration, collagen synthesis and supports healthy joints and bone density ([source](#)). When looking beyond the change, a study with 102 postmenopausal women with reduced bone mineral density found taking just 5g of collagen peptides daily for a year significantly increased bone mineral density, indicating increased bone formation ([source](#)).

GUT HEALTH

As our hormones undergo changes, so does our gut microbiome—a highly intricate community of microorganisms residing in our intestinal tract. Collagen contributes to the healing of the gut lining by supplying two essential amino acids: glutamine and glycine. Glutamine aids in enhancing intestinal permeability and mitigating inflammation, while glycine supports the integrity of the stomach lining. Together, these components can assist in protecting the health of the gut microbiome ([source](#)).



HORMONE BALANCING

Glycine and another amino acid, tyrosine, have been shown to support thyroid function and mood regulation ([source](#)). This is certainly an exciting concept given the wide ranging mental health symptoms women experience before, during and after the menopause.

Like any supplement, it is essential to choose a high quality product that will be

easily absorbed in the body for maximum benefit. Our [True Collagen](#) and [Wild Collagen](#) have been used by thousands of women in midlife, and who not only see daily benefits but feel it too. These pure and potent daily supplements have been cleverly formulated using the highest quality, clinically researched ingredients - for whole body health.

BETTER TOGETHER?

Additional Ancient + Brave products which can help to manage your specific menopause symptoms



STRESS & ANXIETY

Cacao + Reishi, True Magnesium+ and True Ashwagandha

Reishi is traditionally used to restore emotional balance, calm the mind, and support hormone balance. This blend also contains hops which are valued for their calming properties, promoting restful sleep and acting as a potent phytoestrogen, offering support during peri-menopause and beyond.

Magnesium and ashwagandha work harmoniously together in grounding the mind and body.



BRAIN FOG

Matcha + Collagen, True MCT Oil and True Creatine+

Lions Mane is a neuroprotective medicinal mushroom which has been shown to enhance focus and clarity.

Medium-chain triglycerides (MCT) oil is a popular nootropic support as a source of fuel for brain cells – helping to battle that mid afternoon fog.

Creatine's ability to supply fuel to the brain has been shown to support mental clarity and memory as well as improving our mood.



POOR SLEEP

True Nightcap, True Magnesium+ and True Ashwagandha

True Nightcap is a dreamy elixir formulated with targeted nutrients and botanicals to help promote a deep and restful night sleep.

Magnesium and ashwagandha work synergistically to ground the body and calm the mind, promoting a deep and restorative night's sleep.



DRY, DULL SKIN

Radiant Collagyn and True Hydration

Radiant Collagyn offers an expert blend of botanical extracts, vitamin C and biotin to support glowing skin and collagen renewal. True Hydration works on a cellular level – promoting radiant skin and replenishment from the inside out.



FATIGUE



Matcha + Collagen and True MCT Oil, True Magnesium+

Matcha offers a natural caffeine and energy boost without the jitters. The fatty acids in MCT oil are rapidly broken down and utilised as fuel. Magnesium plays a key role in energy production within the body and also supports restful sleep, thereby helping to improve symptoms of daily fatigue.

JOINT PAIN & INFLAMMATION

Noble Collagen

This joint health formula combines type II collagen, Boswellia, manganese, and vitamin C. Type II collagen supports cartilage and reduces inflammation, while Boswellia provides natural anti-inflammatory benefits. Manganese aids in bone formation, and vitamin C boosts collagen synthesis and protects joints from damage.



REDUCED MUSCLE MASS & BONE DENSITY



True Creatine+

Creatine supplementation, combined with resistance training, has been shown to counteract muscle, bone, and strength loss by reducing inflammation and oxidative stress, while promoting bone formation.

NUTRITION & LIFESTYLE SUPPORT

We wholeheartedly embrace a holistic approach when it comes to wellness. As much as we value using our products as part of your daily wellness ritual, it is important to not neglect the impact that simple changes to our diet and lifestyle can have on our hormone health.

Here, we will explore some expert-recommended adjustments you can make to your daily habits to help ease your menopause journey, ensuring that you flourish and thrive.

Phytoestrogens

These are compounds found in plants that have a similar structure to oestrogen. For this reason, studies have demonstrated their potential for making the menopause that little easier. Phytoestrogens occur naturally in plant-based foods such as chickpeas, flaxseeds, barley, garlic, soybeans, sesame seeds and dried apricots. Hops, found in our Cacao + Reishi blend, also act as a phytoestrogen.

Healthy fats

Dietary fats act as essential building blocks of hormones. Including plenty of healthy fats in your diet can have a favourable impact on your hormone health. Eat eggs for breakfast,



oily fish for lunch and drizzle olive oil over salads. Nuts and flax seeds sprinkled over berries. These are all great ways to enhance everyday meals. Our True MCT oil is also an excellent source of fatty acids which provide a potential fuel source for brain and body

Protein

Adding good quality protein to each meal is so important for hormone balance, blood sugar balance and brain function. This results in reduced symptoms such as irritability, brain fog, sugar cravings and mood swings. Chicken, fish, lentils, eggs, collagen, greek yogurt and tofu are all good sources.

Stress management

For some women, going through the menopause can feel stressful in itself. In addition to this, the fluctuating hormones alter the way we physically and emotionally respond to stress, which can evoke feelings of anxiety and low mood.

When we experience stress, the adrenal glands choose to produce cortisol and adrenaline over our female sex hormones. Our body can normally buffer stress because we have optimal levels of progesterone. However as our sex hormones are lower during menopause, the buffering effect weakens, exacerbating the physical and emotional symptoms from stress.

This is why it is so important to set aside regular time to switch off and recharge. Slow down, spend time in nature, connect with loved ones. Embrace a daily self care ritual with one of our blends, such as taking a mindful moment to sip on a calming Cacao + Reishi.

Incorporating nervous system regulation techniques into your daily ritual such yoga, meditation and breathwork can have a profound impact on how you feel.

Sleep quality

Good quality sleep is fundamental to feeling good, and managing erratic hormone changes. Poor sleep can exacerbate hormonal fluctuations and contribute to symptoms such as brain fog, anxiety and of course, fatigue.

Busy schedules and modern living has meant that many are experiencing insufficient exposure to daylight. This is a significant factor contributing to poor sleep quality for many individuals. Aim to get outside and expose yourself to daylight for



at least 20 minutes a day, especially in the morning. This helps to regulate your circadian rhythm, therefore improving sleep.

We also recommend implementing a calming wind down ritual before bed. Let go of your day and take a mindful moment to enjoy a cup of True Nightcap. Melt away in a soothing warm bath with essential oils and candles. Switch off your screens, stretch your body, practise deep breathing, and jot down your feelings in a journal. Whatever helps you to switch off, feel totally tranquil and ready for a deep and rejuvenating sleep. [Learn more about how to invite in an evening rest ritual here.](#)

Environmental toxins

Be mindful of environmental oestrogens that may act as harmful hormone disruptors. To minimise these we would advise avoiding cooking or heating foods in plastic – use glass or crockery instead. Use pots or frying

pans made of steel or non-toxic cookware. Minimise the use of chemical based cosmetics and household cleaning products, opting for natural alternatives instead.

Importance of weight training

We understand that stepping from the comfort of the cross trainer and heading towards the weights area can feel a little intimidating for some - but the benefits are totally worth it. Incorporating weight training into your movement ritual can not only enhance muscle tone, but can also improve bone density and strength, boost mood and energy levels and optimise sleep quality. Sounds like a total no brainer to us.

Leaning on others for support

The wax and wane of hormones and the impact this can have on your body can feel difficult and isolating for some. We believe that a strong support network during this sometimes unsettling period of life can make a huge difference. Remember - there are approximately 13 million peri or postmenopausal women in the U.K - you are not alone. Communicate with loved ones how you are feeling, and notice how much this helps to lighten the load.

