



ARE YOU NUTRITIONALLY DEFICIENT?

ASSESS YOURSELF NOW




Maryon Stewart

INTRODUCTION



MARYON STEWART IS A PIONEER OF THE NATURAL MENOPAUSE MOVEMENT, MANAGING MENOPAUSE NATURALLY, BASED ON PROVEN SCIENCE AND DRUG-FREE APPROACH. SHE ALSO SPECIALISES IN THE NATURAL APPROACH TO PMS, IS THE BEST SELLING AUTHOR OF 27 SELF-HELP BOOKS, BROADCASTER AND TRANSFORMATIONAL COACH.

I often ask myself the question why women don't expect more help as they claw their way through the perimenopause and menopause. Why is it that so many of us accept midlife to be the beginning of the end and assume it's all part of being a woman? It's a time when huge numbers of women seem to lose themselves and life as they knew it. Instead of all things familiar, normality is replaced by fear, despair and a dread of seeing the eyes and shape of a stranger looking back from the reflection in the mirror. It can be very scary and incredibly isolating as what happens to us is sometimes even too personal to discuss with our best friends.

Low levels of important nutrients at midlife could be the underlying cause of many of your debilitating symptoms. If you are dripping with perspiration by day and by night, have aches and pains, panic attacks and palpitations, insomnia or low mood, or even constant fatigue, it is possible that boosting your nutrient levels could help to make you feel considerably better. Studies conducted by the Nutritional Advisory Service found that women of childbearing age often have low levels of important nutrients including magnesium, zinc, iron, calcium, vitamin D and essential fatty acids. As we age levels of important nutrients can sink to an all time low.

Most of us know that iron deficiency can make us feel tired, but few know that a shortage of B vitamins and Essential Fatty acids can leave us feeling depressed. Women especially need magnesium to help with normal hormone function. Having low levels at midlife makes your body feel tired and sluggish. If your levels of vitamin D are low your joints will ache, your bones will thin and your risk of diabetes and various cancers are increased.

Perhaps because we often naturally put the needs of others before our own, many of us don't make time to eat well or look after ourselves properly. The changes to our waistline and appearance occur so gradually that it's not until one day when we glance in the mirror that we realise just how far south we have travelled.

Low levels of important nutrients at midlife send us into what I call 'Economy Mode', often making it difficult for us to feel happy, productive, energetic, in the mood for love and, in many cases, for us to function. In order to reclaim your wellbeing and have a smoother passage through your menopause you need to learn how to detect nutritional deficiencies so that you can correct them. When you do it's possible to boost your energy, eradicate the aches and pains, raise low moods and even feel sexy gain.

ARE NUTRITIONAL DEFICIENCIES WRECKING YOUR LIFE?

Low levels of important nutrients at midlife could be the underlying cause of many of your debilitating symptoms. If you are suffering with thermal power surges by day and by night, aches and pains, panic attacks and palpitations, insomnia or low mood or even constant fatigue, it is possible that boosting your nutrient levels could help to make you feel considerably better.

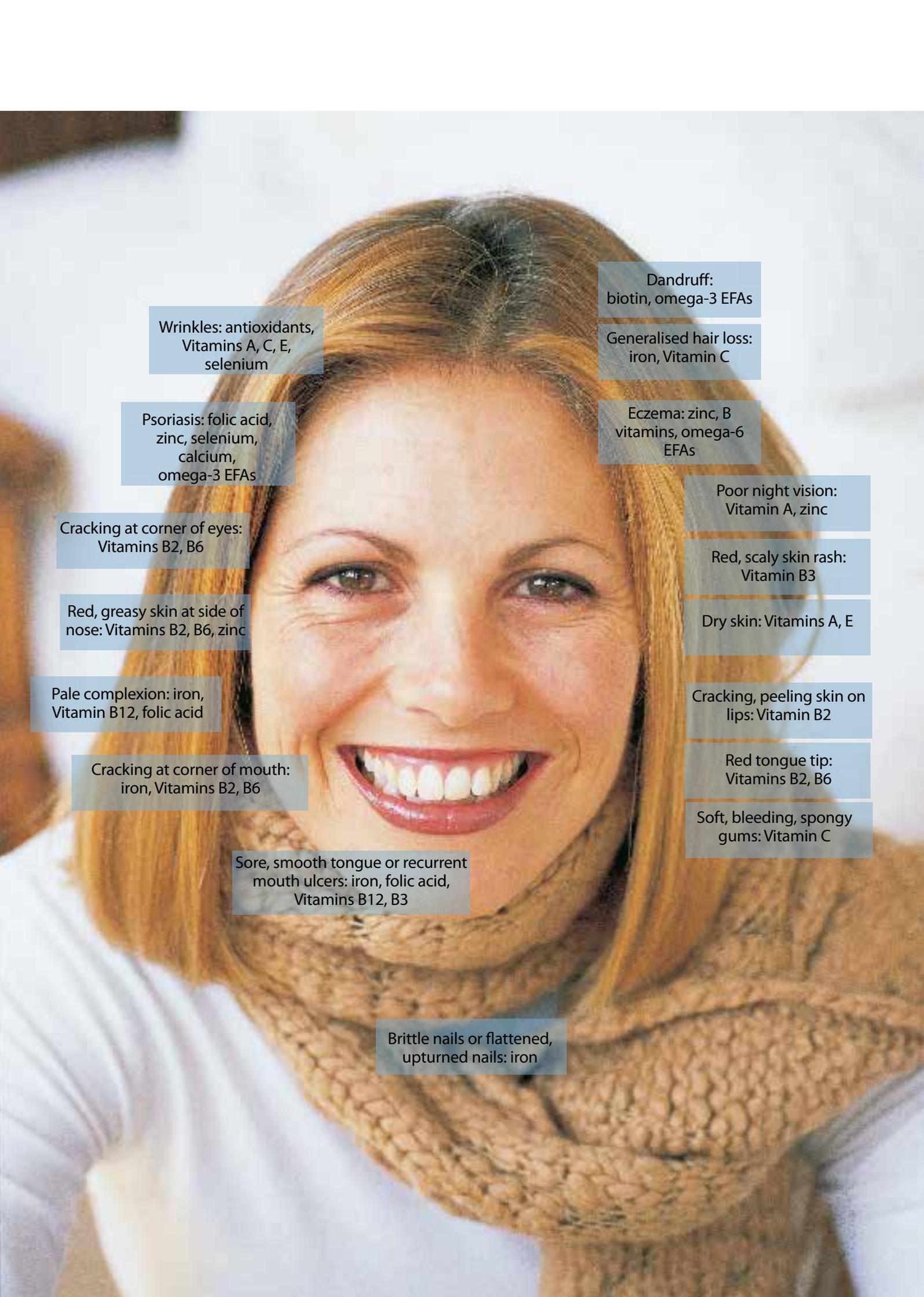
According to numerous government surveys many of us are lacking in nutrients like iron, zinc, calcium, magnesium and some B vitamins and Vitamin D. These nutritional deficiencies often underlie our symptoms and affect how we look and feel. Facial acne, greasy skin, cracking at the corners of the mouth, red patches at the side of the nose, acne on the upper arms or thighs, unmanageable hair and split, brittle nails can be our body's way of saying that all is not well. Our body is great at

communicating, but the problem is that most of us are not tuned in to interpret the communication.

So here is your chance to learn to interpret what your body has been trying to tell you. The picture on the next page and the tables on the following pages outline some of these deficiencies to help you better understand the needs of your body. Be brave and have a close look. You may be surprised how many signs you have suffered. Realising that you may be short of certain nutrients is the first step. The next step is putting it right. It's not just a question of taking a supplement, but also examining your diet and lifestyle and learning which foods and drinks may interfere with your absorption of good nutrients. Yes, that means that binge eating, too much alcohol and living life in the fast lane take their toll not only on how you feel, but also on your appearance.

WHAT IS YOUR BODY TRYING TO TELL YOU? Answer Yes or No for each sign or symptom:

Sign or Symptom	Yes	No	What could it indicate?	Action
Fatigue			Anaemia, Vitamin B or magnesium deficiencies, underactive thyroid.	See your doctor for appropriate blood tests (including Vitamin B12 if vegan or vegetarian). Consider taking a good multivitamin and mineral supplement.
Pale appearance			Anaemia - iron or folate deficiency. Vitamin B12 deficiency.	See your doctor for appropriate blood tests (including Vitamin B12 if vegan or vegetarian).
Recurrent mouth ulcers			Iron or folate deficiency. Vitamin B12 deficiency.	See your doctor for appropriate blood tests (including Vitamin B12 if vegan or vegetarian). Consider a good multivitamin and iron supplement.
Sore bleeding gums			Vitamin C deficiency.	Take 1000mg Vitamin C with bioflavonoids per day. Visit your dental hygienist.
Excessive peeling and cracking of lips			Vitamin B12 (riboflavin) deficiency.	Consider taking a strong Vitamin B preparation.



Wrinkles: antioxidants,
Vitamins A, C, E,
selenium

Psoriasis: folic acid,
zinc, selenium,
calcium,
omega-3 EFAs

Cracking at corner of eyes:
Vitamins B2, B6

Red, greasy skin at side of
nose: Vitamins B2, B6, zinc

Pale complexion: iron,
Vitamin B12, folic acid

Cracking at corner of mouth:
iron, Vitamins B2, B6

Sore, smooth tongue or recurrent
mouth ulcers: iron, folic acid,
Vitamins B12, B3

Brittle nails or flattened,
upturned nails: iron

Dandruff:
biotin, omega-3 EFAs

Generalised hair loss:
iron, Vitamin C

Eczema: zinc, B
vitamins, omega-6
EFAs

Poor night vision:
Vitamin A, zinc

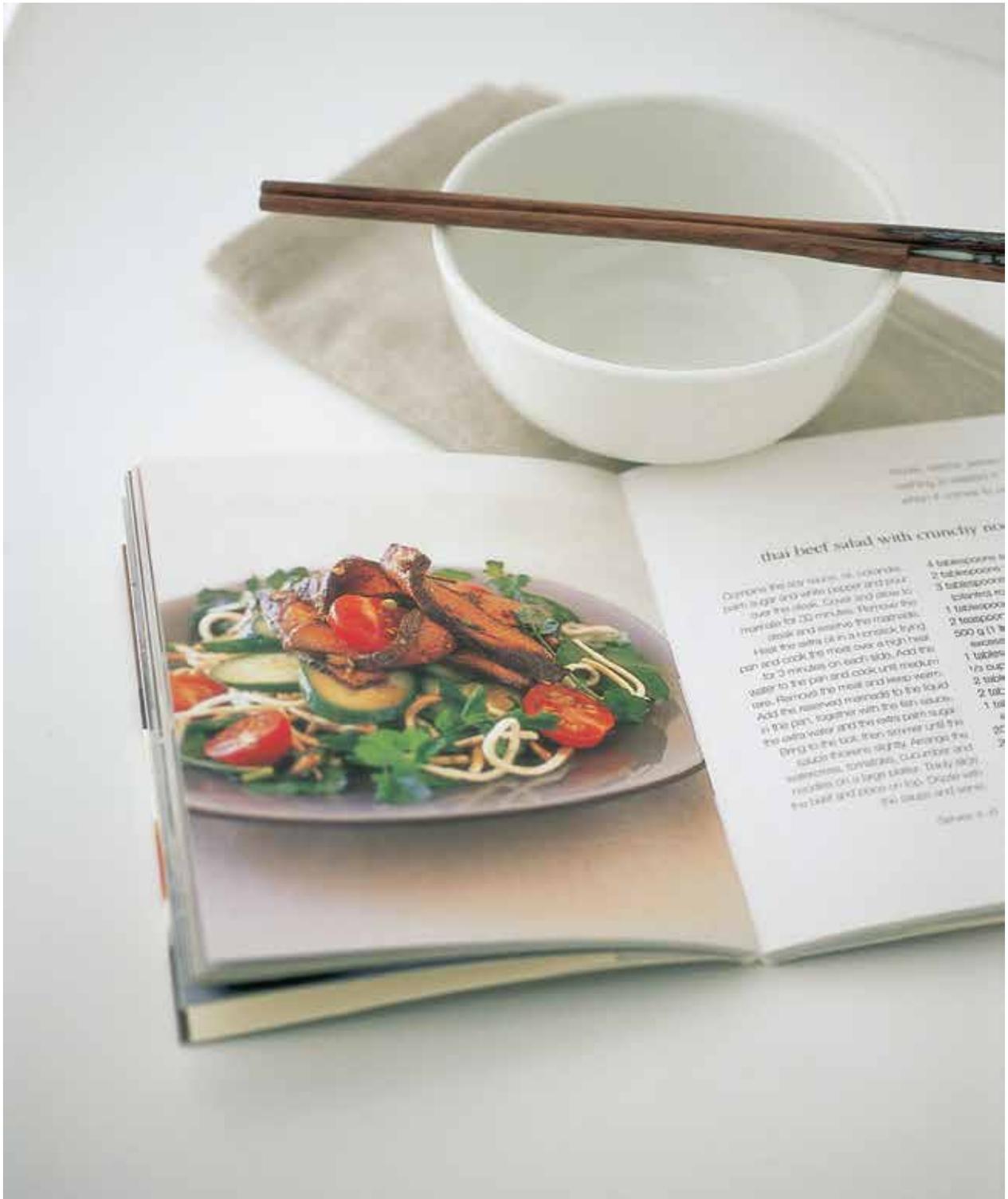
Red, scaly skin rash:
Vitamin B3

Dry skin: Vitamins A, E

Cracking, peeling skin on
lips: Vitamin B2

Red tongue tip:
Vitamins B2, B6

Soft, bleeding, spongy
gums: Vitamin C



thai beef salad with crunchy rice

Combine the beef, carrots, rice, cucumber, tomatoes, and chili in a bowl. Toss together. Sprinkle with the dressing and serve. **Serves 4**

4 tablespoons
2 tablespoons
3 tablespoons
1 tablespoon
2 teaspoons
500 g (1 lb)
1/2 cup
2 tbsp
1 tsp
1/2 cup
2

WHAT IS YOUR BODY TRYING TO TELL YOU?

Answer Yes or No for each sign or symptom:

Sign or Symptom	Yes	No	What could it indicate?	Action
Cracking at the corners of the mouth			Iron and/or mixed Vitamin B deficiencies. Thrush and eczema.	Multivitamin with iron. See your doctor if it persists.
Red, oily skin at the sides of the nose			Vitamin B2 (riboflavin) and/or Vitamin B6 and/or zinc deficiencies.	Strong B complex supplement and 15mg zinc per day.
Combination skin			Mixed Vitamin B and/or zinc deficiencies.	Strong B complex supplement and 15mg zinc per day.
Persistent dandruff			Biotin and essential fatty acid deficiencies.	Multivitamin, 500mcg biotin and high-strength fish oils. Antifungal, tea-tree or tar-based shampoos.
Eczema			Possible omega-6 essential fatty acid deficiency if excessive dryness.	Evening primrose oil 3,000 mg per day. See your doctor for allergy assessment and infection inspection.
Red, scaly skin			Vitamin B3 (nicotinamide) deficiency in sun-exposed areas.	Strong B complex supplement with 100mg of nicotinamide.
Acne			Possible zinc deficiency.	Zinc supplement 15mg per day (30mg if supervised).
Food cravings			Possible chromium deficiency.	Chromium supplement chart 100 - 200 mcg per day.
Psoriasis			Possible mixed Vitamin B, zinc and essential fatty acid deficiencies.	Strong multivitamin, zinc supplement 15mg and high-strength fish oils. Combine with conventional treatment.

WHAT IS YOUR BODY TRYING TO TELL YOU?

Answer Yes or No for each sign or symptom:

Sign or Symptom	Yes	No	What could it indicate?	Action
Excessively dry skin			Possible mixed deficiency of essential fatty acids, Vitamin A and Vitamin E.	Multivitamin and mineral supplement with evening primrose oil 2,000mg and high-strength fish oil, 400 iu of Vitamin E.
Rough, red, pimply skin on upper arms and/or thighs			Nothing if mild. If severe, mixed vitamin and essential fatty acid deficiencies.	Multivitamin and mineral supplement with evening primrose oil 2,000mg and high-strength fish oil. Better diet.
Depression, low mood, low libido, anxiety and PMS			Possible mixed Vitamin B, Vitamin D, magnesium deficiency and essential fatty acids	Magnesium strong multivitamin and mineral supplement with additional magnesium 150-300mg per day. consider taking high strength fish oils and consuming oily fish.
Split, brittle, flattened or upturned nails			Iron deficiency.	Iron supplement. See your doctor if it persists.
Ridged nails and white spots on nails			Uncertain significance, possibly iron and zinc deficiencies.	Multivitamin and mineral supplement. Better diet.
Poor hair growth or generalised thinning and loss of hair			Mild iron and Vitamin C deficiencies.	Take iron and multivitamin. supplements and 1,000 mg of Vitamin C. See doctor for specific tests.
Loss of sense of taste			Possible zinc deficiencies.	Zinc supplement 15mg per day (30 mg if supervised). See your doctor if it persists.
Poor appetite			Zinc, iron and/or mixed Vitamin B deficiencies.	Multivitamin and multimineral supplement. See your doctor if you have lost weight.

Sign or Symptom	Yes	No	What could it indicate?	Action
Poor vision at night or in the dark			Possible Vitamin A (retinol) and/or zinc deficiencies.	Multivitamin and zinc supplement 15mg per day (30mg if supervised). See your doctor if it persists.
Wrinkles			Possible lack of antioxidant (Vitamins A, C, E) and the minerals selenium and zinc.	Consider taking a good strong multivitamin and mineral preparation.
Aching joints and muscle pain and cramps			Possible low levels of Magnesium, potassium, sodium, vitamin B1 and vitamin D if there is hypocalcaemia (low calcium levels)	Consider taking a strong multi vitamin and mineral, magnesium and Vitamin D
Excessive skin itching			Lack of Vitamins A, D, C and B	Consider taking a strong multi vitamin and mineral supplement
Palpitations			Possible potassium and magnesium and any deficiency causing anaemia	See your doctor to check your blood levels and consider taking magnesium, reduce sodium salt in your diet and consume potassium rich foods.
Restless legs			Possible Iron or folate deficiency	Consume iron and folate rich food and consider supplementation
Numbness and tingling in hands, arms or feet			Possible deficiency of vitamins B1, B12 and possibly B3, B6 and folate plus a relative lack of essential fatty acids.	Eat a diet rich in Vitamin B (grains, and seeds), folate (leafy greens) and oily fish. Also consider supplementation

WHAT IS YOUR BODY TRYING TO TELL YOU?

Answer Yes or No for each sign or symptom:

Sign or Symptom	Yes	No	What could it indicate?	Action
Heavy periods with flooding or clots			Iron deficiency.	See your doctor for blood tests, including serum ferritin. Take an iron supplement or a multivitamin with iron.
Painful periods needing painkillers			Possible magnesium deficiency.	Consider taking a magnesium supplement 150-300mg per day, evening primrose oil and fish oil.
Irregular periods			Underweight, low-protein diet and excess alcohol.	Strong multivitamin preparation. Better diet.
Excessive sweating			Lack of estrogen, low Vitamin D level	Consider Vitamin D supplementation

If you answered 'No' to all these questions, you're a star! You are probably in good nutritional shape and don't need to change your diet or take nutritional supplements, unless you particularly want to take a multivitamin and mineral supplement to protect yourself against the potentially harmful effects of our modern environment.

If you answered 'No' to 20-24 questions, you're not doing too badly, but there are some issues you need to address. You should improve your diet by making it more nutrient-dense and also consider taking the recommended supplements to your particular problems.

If you answered 'No' to fewer than 20 questions, you obviously need to make some fairly major changes to your diet. Why not follow Maryon's successful Menopause Program which is outlined in my new book 'Beat Menopause the Natural Way', or consider taking the recommended supplements according to your particular problems.





PHYSICAL SIGNS OF VITAMIN AND MINERAL DEFICIENCIES

The diagram of the Face Map on page 5 outlines some of these deficiencies to help you better understand the needs of your body. Be brave and have a close look at the chart below. You may be surprised how many signs you have suffered.

FACE MAP

Wrinkles	Antioxidants, vitamins A, C, E, selenium
Dry skin	Vitamins A, E
Pale complexion	Iron, vitamin B12, folic acid
Psoriasis	Folic acid, zinc, selenium, calcium, omega-3
EFA's	
Cracking at corner of eyes	Vitamins B2, B6
Red, greasy skin at side of nose	Vitamins B2, B6, zinc
Cracking at corner of mouth	Iron, Vitamins B2, B6
Brittle nails or flattened, upturned nails	Iron
Soft, bleeding, spongy gums	Vitamin C
Sore, smooth tongue and recurrent mouth ulcers	Iron, folic acid, vitamins B12, B3
Cracking, peeling skin on lips	Vitamin B2
Red tongue tip	Vitamins B2, B6
Eczema	Zinc, B vitamins, omega-6 EFAs
Red, scaly skin rash	Vitamin B3
Poor night vision	Vitamin A, zinc
Dandruff	Biotin, omega-3 EFAs
Generalised hair loss	Iron, Vitamin C

Realising that you may be short of certain nutrients is the first step. The next step is putting it right. It's not just a question of taking a supplement, but also examining your diet and lifestyle and learning which foods and drinks may interfere with your absorption of good nutrients.



MARGARET GRAY

I initially consulted Maryon Stewart in 2013 for some help with my symptoms. I remember making great progress controlling my symptoms and in addition lost 16lbs in weight. I continued to do well but, very sadly, my husband got sick and subsequently passed away. By the time I got back in touch with Maryon in July 2016 I was on self-destruct with my diet. I was

50 by then, and feeling hot inside, which woke me up regularly in the night. Ultrasounds showed that I had cysts, endometriosis and fibroids which gave me a burning feeling inside during the time my period would have been. My symptoms lasted for 7 - 14 days each month and I honestly felt like I was losing my brain. I had headaches and felt so tired. My arms and legs felt so numb sometimes, it felt like they weren't there. I would go into dream like state and completely forget what I was doing or where I meant to go. I had panic attacks in the night and very weird feelings, particularly in my pre-menstrual phase and I had almost become house bound as I felt too awful to go out.

I began working with Maryon again and within 6 weeks I felt so much better. I was able to plan things that I wouldn't have been able to do before. I had noticeably more confidence, was clearer thinking and my moods were much better. I was no longer crazy with my kids and more able to deal with stress. Plus, the pain from my endometriosis was so much better and the diarrhoea had gone. By December I was feeling incredibly positive, even though I had just recovered from a tooth infection. My flushes are virtually gone, I feel like I can cope with life now and am planning to go back to work, which I could never have contemplated before. In a recent laparoscopy I am delighted to say there was no longer any sign of my edometriosos, fibroids or cysts. My friends and family are all telling me I look and sound so much younger and I feel like I've got the old me back again. I am enormously grateful to Maryon.

“EVEN THE LACKLUSTRE HAIR IS SHINY
AND MY NAILS NO LONGER SPLIT. THE
SPARKLE IS BACK IN MY EYES!”

Gill Cox

STOP THE MENOPAUSE MADNESS

WEIGHT GAIN brain fog

HOT FLUSHES fatigue

lack of libido EXHAUSTION

anxiety SLEEPLESS

DEPRESSION mid-life

OESTROGEN mood swings

sexual discomfort HRT age

NIGHT SWEATS

ANTIDEPRESSANTS

urinary incontinence



Learn How to Regain Your Wellbeing and Sanity

Join *Maryon Stewart* on the 6 Week

Cruising Through The Menopause Bootcamp



If your life has become a living hell because of hot flushes, weight gain, depression, insomnia and night sweats – all common symptoms of menopause – let Maryon Stewart help you feel at the top of your game with her all natural menopause programme evolved over 25 years of scientific research.

Renowned PMS and menopause expert, Maryon Stewart offers a solution with her **6 Week Cruising Through The Menopause Boot Camp**.

The **6 Week Boot Camp** is designed to teach how to develop your own custom programme that will help eliminate your symptoms naturally.

Maryon's step-by-step approach includes:

- Videos, tips, and lessons
- Group Support
- Video Q & A with Maryon
- Action Steps all designed for you to **Take Back Your Life Again!**

Go to: www.MaryonStewart.com/cruising