



# “SHE’S BACK”

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*The ultimate  
perimeno-power  
smoothie for  
energy & balance*

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## *Why this smoothie?*

Perimenopause doesn't announce itself cleanly. It arrives in fragments - broken sleep, brain fog, energy that vanishes by 3pm, and a body that seems to be running on a different set of rules without handing you the new manual.

This smoothie is my answer to that.

It's built on one simple idea: food can speak directly to your hormones, and what you put in your body every morning is one of the few things entirely in your control right now. Every ingredient earns its place - broccoli sprouts to help your liver clear excess oestrogen, flaxseed to help your body respond to oestrogen more evenly, cherries to claw back the sleep perimenopause can steal, lion's mane for the brain fog nobody warned you about, and healthy fats to give your hormones what they actually need to function.

**Five minutes. Real food. And a genuinely delicious way to start telling your body “I've got you”.**





Ingredients	Amount	The “Why”
Broccoli sprouts (can substitute with mature broccoli florets)	1 cup	Up to 100x more sulforaphane than mature broccoli — supports liver clearance of excess oestrogens
Ground flaxseed	2 tbsp	Richest plant source of lignans — helps your body respond to oestrogen more evenly
Lion’s mane powder	1 tsp	Supports nerve growth factor — helps with brain fog, mood and memory
Avocado	1	Healthy fats essential for hormone production; gives incredible creaminess
Morello or sour cherries	½ cup	Naturally contain melatonin plus anthocyanins that slow its breakdown — support for perimenopausal sleep
Blueberries	½ cup	Antioxidants for mitochondrial health - the energy powerhouse in our cells
Cauliflower	½ cup	Extra cruciferous DIM support for oestrogen metabolism; completely neutral in flavour
Pumpkin seeds	1 tbsp	High in zinc (supports progesterone production) and magnesium
Cinnamon	½ tsp	Natural sweetness plus blood sugar stabiliser
Medjool date	1 (pitted)	Natural sweetness plus fibre and potassium; keeps blood sugar stable
Fresh ginger	1 tsp	Anti-inflammatory; supports digestion, common issues in perimenopause
Fresh or Ground turmeric	½ tsp	Anti-inflammatory — perimenopause is an inflammatory state
Black pepper	Pinch	Piperine boosts curcumin (turmeric) absorption significantly
Unsweetened almond or oat milk	250ml	Liquid base; oat milk adds a little extra fibre



## *How to make it*

1. **The Base:** Pour your almond or oat milk into the blender. Starting with liquid protects the blade and helps everything blend smoothly.
2. **Add powders, seeds & spices:** Add the ground flaxseed, lion's mane, pumpkin seeds, cinnamon, ginger, turmeric and black pepper.
3. **Add in everything else:** Broccoli sprouts (or florets), avocado, cherries, blueberries, cauliflower and medjool dates.
4. **Blend on high:** Blitz for 60-90 seconds until completely smooth and creamy. Add a splash more milk if it's too thick.
5. **Drink immediately:** The sulforaphane in broccoli sprouts is most potent when fresh. Pour and enjoy straight away.

## *A few notes*

Hot flushes? Add a few sage leaves into the smoothie.

On cherries: Morello (sour) cherries contain significantly more melatonin than sweet cherries and are widely available in supermarkets year-round. They're tart, so the medjool date does important work here - add a second one if you prefer it sweeter.

Seasonal swaps: Try to use locally sourced produce as much as possible. In summer, use fresh berries. In autumn, pear or plum both freeze well and work beautifully with the ginger. Frozen mixed berries are a good year-round standby.

If you're on thyroid medication: Skip the cauliflower and keep the broccoli sprouts to the suggested amount. Take your medication at a separate time of day, as raw cruciferous vegetables in large amounts can affect absorption.

This guide is for general educational purposes and does not constitute personalised medical advice. Please consult your GP or qualified healthcare professional particularly if you are taking medication or managing a health condition.



## *Hi, I'm Sam*

I'm a qualified Medical Herbalist and Naturopathic Health Coach, as well as a former Finance Director. I specialise in hormonal health, understanding that for professional women, perimenopause isn't just a health issue - it's a matter of performance, clarity, and confidence. My holistic approach combines the power of herbs with tailored lifestyle and nutrition advice to alleviate symptoms, empowering women to navigate this transition without compromising who they are at work or at home.



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### *How can I help you?*

Book a **Discovery Call** to find out more about how I can empower your health with plant-based medicine.

For more wellbeing tips follow me on social media using the links below.

*Sam x*