

ASK *the* EXPERTS

Our panel of health experts answer your burning questions...

Q *"I'm 56 and still haven't gone through the menopause. Is this a problem?"*

DR DANIEL ROSHAN,
director at ROSH Maternal-
Foetal Medicine
(roshmf.com), says:

"There are a number of different factors that can potentially delay the onset of menopause. Abnormally high levels of oestrogen, thyroid problems, obesity and medical background can all contribute to menopause not occurring. The age when most women become menopausal is between 50 and 54 and, as well as not having had a menstrual cycle for 12 consecutive months, other signs and symptoms include irregular cycles, skipping periods, hot flushes, vaginal dryness and hair loss. There are always natural remedies that can help, such as evening primrose oil and melatonin, but some women may require hormone replacement therapy (HRT) to feel better and relieve symptoms. If a woman is 55 or older and still hasn't experienced symptoms, it's considered a late-onset menopause. Often, it's nothing to worry about, but it's worth seeing your GP for a general check-up."

Q *"Are fasted diets recommended for weight loss and should I try one?"*

**NATUROPATH
GEMMA HURDITCH,**
lecturer at CNM College
of Naturopathic Medicine
(naturopathy-uk.com), says:

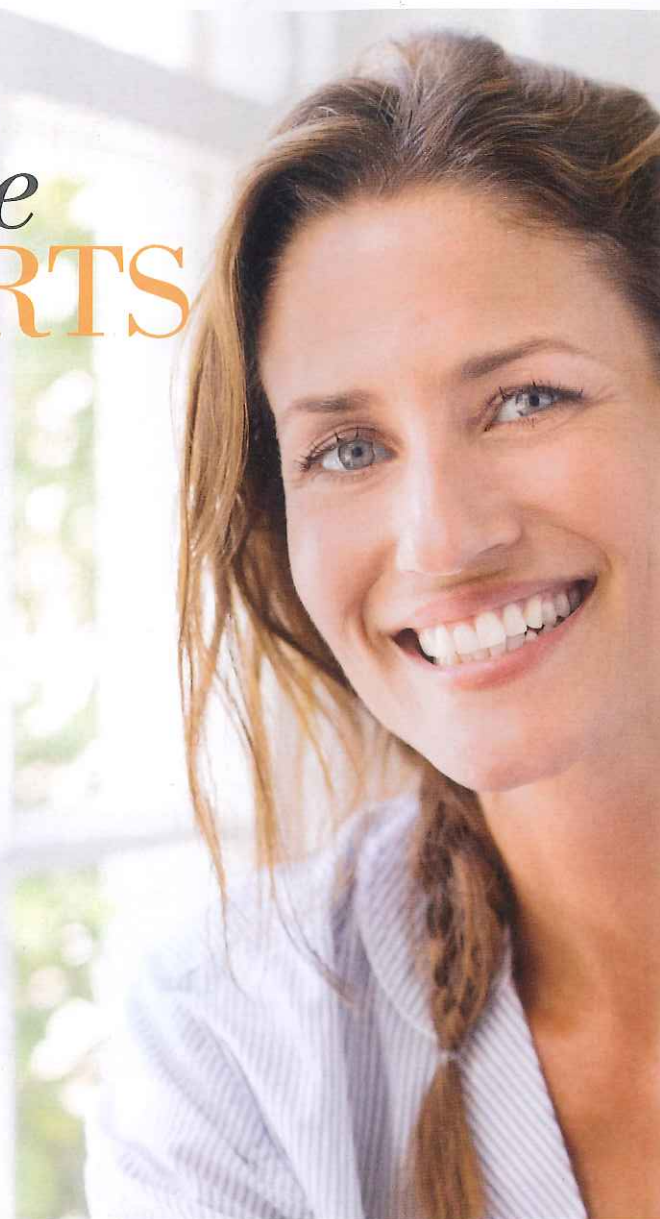
"Fasting can help with weight loss and there are a few different diets you can try, including a fruit and vegetable juice fast and the 5:2 diet. However, one of the simpler and more sustainable ways to fast is the 16:8, where, in a 24 hour period, you eat for eight hours and then fast for 16. You should consume fewer calories by limiting your eating from 10am-6pm. During the fasting state, your body uses up the stored glucose and begins

to burn fat for fuel. Additional benefits of fasting may include better blood sugar balance, enhanced cellular repair, reduced loss of muscle mass versus traditional calorie restriction diets, and improved cardiovascular health. Make sure you include healthy fats, such as extra virgin olive oil, avocados and nuts, and nutrient dense foods, including sprouts, dark green leafy veg, mushrooms, flax, hemp, chia seeds and superfoods such as blueberries. Consult a naturopath for guidance, but note that fasting is not for growing children, pregnant women, the elderly or those with eating disorders."

Q *"My partner has a huge sweet tooth and always wants dessert in the evening. What can we eat other than fruit?"*

DR EMMA DERBYSHIRE,
public health nutritionist, says:

"Reduced sugar or sugar-free frozen yoghurt could be a good option if you and your partner are craving something sweet of an evening. There are plenty of low-sugar options in the supermarket these days. If you want to know exactly what's going into your dessert, there are also some great innovative recipes out there that use ingredients such as matcha, beetroot and avocado. If your other half is still craving sugar, then the best thing to do is to swap it with a low calorie sweetener, such as Hermesetas. For inspiration and ideas for healthy treats, visit hermesetas.co.uk."



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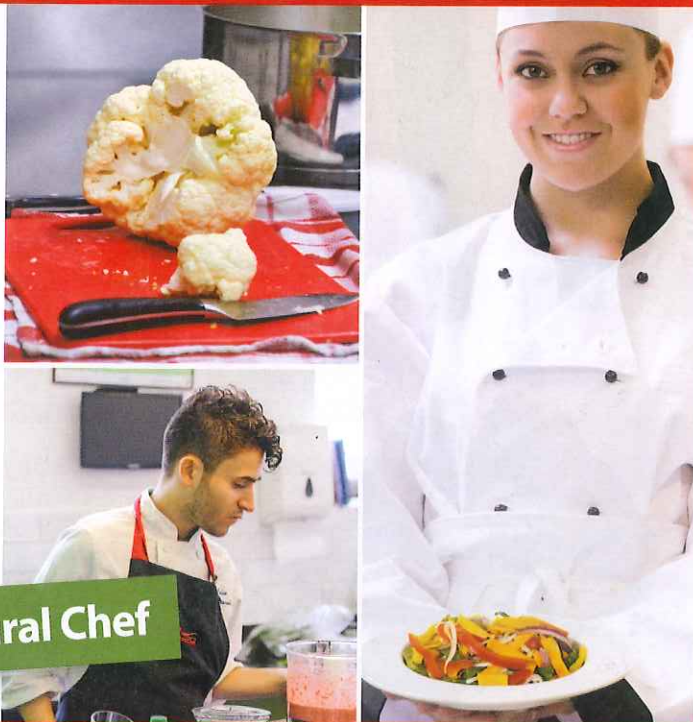
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