

WHOLE LIVING DNA EPIGENETICS

DECODE MENOPAUSE

THIS IS A MOVEMENT FOR WOMEN WHO ARE
DONE BEING TOLD THEIR BODY IS,
CONFUSING, BROKEN, OR JUST GETTING
OLD.

Whole - Women's Health: Rooted in your
Genes, Guided by Epigenetics, Powered by
YOU!



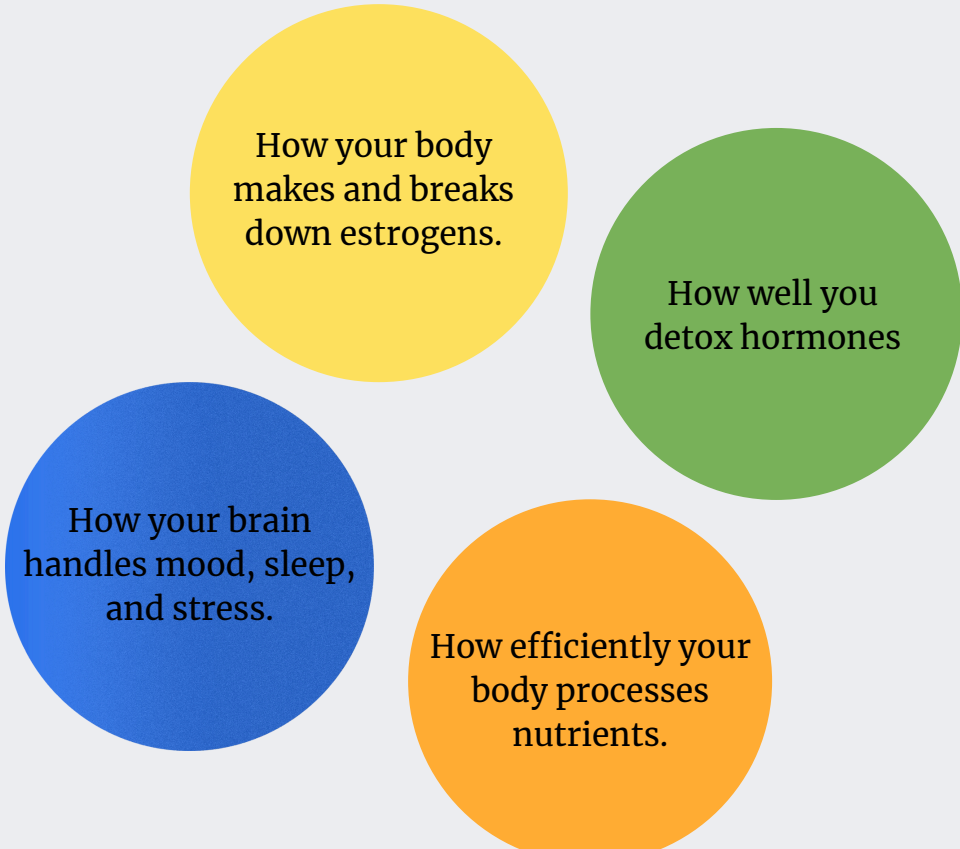
Whole Living
DNA Epigenetics

“What you eat, think, move, and believe can literally reprogram your cells. That’s epigenetics.”

You’re not at the mercy of your hormones. Your genes help explain why menopause feels harder for some women than others — but knowing your DNA gives you the power to change how your body and brain responds.

Menopause is more than just hormones dropping — it’s how your body responds to those changes.

Your genes control:



How your body makes and breaks down estrogens.

How well you detox hormones

How your brain handles mood, sleep, and stress.

How efficiently your body processes nutrients.


So, as an example if your **genes** affect things like estrogen metabolism, inflammation, and neurotransmitters, they also affect how easy or difficult your menopause transition will be.

But here's the good news:
Even if your genes increase your risk for certain symptoms, **epigenetics** gives you tools to work with your body — not against it.

Understanding your own individual gene blueprint / DNA Instruction Manual
Is your Health key!!
No more guessing!! No more wasted money on the next 'greatest thing'?
That by the way wouldn't work in the first place as it would work negatively in time, against your DNA propensities!

Here are Genes /DNA that affect Woman's Cycles Pre / Post Menopause:

COMT **Catechol-O-Methyltransferase**

 Why it matters:

COMT helps break down estrogen and clear out stress hormones like adrenaline and dopamine.

If COMT is slow, estrogen can build up and increase the risk of estrogen dominance, mood swings, anxiety, and irritability — all common during perimenopause.

☀️ A sluggish COMT = more sensitivity to hormone fluctuations and mental/emotional overwhelm.


CYP1B1 **Cytochrome P450 family 1 Subfamily B Member 1**

 Why it matters:

This gene is responsible for metabolizing estrogen into different forms — some are protective, while others (like 4 - OH estrogen) are more inflammatory or DNA - damaging.

☀️ If this gene is overactive or unbalanced, you might be at higher risk for breast tenderness, heavy periods, fibroids, or long - term estrogen related issues.


MTHFR **Methylenetetrahydrofolate Reductase**

 Why it matters:

MTHFR is essential for methylation - the process that turns genes on/off and detoxifies estrogen, neurotransmitters, and toxins. Poor methylation can lead to estrogen buildup, fatigue, poor detox, and low mood or anxiety during menopause.

☀️ This gene is key for B-vitamin usage, hormone balance, and energy. As well processing folate, and magnesium.

ESR1 **Estrogen Receptor Alpha**

 Why it matters:

This gene codes for the estrogen receptor the “door” estrogen knocks on to do its job.

Variants here may mean your body doesn't respond well to estrogen, even if you have enough. This can result in hot flashes, brain fog, low libido, or joint pain during menopause.

☀️ it helps explain why some women don't respond to estrogen therapy or have symptoms even with “normal” labs.

SOD2 Superoxide Dismutase 2

🧬 Why it matters:

This gene is your built-in antioxidant defense — especially in the mitochondria (Your energy factories).

During menopause, oxidative stress rises, especially when estrogen drops. If your SOD2 function is weak, you may experience more inflammation, fatigue, or aging symptoms:

🌟 It impacts how well your body handles cellular stress and hormone transitions.

Bonus:

Want to go deeper? other genes like MAO - A (mood), GST (detox), NR3C1 (stress), FUT2 (gut health), also play supporting roles — but these top 5 give you the clearest foundation for menopause - focused coaching.

“Epigenetic Tools to Shift Your Genes and Soothe Menopause Symptoms”

“What You Can Do Now — Based On Your DNA”

Simple Go- To Tools for Epigenetic Shifts:

1. Eat Colorful, Detox - Supportive Foods

Why: Supports MTHFR, COMT, CYP1B1

Foods: Leafy greens, cruciferous veggies (broccoli, cauliflower), flax seeds, berries

Helps with: Estrogen metabolism, mood, energy, and hormone balance

2. Strengthen Your Antioxidant Defenses

Why: Supports SOD2, ESR1, CYP1B1

Tools: Antioxidant - rich foods like: (Blueberries, turmeric, green tea), reduce alcohol/sugar

Helps with: Fatigue, inflammation, and oxidative stress from hormone drop

3. Balance Blood Sugar and Insulin

Why: Indirectly supports hormone and stress gene regulation

Tools: Balanced meals with protein, healthy fats, fiber; avoid skipping meals

Helps with: Hot Flashes, mood swings, belly fat, fatigue

4. Support Methylation with B Vitamins

Why: Supports MTHFR + COMT detox pathways

Tools: B-complex (especially B6, B12, folate), magnesium

Helps with: Mood, detox, hormone processing, mental clarity

5. Sleep to Reset Your Circadian Rhythm

Why: Genes follow light/dark cycles (affects estrogen, stress & metabolism)

Tools: Wind down at same time nightly, limit blue light, get morning sun

Helps with: Night sweats, irritability, weight gain, cortisol imbalances

6. Use Mind-Body Practices to Reduce Stress

Why: calms the nervous system and epigenetically down regulates inflammation

Tools: Journaling, breath work, walks in nature, tapping (EFT)

Helps with: Anxiety, overwhelm, inflammation, hormone disruption

Even if you carry gene variants that make menopause harder, your daily choices hold the power to shift your biology. That's the power of epigenetics.

Your genes aren't your fate — they're your feedback! Let's use them to feel better, think clearer, and thrive through midlife.

☀️ Want more guides like this?

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☀️ Curious how your unique genes are influencing your hormones, mood and metabolism? Click [CONTACT US](#) to request a personalized DNA review session with Robin.