

# the venus week supplement **SHOPPING LIST**

supplement    daily amounts    key benefits

**Multivitamin**    As directed    Supports the circulatory system, which has a direct link to hormonal and ovulatory health. Look for a woman's formula with added calcium.

**Calcium**    1000 mg minimum  
1500 mg post menopause    Helps maintain bone density as well as reduce PMS symptoms. May enhance weight loss efforts. You may need to augment your daily multivitamin to reach the 1000 mg minimum.

**Vitamin D**    1000 IU  
1200 IU post menopause    Sunlight avoidance has resulted in vitamin D deficiency in many of us. Vitamin D improves bone density and its role is vital in cancer protection and maintaining hormone balance.

**Omega 3 Fatty Acids**    210 to 270 mg EPA  
130 to 175 mg DHA  
Twice per day w/meals    Protects against heart disease and improves circulation (good for the ovary and the Venus Week); reduces damage from oxidative stress (helps fight signs of aging); may increase dopamine, improving mood and libido.

**Dark Chocolate**    1 ounce – at least 70% cocoa (optional)    Flavenoids in cocoa enhance the micro circulation necessary for optimal functioning of the ovary; have antioxidant (anti-aging) properties; may be a natural antidepressant.

**Cinnamon**    ½ teaspoon    Lowers blood sugar; improves hormonal balance by ensuring better carbohydrate metabolism.

## Additional Supplements For the Weak or Waning Venus

**Phytoestrogens**    50 to 70 mg isoflavones through diet or supplement (soy is a good source)    Eases transition from Venus to Minerva and helps sustain the Venus Week in perimenopausal women.

**Probiotics**    One 4 oz container of probiotic yogurt or probiotic supplements as directed    Creates bacterial balance helping prevent yeast infections, reducing body odors, and improving breath; alleviates gastrointestinal upset, balances vaginal and skin pH.

**DHEA**    25 to 50 mg    Improves libido, metabolism, and energy levels – especially during Minerva and Reset phases. (Not to be taken if you are pregnant.)