

NUTRIÇÃO APLICADA À ESTÉTICA E SAÚDE DA MULHER

Ma. Luisa Amábile Wolpe

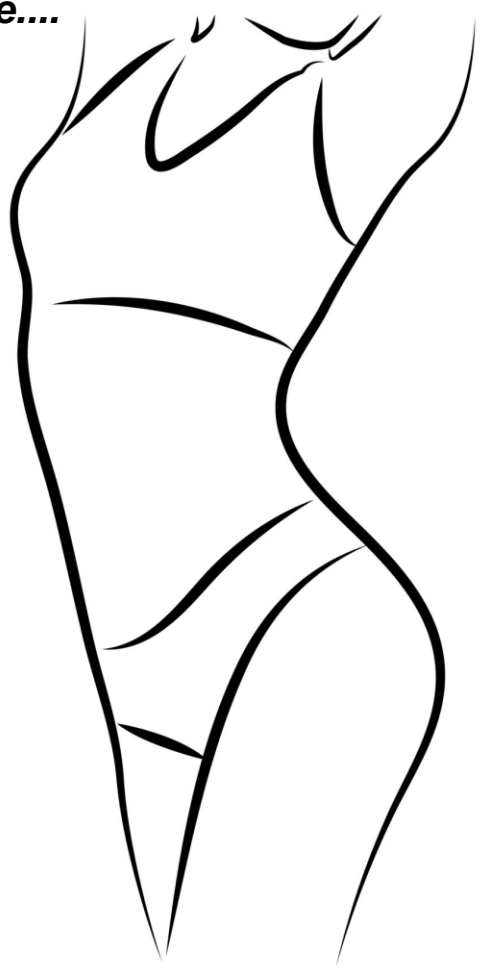
@luwolpenutricionista

Queixa principal do paciente....

Celulite

Flacidez

Gordura localizada



- Endometriose
- Constipação intestinal
- Menopausa
- Libido
- Incontinência urinária
- TPM
- SOP
- Sarcopenia
- Doenças crônicas
- Osteoporose
- Candidíase
- Cistite

Antes de qualquer procedimento estético....

Estado nutricional

Status de macronutrientes

Status de micronutrientes

Doenças associadas

Emagrecimento

Cirurgia bariátrica

Estresse

Distúrbios de imagem

Ansiedade

Sono

Saúde intestinal

Suplementação



Antes de qualquer procedimento estético....

- Hemograma completo
- Hematócrito
- Relação linfócito/neutrófilo
- Proteína totais e frações (pós bariátrica)
- Ureia plasmática
- Hemoglobina glicada
- Frutosamina
- Ferro
- Ferritina
- Hormônios sexuais
- Hormônios tireoidianos
- Zinco
- Vitamina A
- Vitamina D
- Vitamina C
- Vitamina B12
- PCR
- Ácido úrico
- Fibrinogênio
- Cortisol
- Capacidade antioxidante total

Influência
Programação
metabólica
Ambiente
intrauterino
Os primeiros
1000 dias

Anemia
Alergias
Obstipação
Imunidade

Acne
Estrias
TPM
SOP

Endometriose
Infertilidade
Gestação
Celulite
Gordura localizada
Libido

Menopausa
Osteopenia
Flacidez
Fadiga
Atrofia vaginal

Osteoporose
Sarcopenia
Doenças crônicas
Imunidade



Saúde intestinal

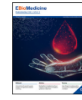
Fatores ambientais

Tipo de parto

Aleitamento materno X fórmula infantil

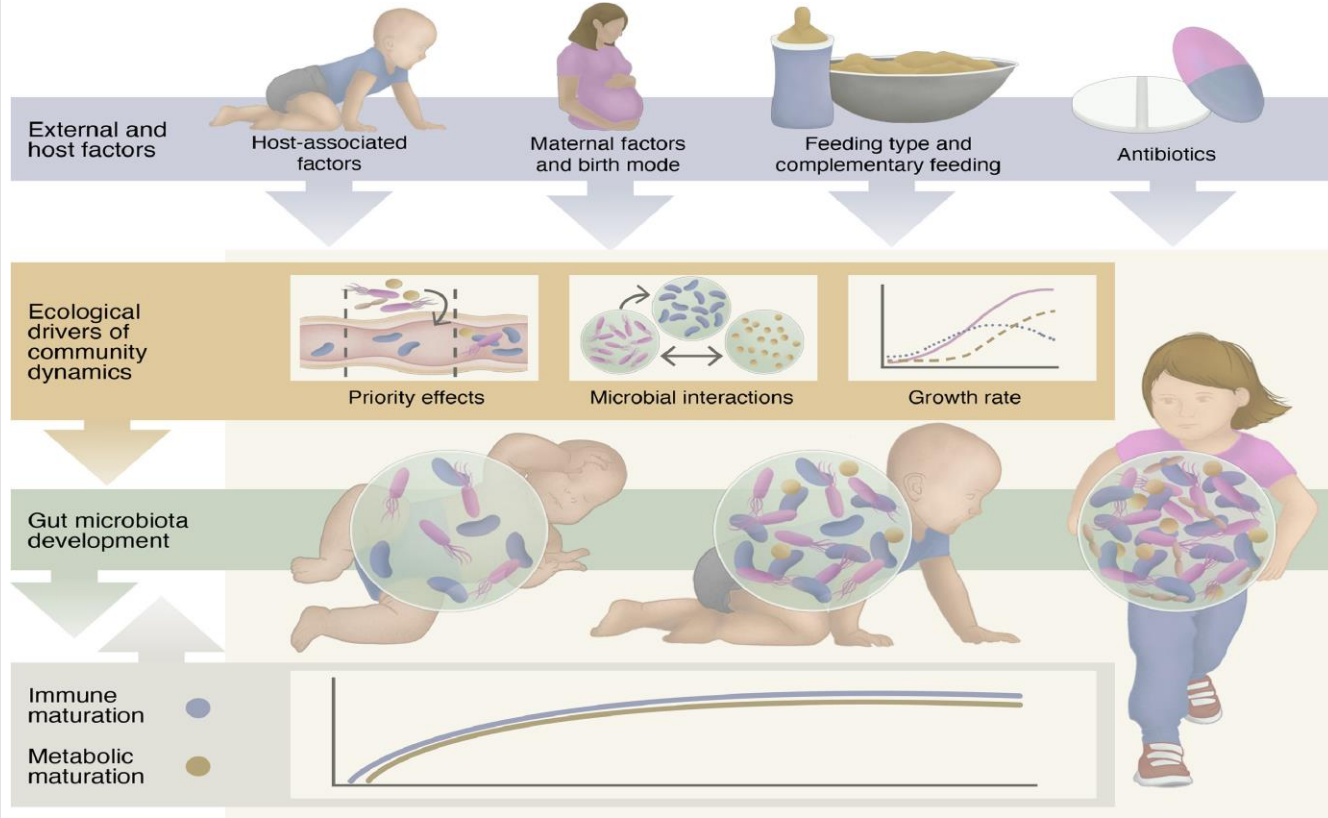
Presença de animais de estimação

Antibioticoterapia



Review

Early-life gut microbiota and its connection to metabolic health in children: Perspective on ecological drivers and need for quantitative approach



Saúde intestinal

Stress

Idade

Estilo de vida

Dieta

Microbioma intestinal

Contraceptivo

Antibióticos

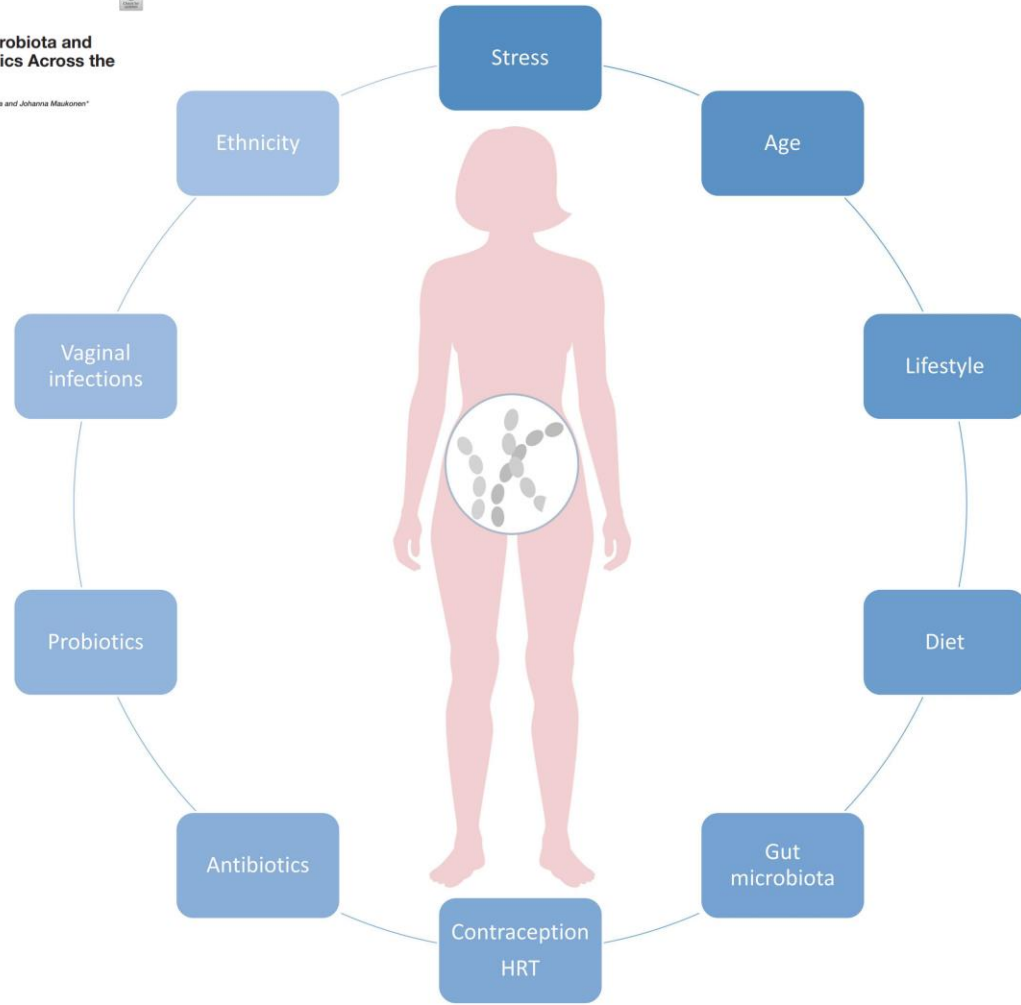
Probióticos

Infecções vaginais

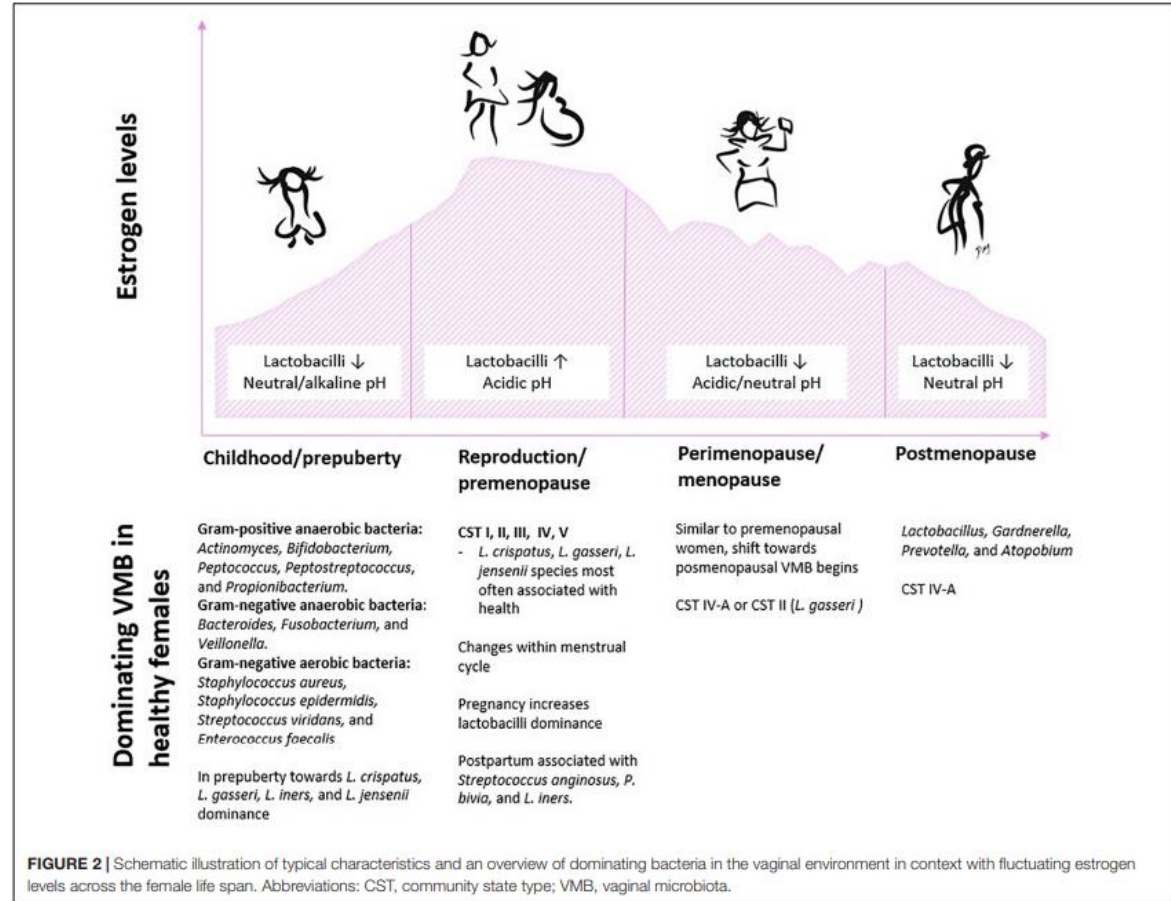


Healthy Vaginal Microbiota and Influence of Probiotics Across the Female Life Span

Liisa Lehtoranta, Riina Ala-Jaakkola, Arja Lahti and Johanna Maukonen*



Microbioma vaginal influenciada pelos níveis de estrogênio



Microbioma vaginal influenciada pelos níveis de estrogênio

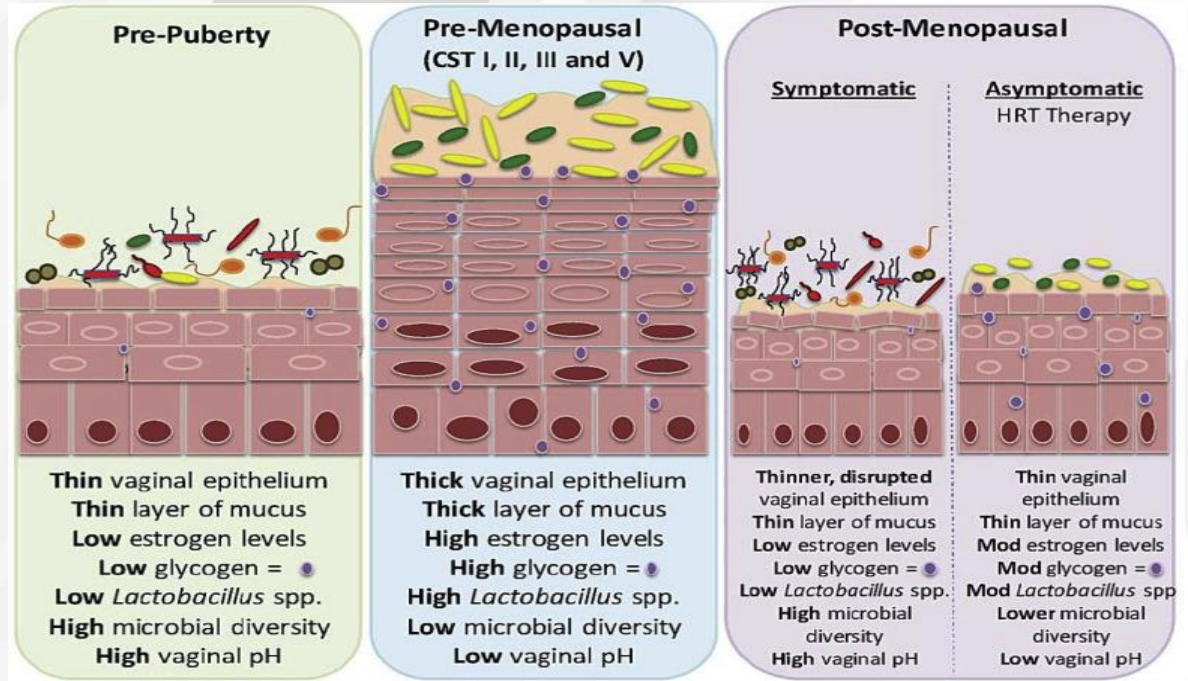
Expert Reviews

ajog.org

Menstruation: science and society

Hilary O. D. Critchley, MD; Elmer Babayev, MD; Srdar E. Bulun, MD; Sandy Clark, MPA; Isabella Garcia-Grau, MS; Peter K. Gregersen, MD; Anil Kikome, MBBCh, BAQ; Ji-Young Julie Kim, PhD; Missy Lavender, MBA; Erica E. Marsh, MD, MSc; Kristen A. Matteson, MD, MPH; Jacqueline A. Maybin, PhD; Christine N. Metz, PhD; Inmaculada Moreno, PhD; Kami Silk, PhD; Marni Sommer, DrPH, MSN; Carlos Simon, MD, PhD; Edhi Taryal, MBA, SM; Hugh S. Taylor, MD; Gunter P. Wagner, PhD; Linda G. Griffith, PhD

Falta de lubrificação
Atrofia vaginal
Cistite
Candidíase
Dor



Microbioma intestinal

Estresse crônico

Depressão

Ansiedade

Aumento de permeabilidade

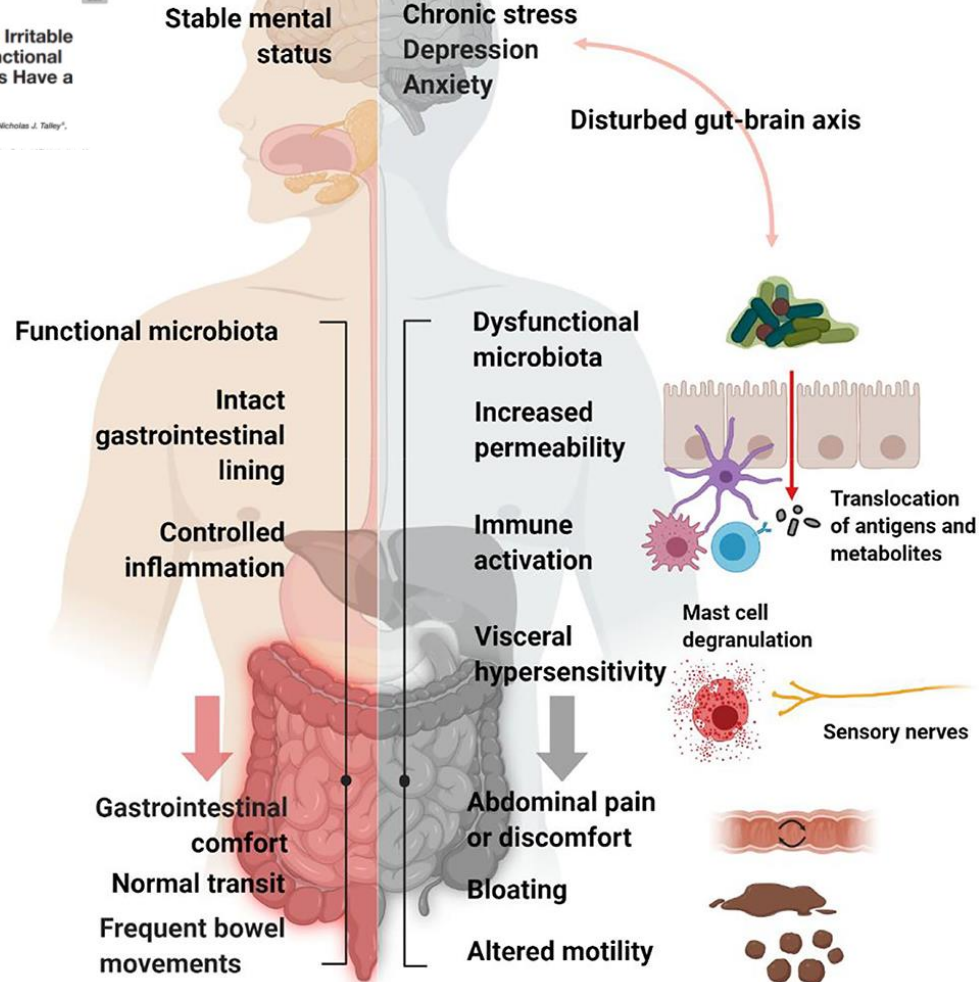
Desconforto abdominal

Alteração da motilidade



Increasing Evidence That Irritable Bowel Syndrome and Functional Gastrointestinal Disorders Have a Microbial Pathogenesis

Caterina Carco^{1,2,4}, Wayne Young^{1,2,3}, Richard B. Geary^{1,2}, Nicholas J. Talley⁵, Warren C. McNeill^{1,2} and Nicole C. Ray^{1,2,6*}



Microbioma
intestinal

Neurotransmissores

Stress

Comida

Produtos
bacterianos

Citocinas



Increasing Evidence That Irritable Bowel Syndrome and Functional Gastrointestinal Disorders Have a Microbial Pathogenesis

Caterina Carco^{1,2,3,4}, Wayne Young^{5,6}, Richard B. Geary^{1,2}, Nicholas J. Talley⁴, Warren C. McNabb^{1,2} and Nicole C. Roy^{1,2,3*}

- Neurotransmitters
- Stress
- Food
- Bacterial products
- Cytokines

granule release

Nerves

Visceral hypersensitivity



Smooth muscle cells

Altered motility



Epithelial cells

Altered permeability



Immune system

Chronic inflammation



- Proteases (trypsin...)
- Histamin
- Serotonin
- Leukotriens
- Cytokines
- Chemokines

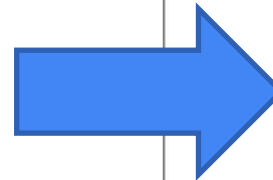


FIGURE 6 | Potential role of mast cells in IBS and chronic low-grade inflammation. Mast cells are thought to play a role in the onset of abdominal pain, as well as diarrhea or constipation. These symptoms are modulated by the mediators released by activated mast cells of the GI mucosa, which stimulate other immune cells, perpetuate chronic inflammation and alter secretion and peristalsis, resulting in abnormal GI permeability and motility. Mast cells, located close to nerve fibers, are thought to trigger pain signals. The mediator histamine sensitizes the nociceptor transient receptor potential channel V1 on peripheral nerve terminal of nociceptive submucosal neurons, resulting in visceral hypersensitivity (Cenac et al., 2010). Studies on rectal biopsies from IBS subjects demonstrated that the histamine H1 receptor-mediated stimulation of the nociceptor transient receptor potential channel V1 was potentiated in IBS subjects but not in healthy controls (Wouters et al., 2016). Proteases degranulated by mast cells may also destroy various epithelial gap junctional proteins (e.g., zonula occludens), leading to impairments in epithelial barrier function. Alterations in motility seem also to be linked to mast cells' degranulation. In particular, the stimulation of prostanoid receptors P2X on smooth muscle cells generates the excitatory potential responsible for contraction, impacting on smooth muscle contractility (Zhang L. et al., 2016). Created with BioRender.com.

Disbiose intestinal

Deficiências nutricionais

Alteração do Ph vaginal

Disbiose vaginal

Risco de HPV, HIV e vaginoses



nutrients

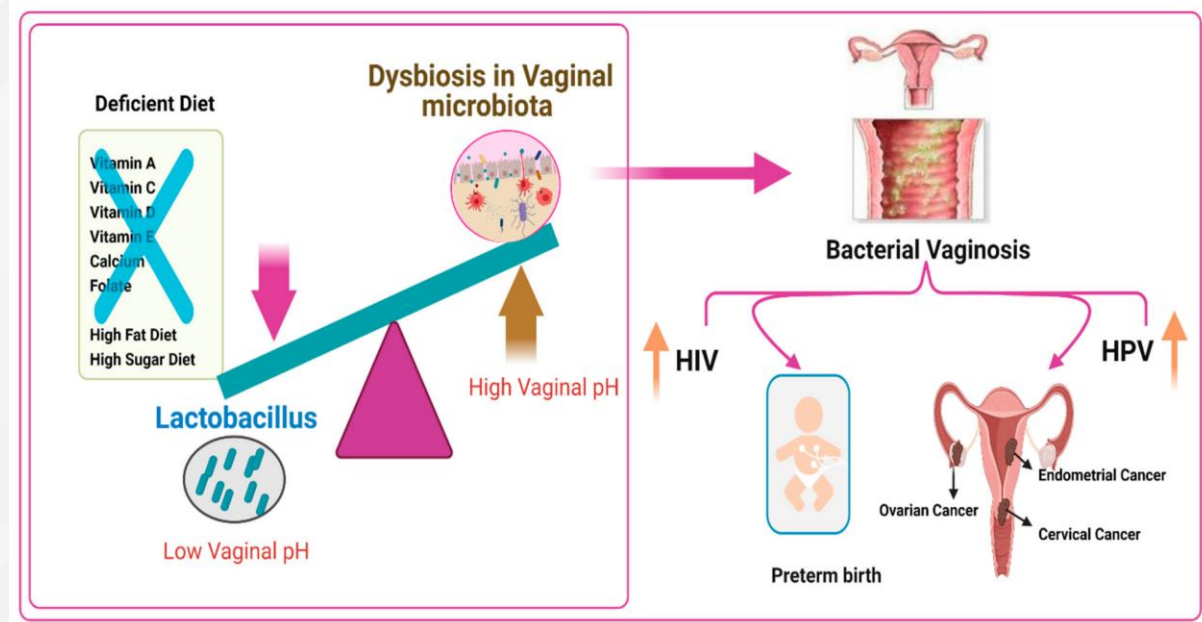


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INTEGRADA
CABINTEGRADA.COM

Review

Nutrition in Gynecological Diseases: Current Perspectives

Michał Ciebiera ¹, Sahar Esfandyari ², Hiba Sibli ³, Lillian Prince ⁴, Hoda Elkafas ^{2,5}, Cezary Wojtyła ⁶, Ayman Al-Hendy ³ and Mohamed Ali ^{7,*}



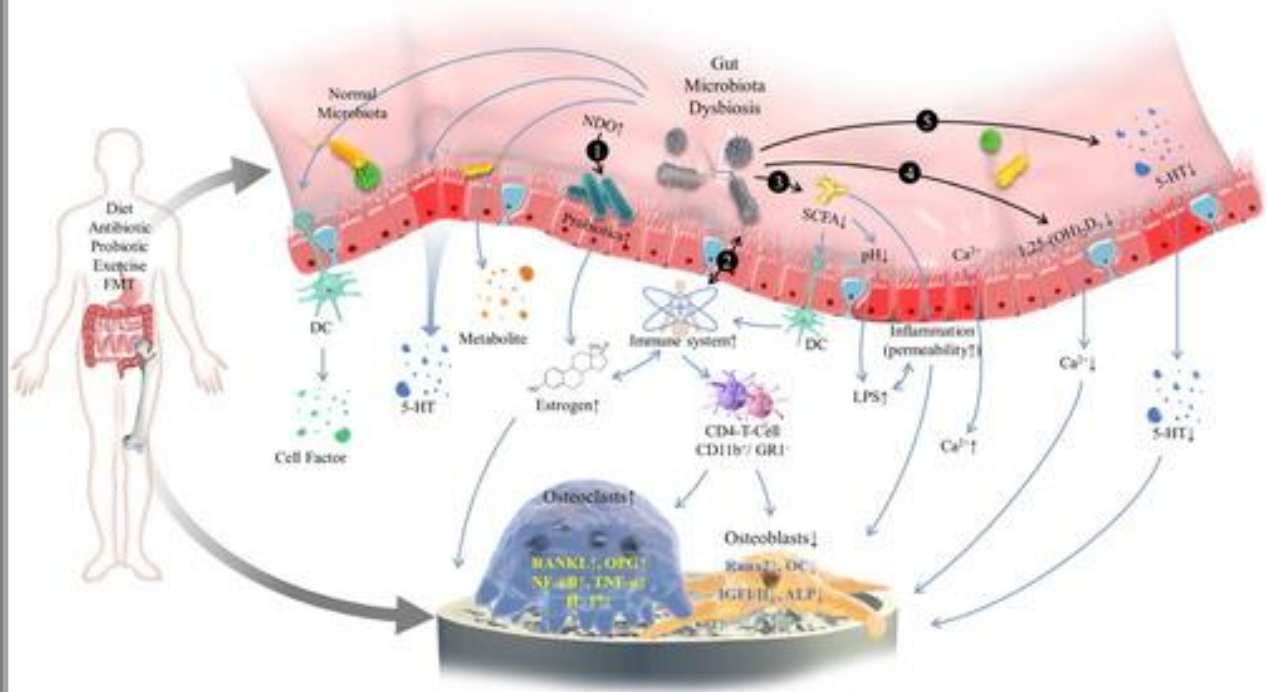
Disbiose intestinal e osteoporose

■ BONE BIOLOGY

Gut microbiome and osteoporosis

A REVIEW

Sucheng Li, Yubo Mao, Feng Zhou, Huilin Yang, Qin Shi, Bin Meng



Disbiose intestinal e doenças crônicas

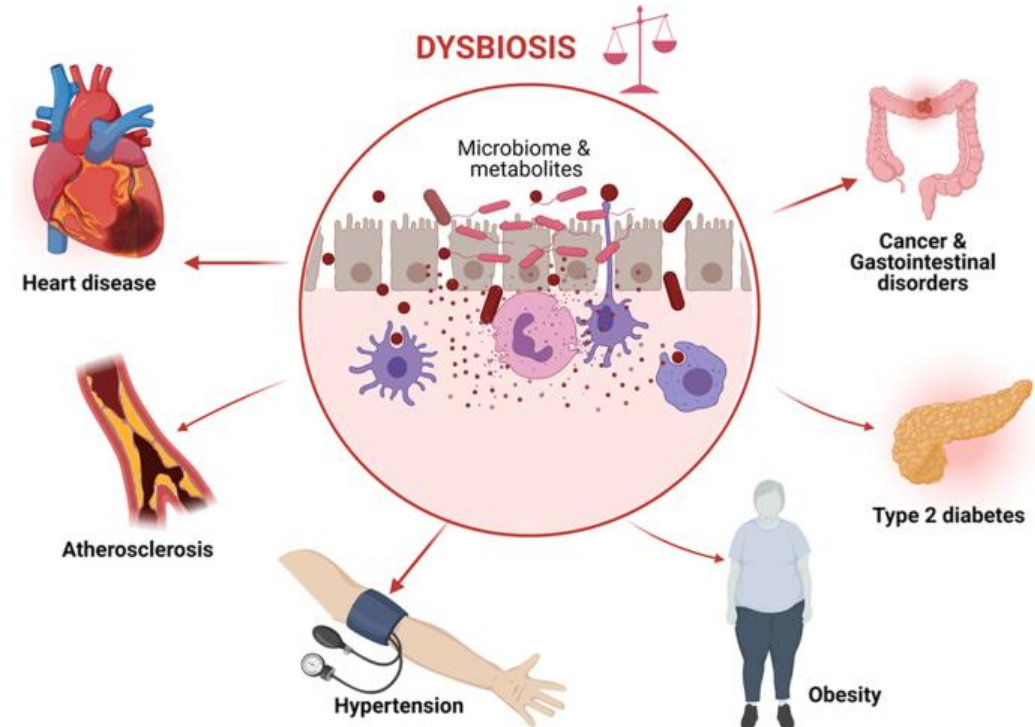
REVIEW ARTICLE OPEN

Check for updates

Recent advances in modulation of cardiovascular diseases by the gut microbiota

Sepiso K. Masenga¹, Benson Hamooya¹, Joy Hangoma¹, Valerie Hayumbu¹, Lale A. Ertuglu², Jeanne Ishimwe², Sharla Rahman², Mohammad Saleem², Cheryl L. Laffer², Fernando Elijovich² and Annet Kirabo²

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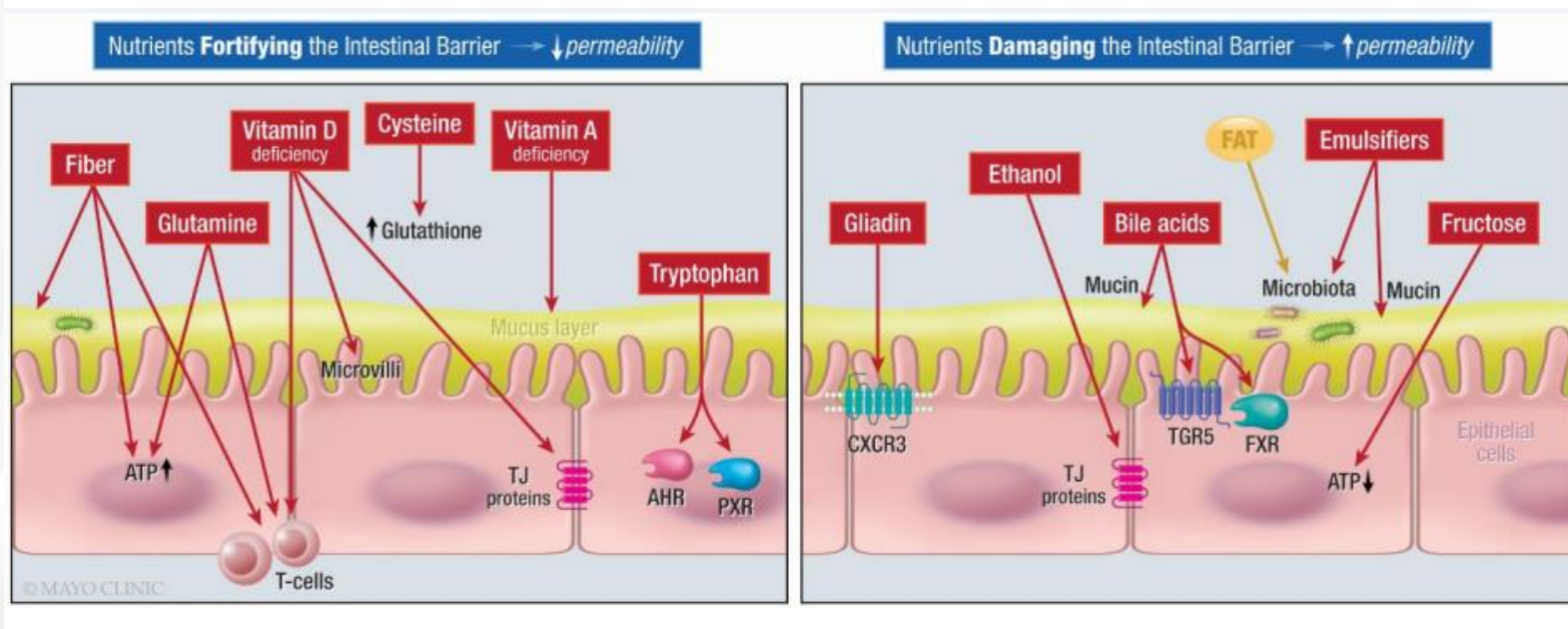
Katayoun Khoshbin, M.D.
Michael Camilleri, M.D.

from
Clinical Enteric Neuroscience Translational and Epidemiological Research (CENTER),
Mayo Clinic, Rochester, MN

DE NUTRIÇÃO CLÍNICA E ESPORTIVA

19, 20 e 21 de julho de 2023

Holiday Inn Hotel 6



Água

Fibras

Probióticos

Pós-bióticos

Antocianinas

Vitamina D

Glutamina

**Independente da fase
da mulher o intestino
deve ser o primeiro a
ser tratado**



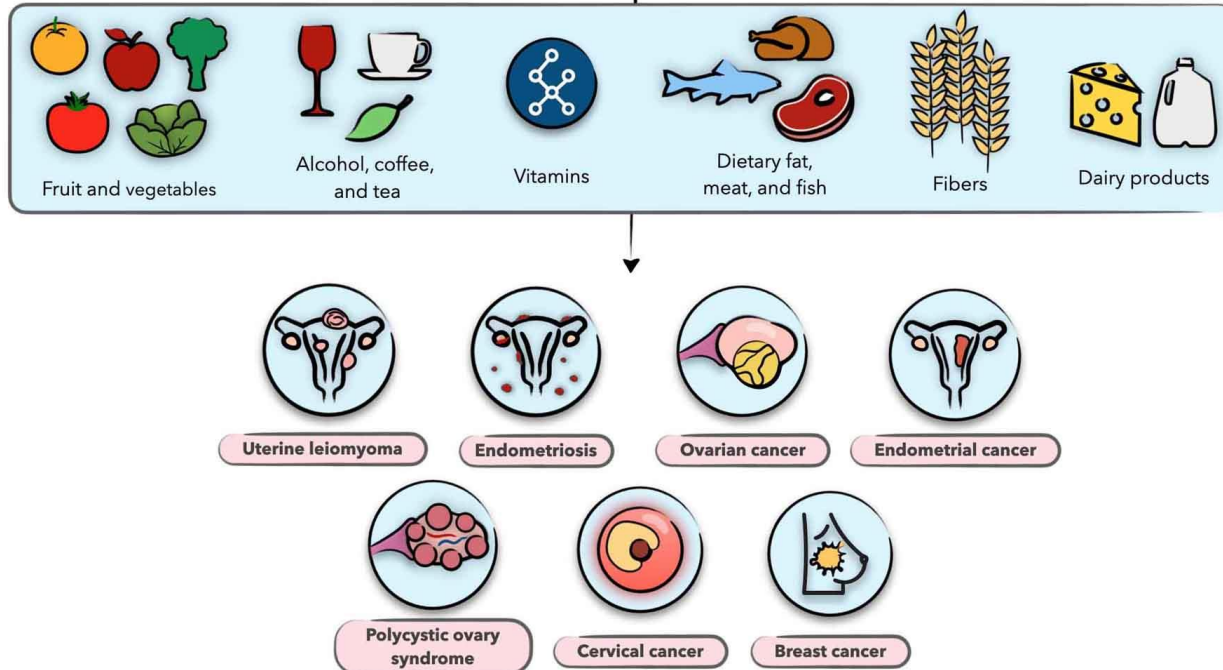
Review
Diet and Nutrition in Gynecological Disorders: A Focus on Clinical Studies

Sadia Afrin ^{1,*}, Abdelrahman AlAshqar ^{1,2,*}, Malak El Sabeh ¹, Mariko Miyashita-Ishiwata ¹, Lauren Reschke ¹, Joshua T. Brennan ¹, Amanda Fader ¹ and Mostafa A. Borahay ^{1,*}

19, 20 e 21 d

Holiday Inn Hotel & C

Diet and Nutrition



Influência

Programação
metabólica

Ambiente
intrauterino

Os primeiros
1000 dias

Anemia

Alergias

Obstipação





Imunidade

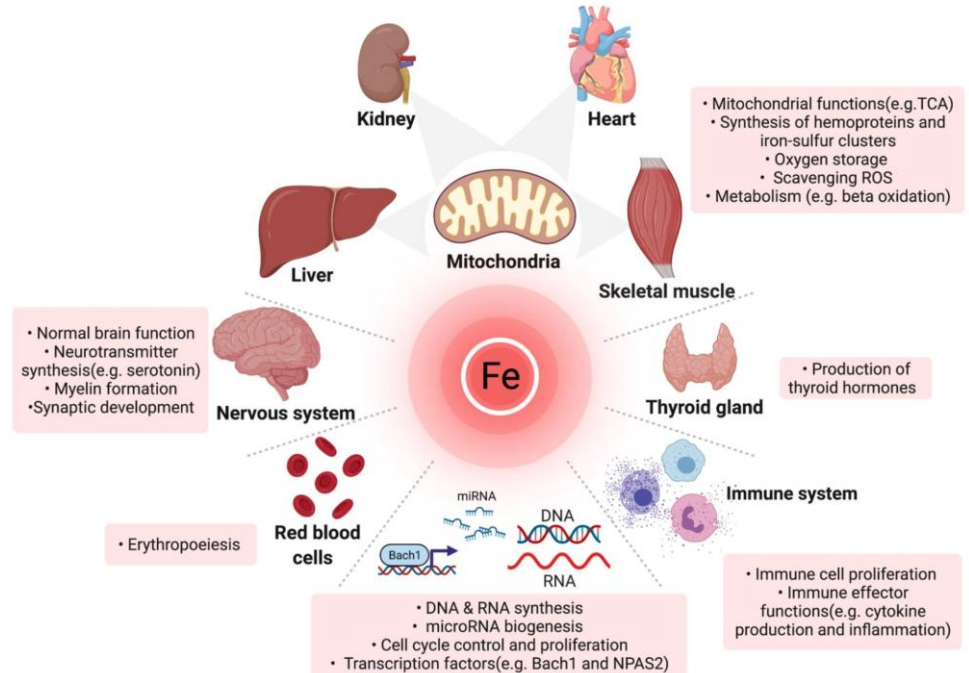
Suplementação nas Fases da Mulher



Review

Iron Deficiency in Heart Failure: Mechanisms and Pathophysiology

Ridha I. S. Alnuwaysir , Martijn F. Hoes , Dirk J. van Veldhuisen , Peter van der Meer and Niels Grote Beverborg * 



Influência

Programação metabólica

Ambiente intrauterino

Os primeiros 1000 dias

Anemia

Alergias



Obstipação

Imunidade



Review

New Insights into Iron Deficiency Anemia in Children: A Practical Review

Carla Moscheo¹, Maria Licciardello², Piera Samperi², Milena La Spina², Andrea Di Cataldo^{2,3,*}
and Giovanna Russo^{2,3,*}

Influência

Programação
metabólica

Ambiente
intrauterino

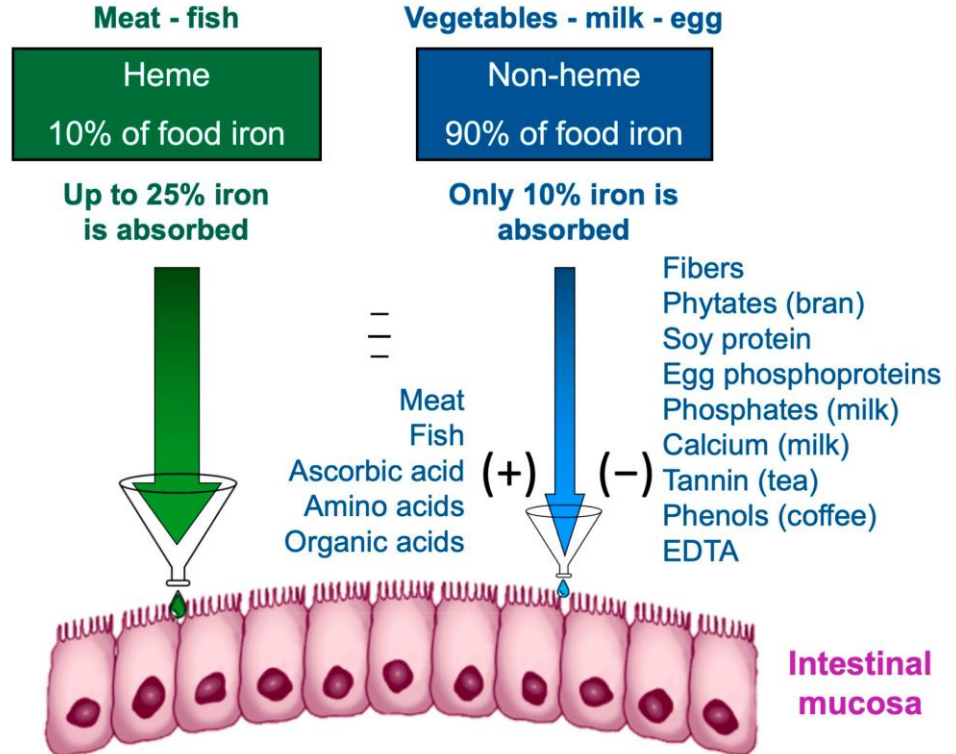
Os primeiros
1000 dias

Anemia

Alergias

Obstipação

Imunidade





Influência

Programação
metabólica

Ambiente
intrauterino

Os primeiros
1000 dias

Anemia

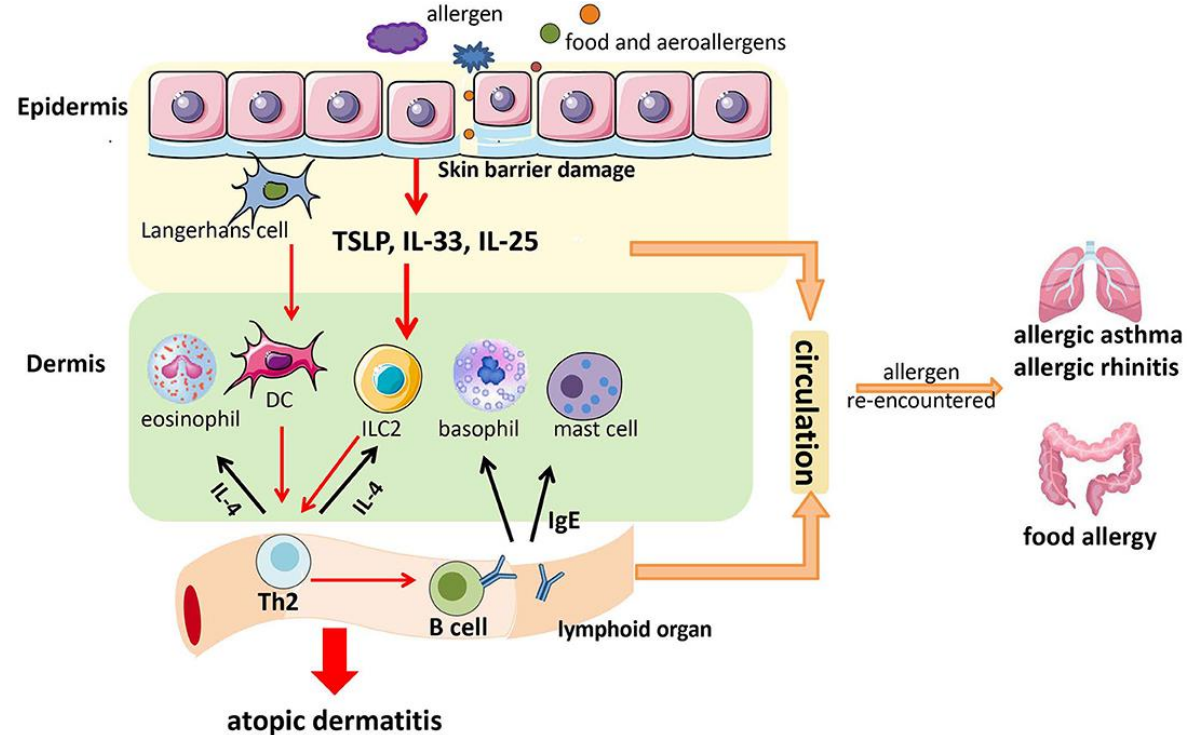
Alergias

Obstipação

Imunidade

Research Progress in Atopic March

Lan Yang¹, Jinrong Fu¹ and Yufeng Zhou^{1,2*}





Influência

Programação
metabólica

Ambiente
intrauterino

Os primeiros
1000 dias

Anemia

Alergias

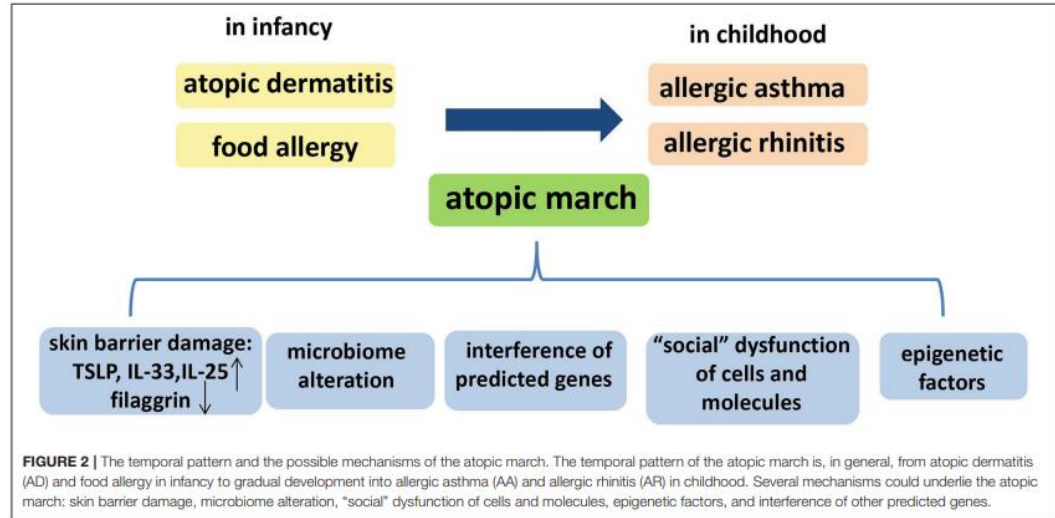
Obstipação

Imunidade



Research Progress in Atopic March

Lan Yang¹, Jinrong Fu¹ and Yufeng Zhou^{1,2*}



Review

Saccharomyces cerevisiae Yeast-Based Supplementation as a Galactagogue in Breastfeeding Women? A Review of Evidence from Animal and Human Studies

Lili Lily Jia *, Louise Brough and Janet Louise Weber

Influência

Programação metabólica

Ambiente intrauterino

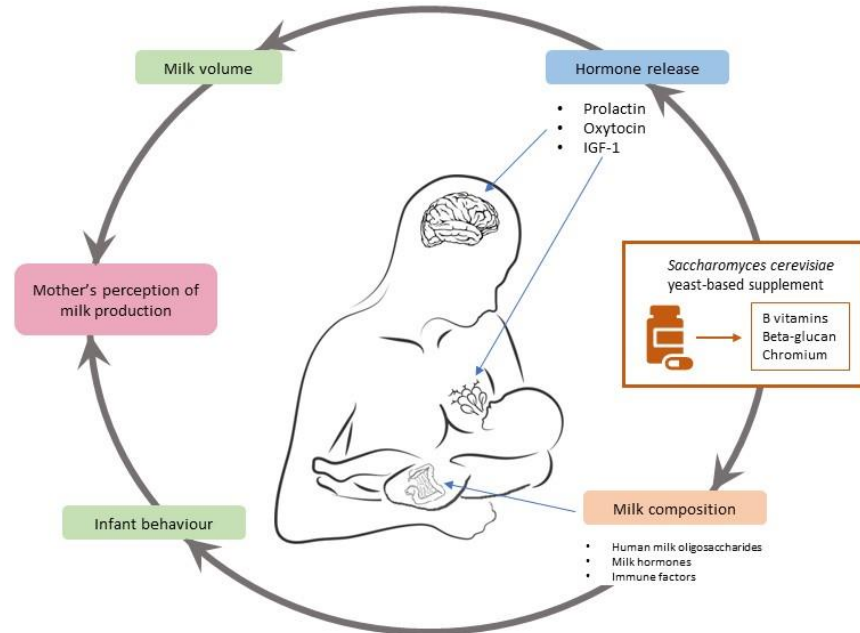
Os primeiros 1000 dias

Anemia

Alergias

Obstipação

Imunidade



Dietary patterns in childhood and their effect on gut microbiota—an Asian perspective on atopy risk

Check for updates

Influência

Programação metabólica

Ambiente intrauterino

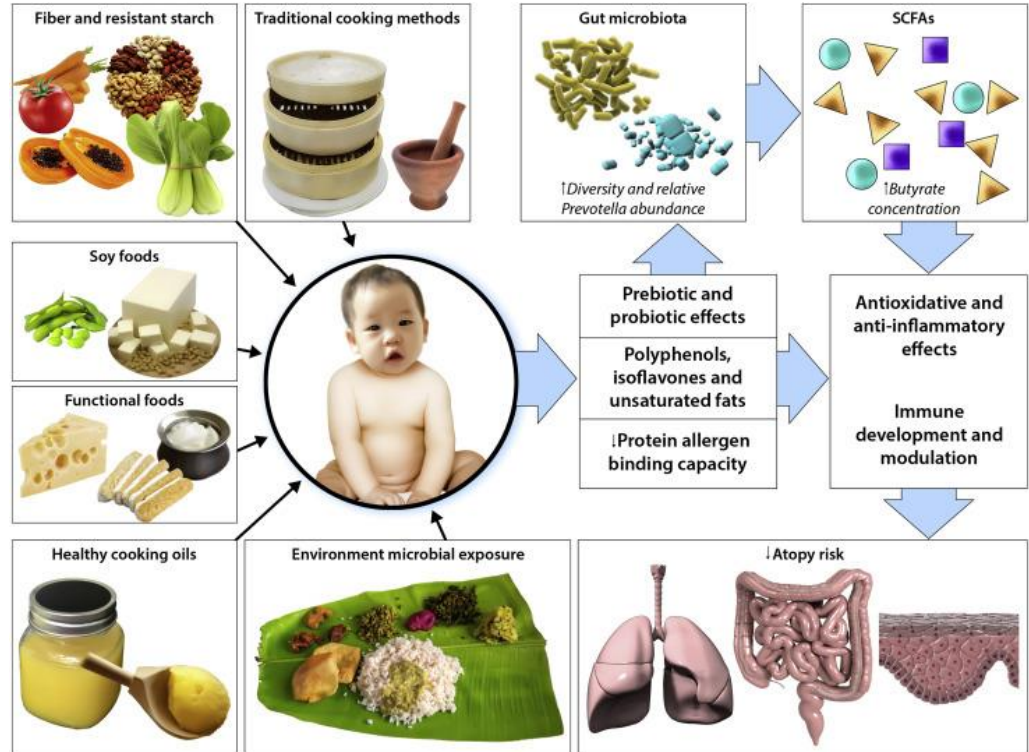
Os primeiros 1000 dias

Anemia

Alergias

Obstipação

Imunidade





The Biology of Lactoferrin, an Iron-Binding Protein That Can Help Defend Against Viruses and Bacteria

Influência

Programação metabólica

Ambiente intrauterino

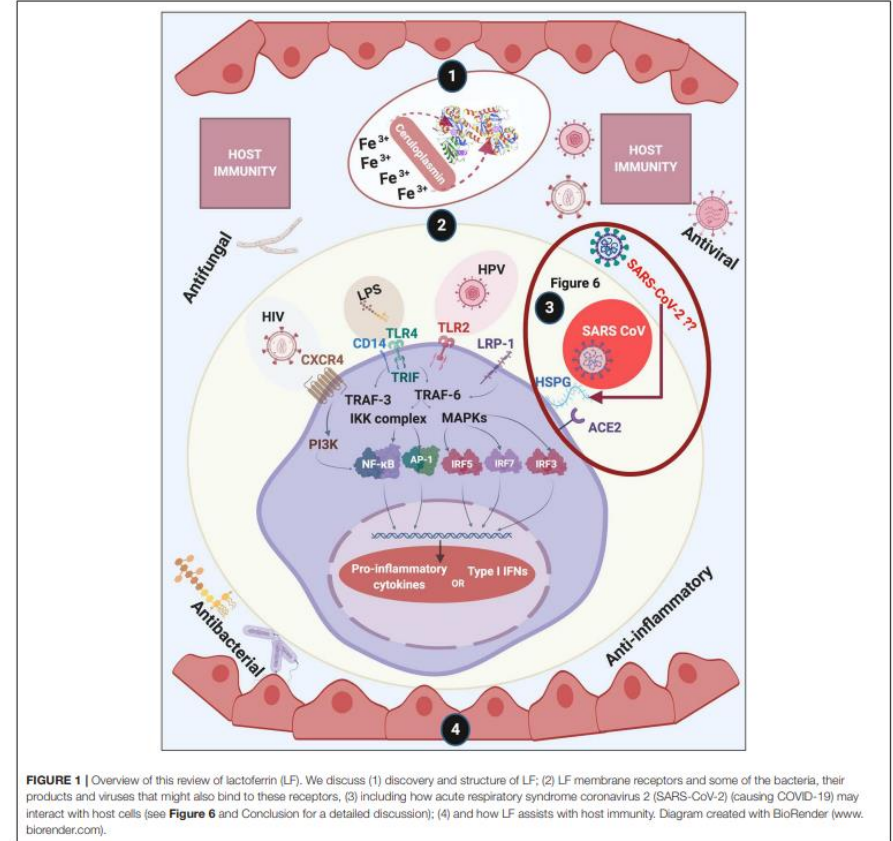
Os primeiros 1000 dias

Anemia

Alergias

Obstipação

Imunidade



Influência

Programação
metabólica

Ambiente
intrauterino

Os primeiros
1000 dias

Anemia

Alergias

Obstipação

Imunidade

PROTOCOLO INFANTIL

Anemia

Ferro quelado (taste free)	10mg
Bioferrin®	100mg
Zinco quelado (taste free)	10mg

Alergias

Betamune®	100mg
Fc oral®	150mg
Vitamina D	2000UI

Obstipação

Peg4000	8 a 15g
---------	---------

Imunidade

Betamune®	100mg
Fc oral®	150mg
Vitamina D	2000UI
Zinco quelado	10mg

Associar com probiótico



Influência
Programação
metabólica
Ambiente
intrauterino
Os primeiros
1000 dias

Anemia
Alergias
Obstipação
Imunidade



Vitamina D

Histidina

Fc Oral®

Probiótico



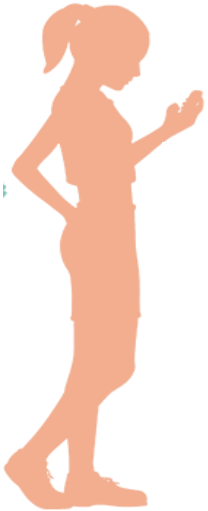
Acne

Estrias

TPM

SOP

Suplementação nas Fases da Mulher



Acne
Etrias
TPM
SOP

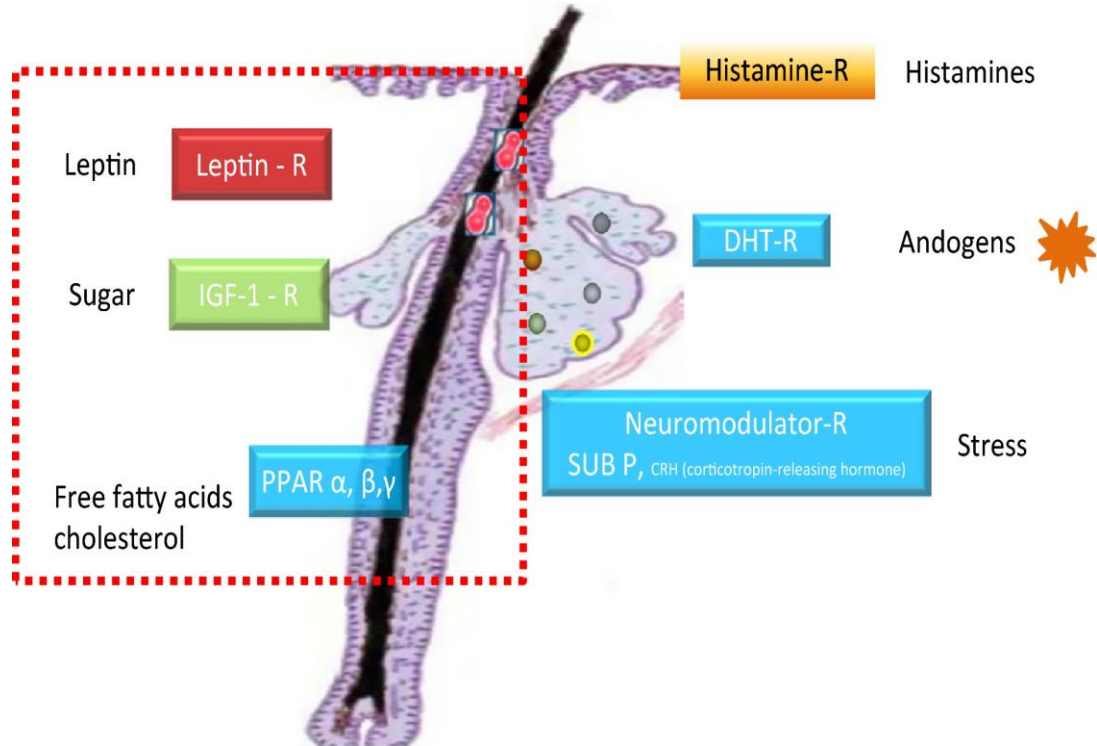
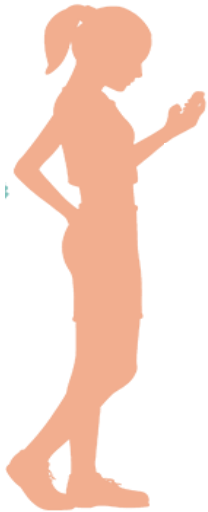
REVIEW ARTICLE

What is new in the pathophysiology of acne, an overview

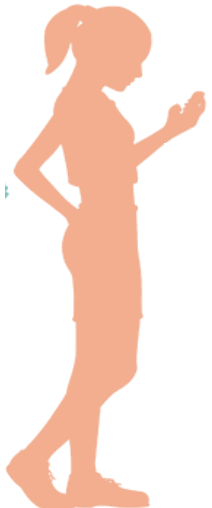
B. Dréno*

Department of Dermatology, Nantes University, Nantes, France

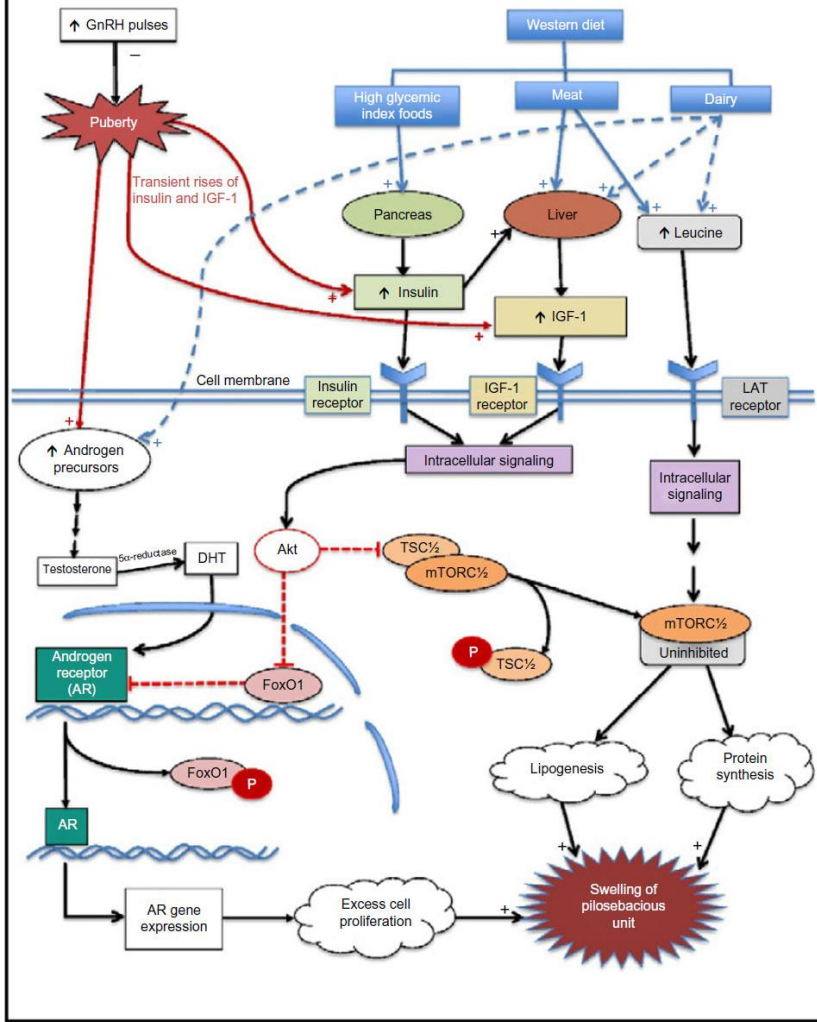
*Correspondence: B. Dréno. E-mail: brigitte.dreno@wanadoo.fr



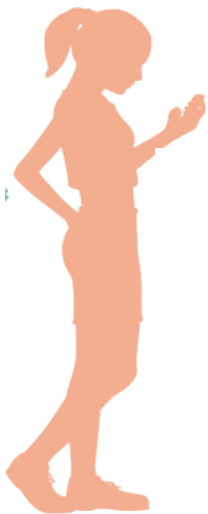
Acne
Estrias
TPM
SOP



The epidemiology of acne vulgaris in late adolescence



Acne
Estrias
TPM
SOP



PROTOCOLO ACNE

Controle glicêmico

Glycoxil®300mg
Picolinato de cromo.....250mcg
Inositol.....4g
Berberina.....500mg
Piridoxal 5 fosfato.....50mg

Cicatrização

Exsyntriment®200mg
Palmitato de ascorbila.....100mg

Atividade anti-androgênica

Saw Palmetto.....350mg
Zinco quelado.....30mg

Melhora do pH da pele

Slim green coffee.....300mg

Anti-inflamatório

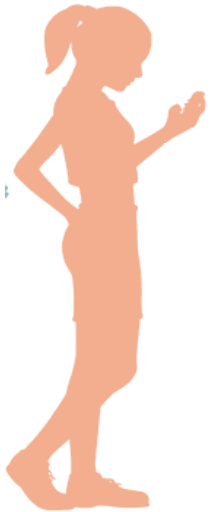
Fc oral®300mg

Curcuma longa.....500mg

Ômega 3 (EPA + DHA).....3g

Associar com uso de LED,
limpeza de pele e
cosméticos

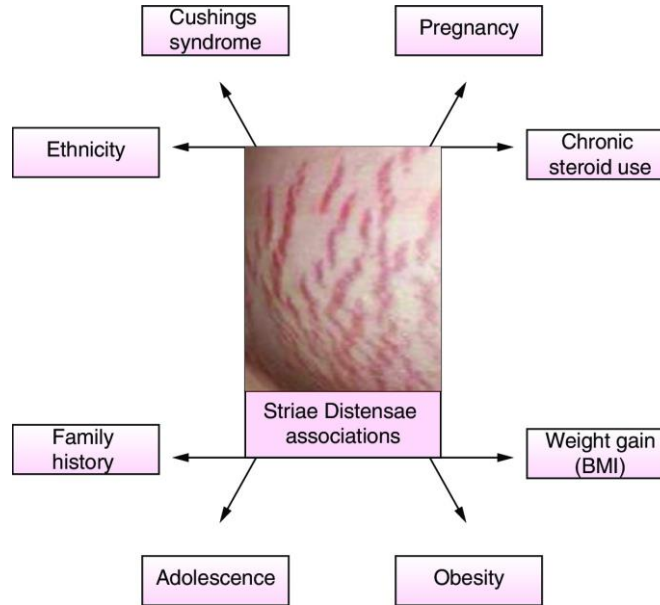
Acne
Etrias
TPM
SOP



REVIEW ARTICLE

Topical management of striae distensae (stretch marks): prevention and therapy of striae rubrae and albae

S. Ud-Din,^{1,2} D. McGeorge,³ A. Bayat^{1,2,*}



Acne

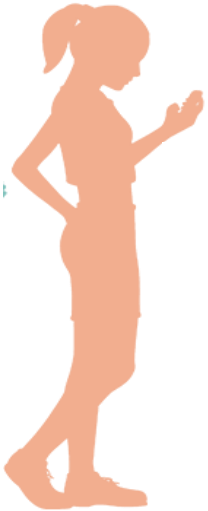
Estrias

TPM

SOP

Prevenção de estrias

Exsynutriment®200mg
Palmitato de ascorbila.....100mg
Ácido hialurônico.....200mg
Vitamina D.....4000UI



Associar com:

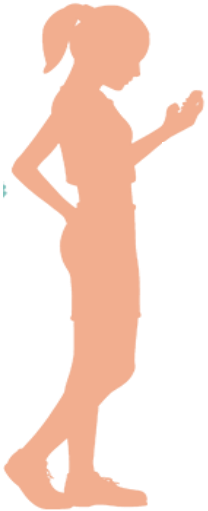
Peptan®

Lipowheat®

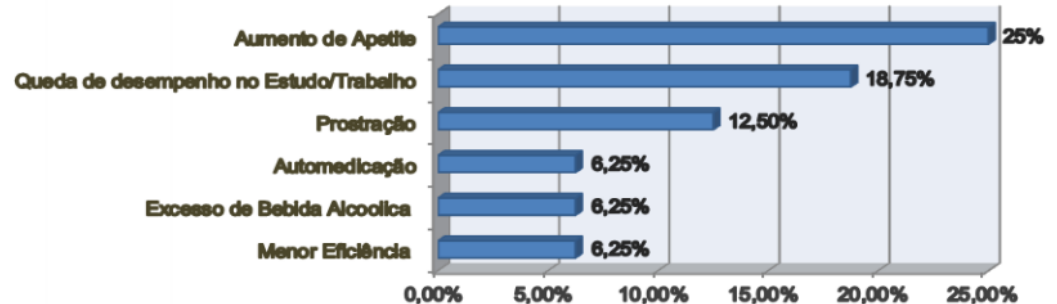
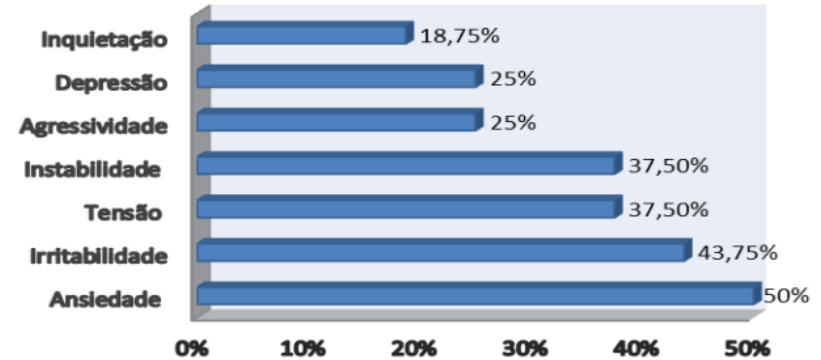
Síndrome pré-menstrual e síndrome disfórica pré-menstrual: aspectos atuais

Premenstrual syndrome and premenstrual dysphoric syndrome: current aspects

Acne
Estrias
TPM
SOP



Alterações de Humor



Acne

Estrias

TPM

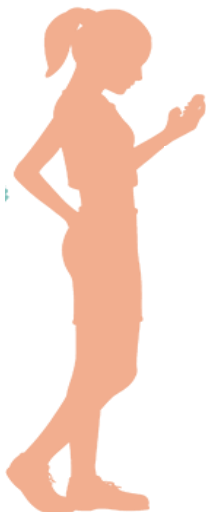
SOP



**SAFER HERBAL OPTIONS FOR TREATING PRE MENSTRUAL
SYNDROME**

Deepashree C L and Shubha Gopal*

Department of Studies in Microbiology, University of Mysore, Mysore 570006, Karnataka, India.



Fitoterápico	Mecanismo de ação	Dosagem
<i>Vitex agnus castus</i>	Aumento do estrogênio Diminuição da progesterona Regula prolactina	300mg/dia
<i>Cimicifuga racemosa</i>	N-metilserotonina Aumento do estrogênio	40 a 80mg/dia
<i>Ginkgo biloba</i>	Anti-inflamatório Diminui mastalgia e edema	120 a 240mg
<i>Angelica sinensis</i>	Aumento do estrogênio	200 a 400mg

Acne

Estrias

TPM

SOP

FORMULAÇÃO TPM

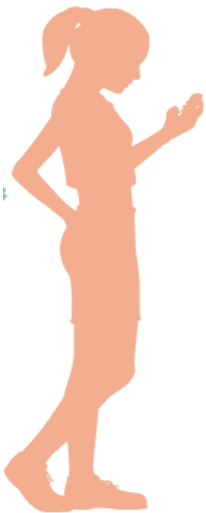
Vitex agnus castus.....100mg
Cimicifuga racemosa.....20mg
Vitamina B6.....25mg
Vitamina E.....400UI

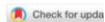
Irritabilidade: Modulip®

Associar com:

Óleo de Prímula

Produção de prostaglandinas de série E1 (PGE1), com propriedades anti-inflamatórias, que exercem efeito regulador dos hormônios sexuais femininos, estrógenos, progesterona e prolactina.



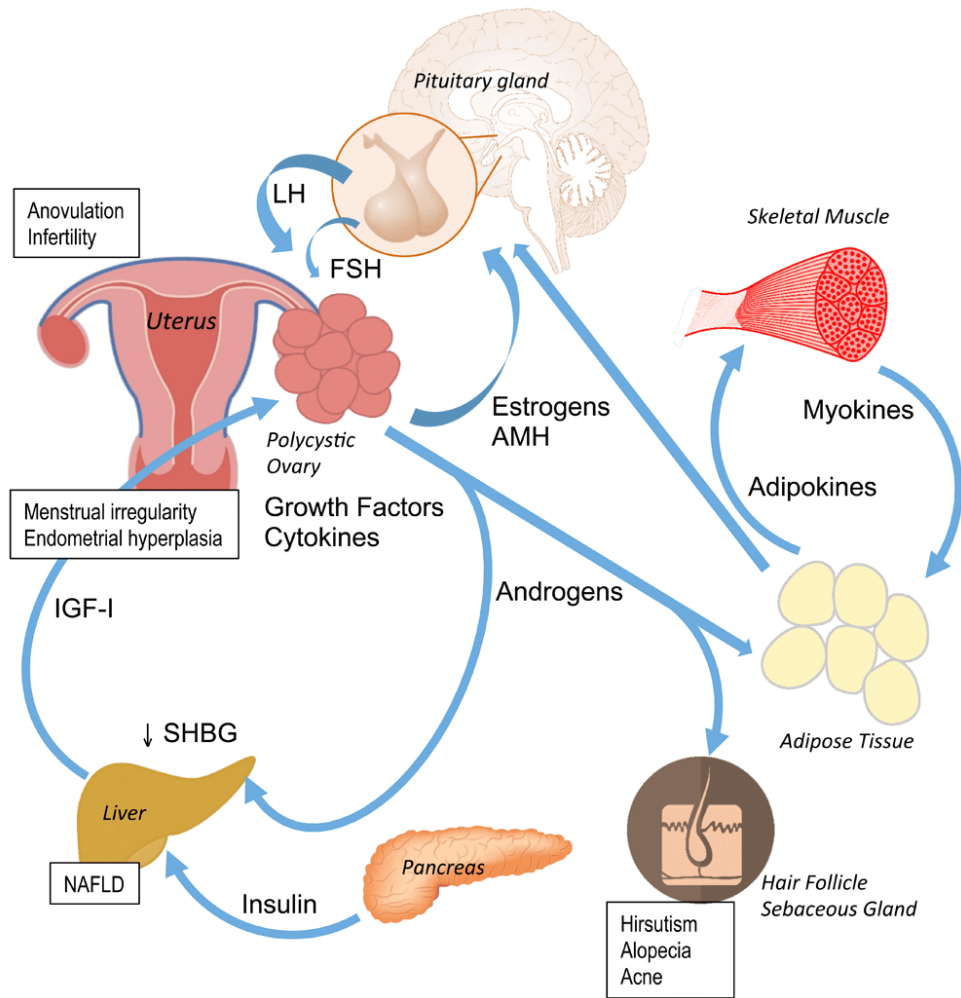
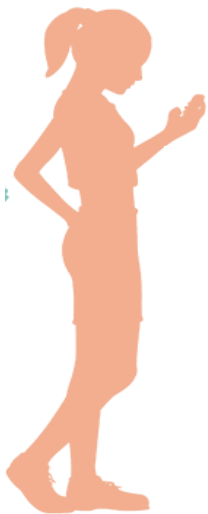


REVIEW

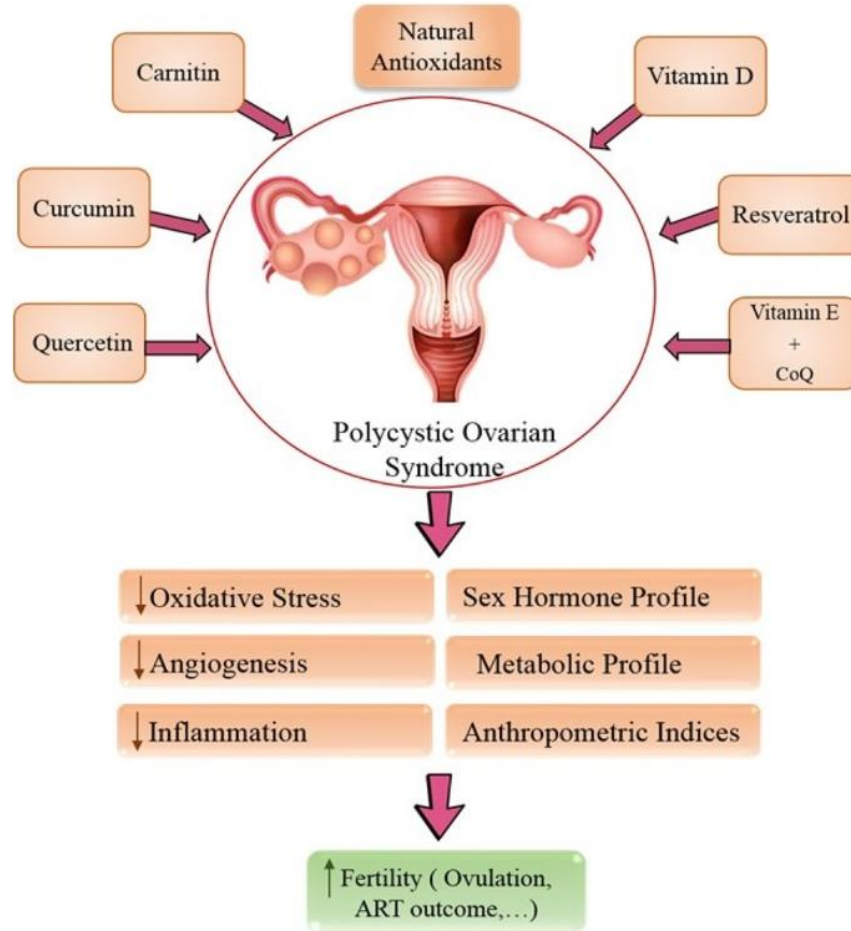
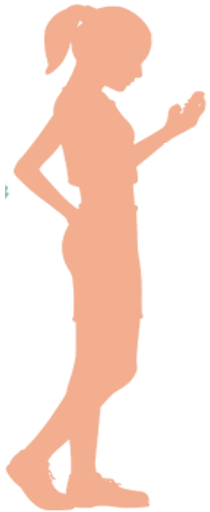
Recent advances in the understanding and management of polycystic ovary syndrome [version 1; peer review: 3 approved]

Ana L. Rocha¹, Flávia R. Oliveira¹, Rosana C. Azevedo², Virginia A. Silva¹, Thais M. Peres¹, Ana L. Candido², Karina B. Gomes², Fernando M. Reis¹

Acne
Estrias
TPM
SOP



Acne
Etrias
TPM
SOP

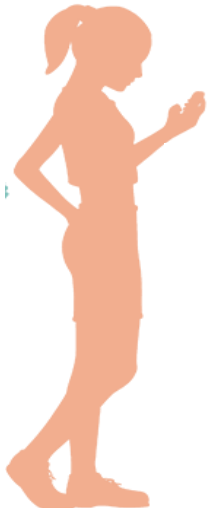


Acne

Estrias

TPM

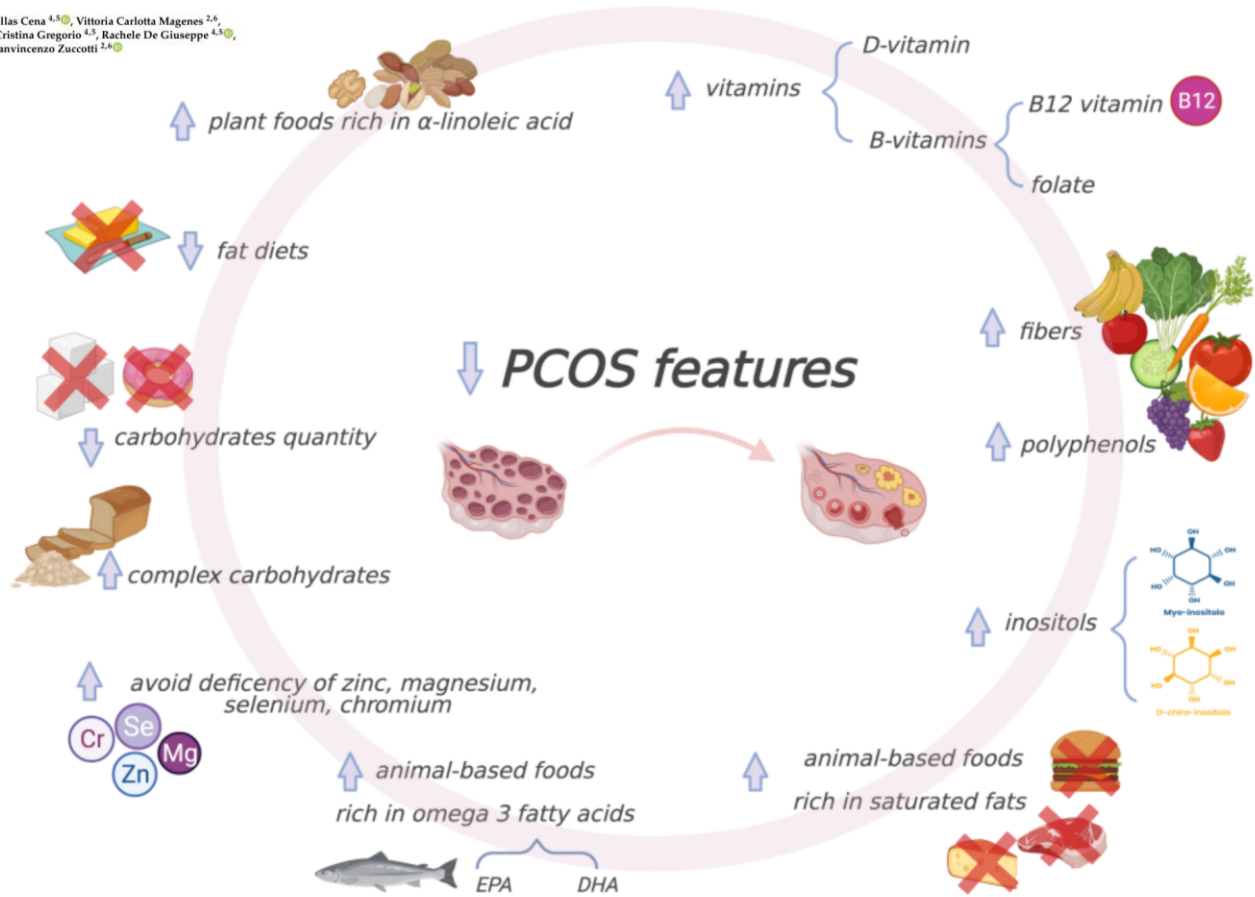
SOP



Review

Polycystic Ovary Syndrome in Insulin-Resistant Adolescents with Obesity: The Role of Nutrition Therapy and Food Supplements as a Strategy to Protect Fertility

Valeria Calcaterra ^{1,2,*}, Elvira Verduci ^{2,3,†}, Hellas Cena ^{4,5}, Vittoria Carlotta Magenes ^{2,4}, Carolina Federica Todisco ^{2,6}, Elisavietta Tenuta ¹, Cristina Gregorio ^{4,5}, Rachele De Giuseppe ^{4,5}, Alessandra Bosetti ⁷, Elisabetta Di Profio ^{2,3} and Gianvincenzo Zuccotti ^{2,4}



Acne
Estrias
TPM
SOP

PROTOCOLO SOP

Controle glicêmico

Inositol.....4g

Berberina.....500mg
Picolinato de cromo.....250mcg
Piridoxal 5 fosfato.....50mg

Atividade anti-androgênica

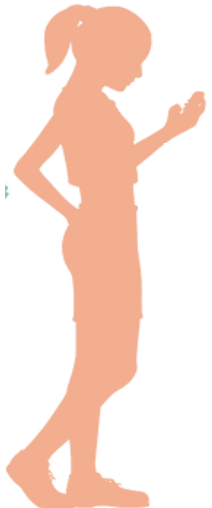
Saw Palmetto.....350mg
Zinco quelado.....30mg

Ômega 3 (EPA + DHA).....3g

Atividade antioxidante

Resveratrol.....150mg
NAC.....350mg
Licopeno.....15mg

Curcuma longa.....500mg



Endometriose

Infertilidade

Gestação

Celulite

Gordura localizada

Libido

Suplementação nas Fases da Mulher



Endometriose

Infertilidade

Gestação

Celulite

Gordura localizada

Libido

Endometriosis: A Disease with Few Direct Treatment Options

Dor pélvica

Pelvic pain
(77%)

Conspitação

Dyschezia
(66%)

Sangramento irregular

Dysmenorrhea
(90%)

Infertilidade

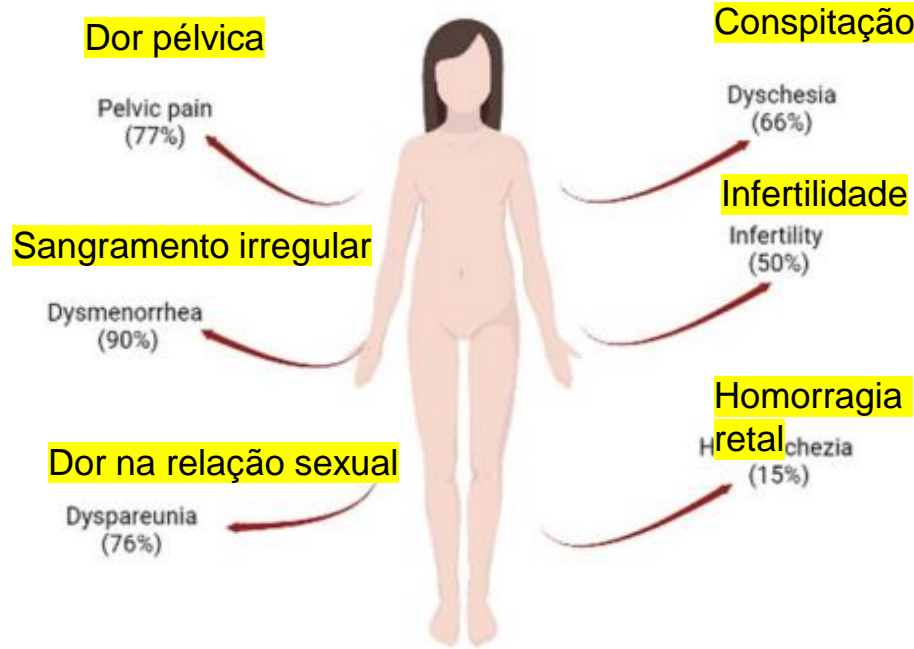
Infertility
(50%)

Dor na relação sexual

Dyspareunia
(76%)

Homorragia

retal
Dyschezia
(15%)



Endometriose

Infertilidade

Gestação

Celulite

Gordura localizada

Libido



Review
**Intricate Connections between the Microbiota
and Endometriosis**

Irene Jiang, Paul J. Yong, Catherine Allaire and Mohamed A. Bedaiwy *

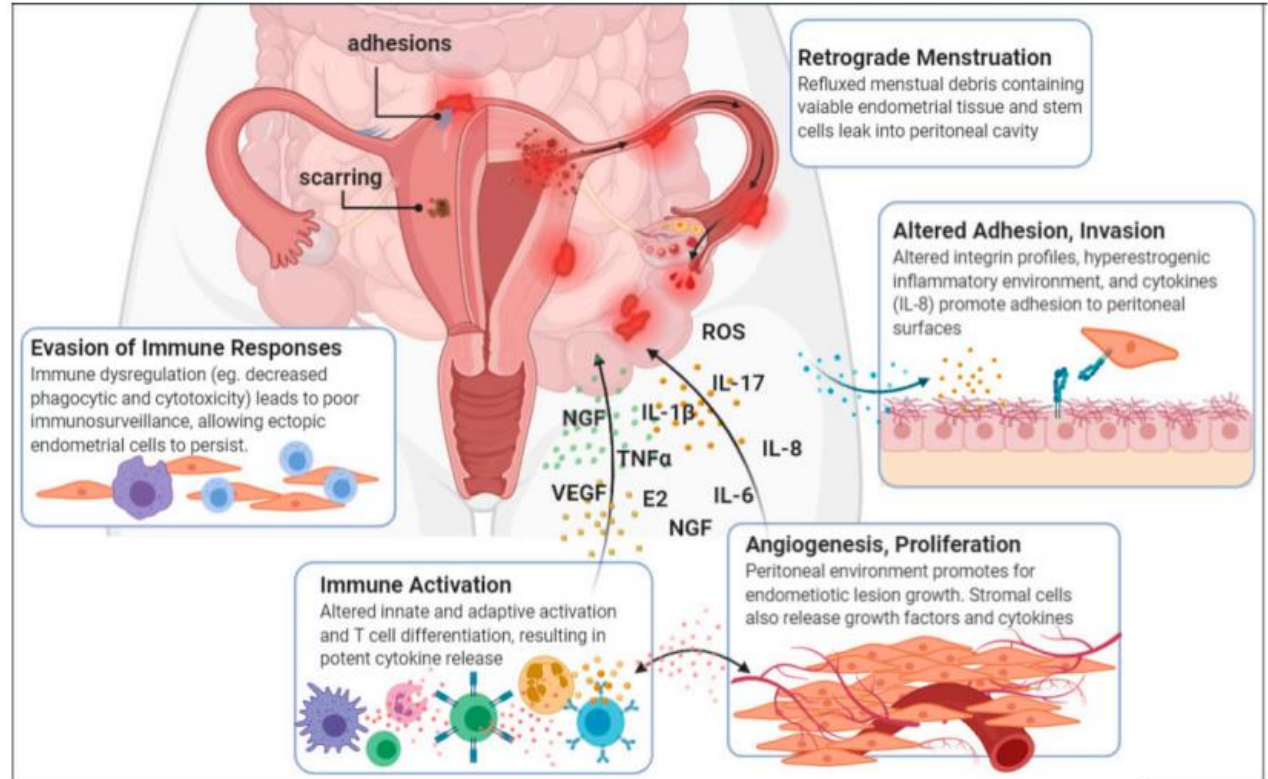


Figure 1. Aetiology and pathogenesis of endometriosis.

Endometriose

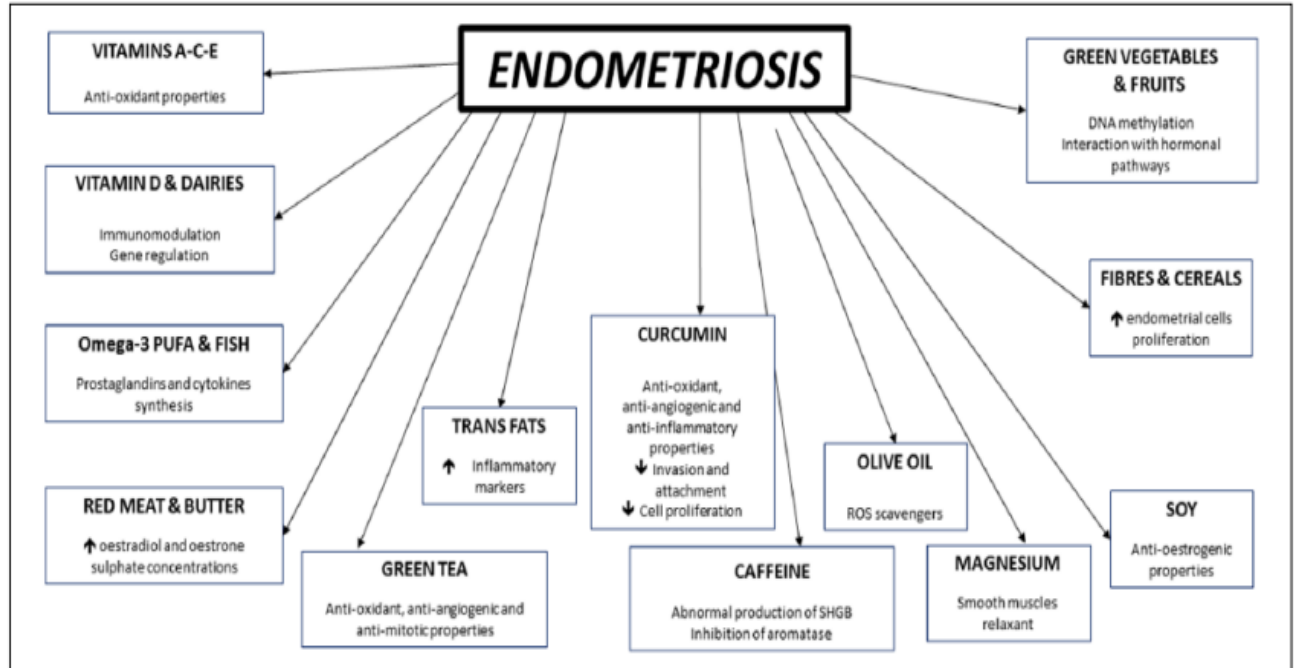
Infertilidade

Gestação

Celulite

Gordura localizada

Libido



Endometriose

Infertilidade

Gestação

Celulite

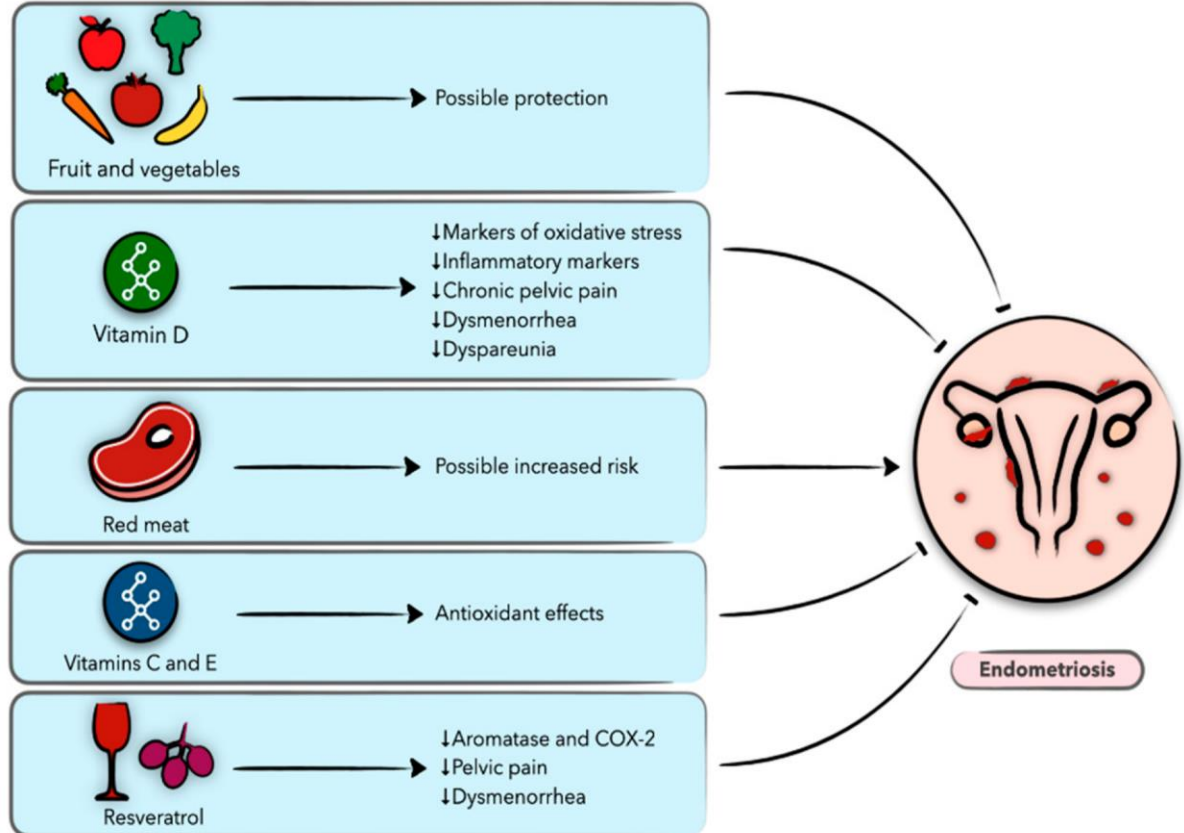
Gordura localizada

Libido

Review

Diet and Nutrition in Gynecological Disorders: A Focus on Clinical Studies

Sadia Afrin ^{1,*}, Abdelrahman AlAshqar ^{1,2,*}, Malak El Sabeh ¹, Mariko Miyashita-Ishiwata ¹, Lauren Reschke ¹, Joshua T. Brennan ¹, Amanda Fader ¹ and Mostafa A. Borahay ^{1,*}



Endometriose

Infertilidade

Gestação

Celulite

Gordura localizada

Libido

PROTOCOLO ENDOMETRIOSE

Inflamação e dor pélvica

MSM.....1g
Resveratrol.....100mg

Ômega 3 (EPA + DHA).....3g

Curcuma longa.....500mg

Azeite de oliva e chá verde

Modulação hormonal

Crisina.....500mg
Indol 3 carbinol.....300mg

Antioxidante

Vitamina D.....4000UI
Vitamina C.....500mg
Vitamina E.....400UI
Vitamina A.....750UI
Magnésio quelado.....300mg



Endometriose

Infertilidade

Gestação

Celulite

Gordura localizada

Libido

REVIEW

Open Access

The effects of oxidative stress on female reproduction: a review

Ashok Agarwal¹, Anamar Aponte-Mellado, Beena J Premkumar, Amani Shaman and Sajal Gupta

Aumentar a capacidade
antioxidante total

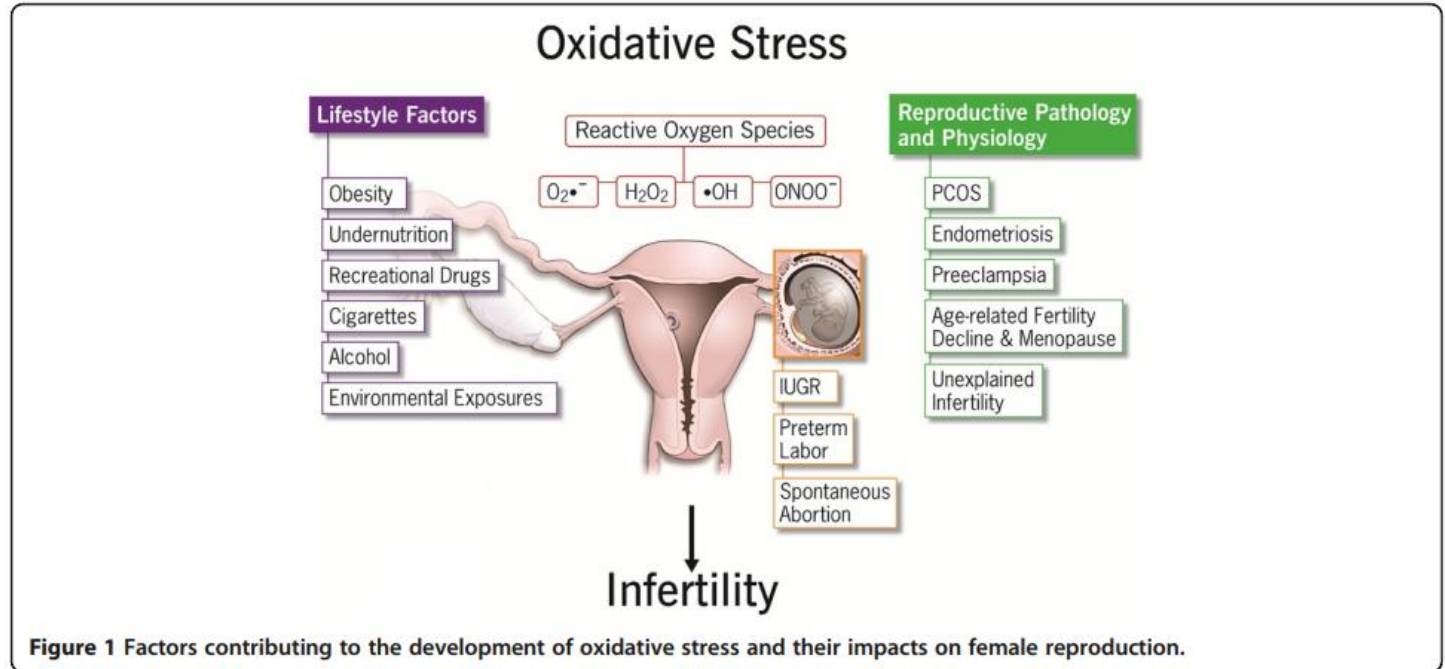


Figure 1 Factors contributing to the development of oxidative stress and their impacts on female reproduction.

Endometriose

Infertilidade

Gestação

Celulite


Gordura localizada

Libido



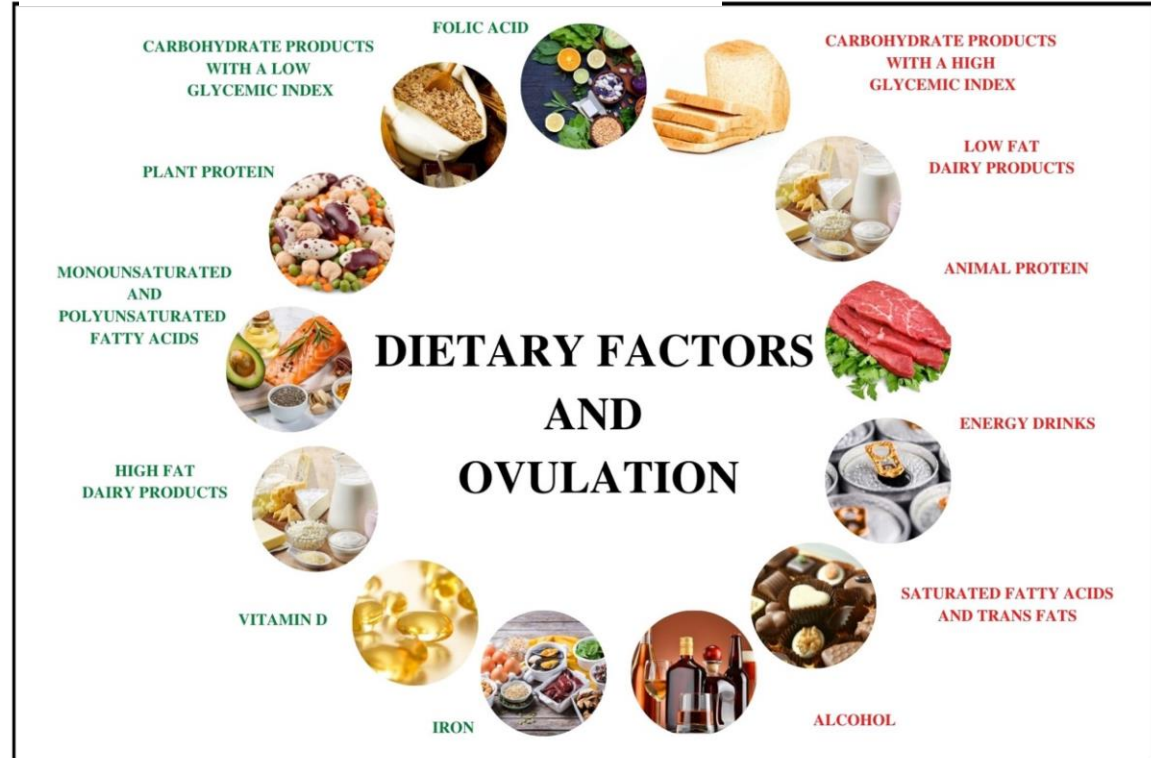
Review

The Influence of Diet on Ovulation Disorders in Women—A Narrative Review

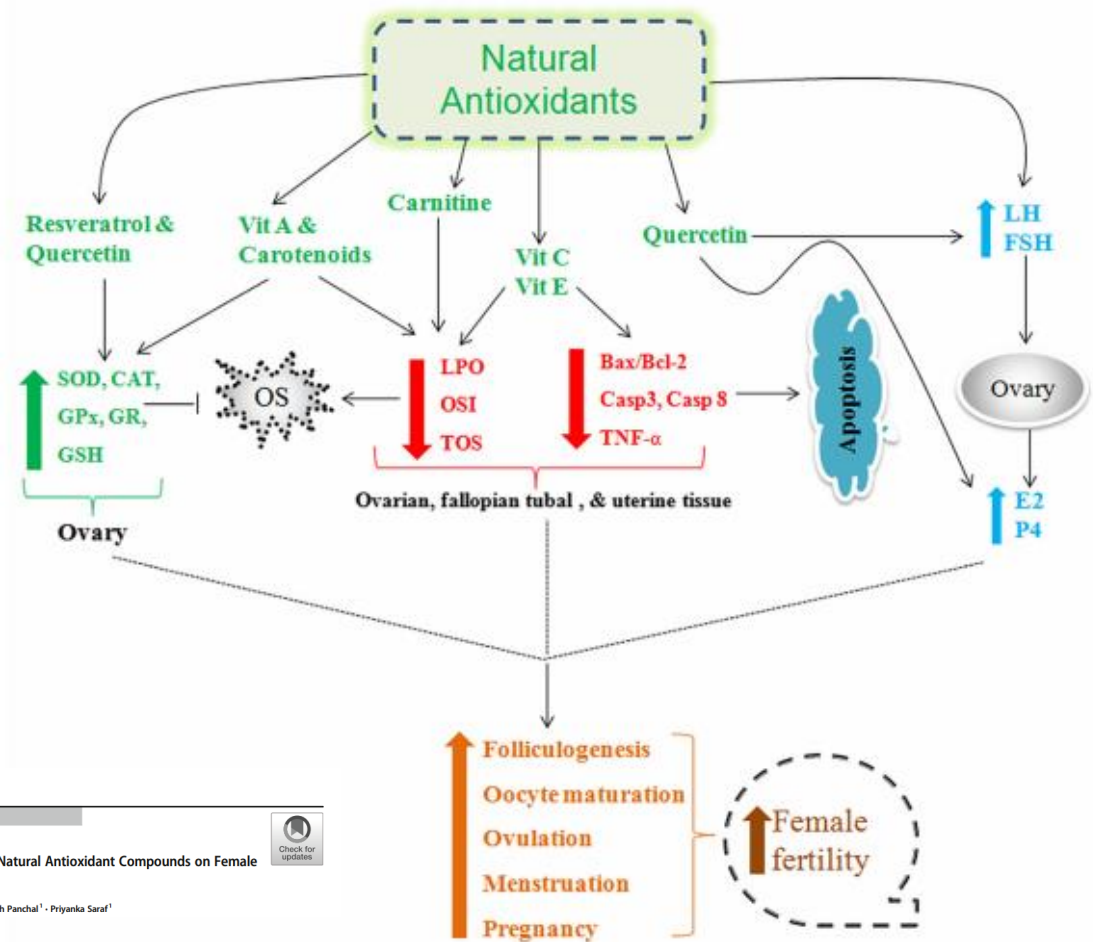
Justyna Jurczewska and Dorota Szostak-Węgierek * 

Department of Clinical Dietetics, Faculty of Health Sciences, Medical University of Warsaw, 27 Ciołka Str., 01-445 Warsaw, Poland; janiszewska@wum.edu.pl

* Correspondence: dorota.szostak-wegierek@wum.edu.pl; Tel.: +48-22-572-09-31



Endometriose
 Infertilidade
 Gestação
 Celulite
 Gordura localizada
 Libido



Reproductive Sciences
<https://doi.org/10.1007/s43032-020-00312-5>

REVIEW

Ameliorating Effects of Natural Antioxidant Compounds on Female Infertility: a Review

Jitender Kumar Bhardwaj¹ · Harish Panchal¹ · Priyanka Saraf¹



Endometriose

Infertilidade

Gestação

Celulite

Gordura localizada

Libido

PROTOCOLO INFERTILIDADE

Resveratrol.....100mg
Quercetina.....500mg

Vitamina C.....500mg
Vitamina E.....400UI
L-cartinina.....500mg

Vitamina A.....1000UI
Betacaroteno.....30mg
Luteína.....10mg
Zeaxantina.....5mg
Licopeno.....10mg

Geléia real

Associar com: ferro, ácido fólico,
probiótico, vitamina D, ômega 3



Endometriose

Infertilidade

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Celulite

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Libido

Review

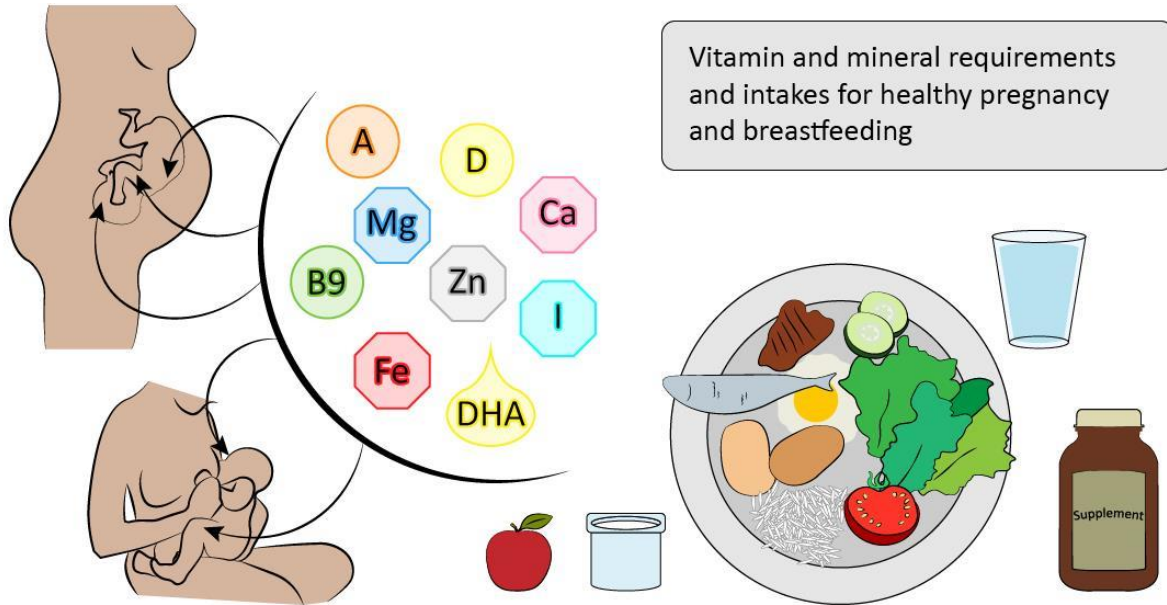
Nutrient Requirements during Pregnancy and Lactation

Marie Jouanne ¹, Sarah Oddoux ², Antoine Noël ² and Anne Sophie Voisin-Chiret ^{1,*}

¹ Université de Caen Normandie, UNICAEN, CERMN (Centre d'Etudes et de Recherche sur le Médicament de Normandie), F-14032 Caen, France; marie.jouanne@unicaen.fr

² Laboratoire Dielen—Zone Producteur Port des Flamands, F-50110 Cherbourg-en-Cotentin, France; sarah-oddoux@dielen.fr (S.O.); antoine-noel@dielen.fr (A.N.)

* Correspondence: anne-sophie.voisin@unicaen.fr; Tel.: +33-231566804



Review

Micronutrients in Pregnancy in Low- and Middle-Income Countries

Ian Darnton-Hill ^{1,2,*} and Uzonna C. Mkpuru ³

Endometriose

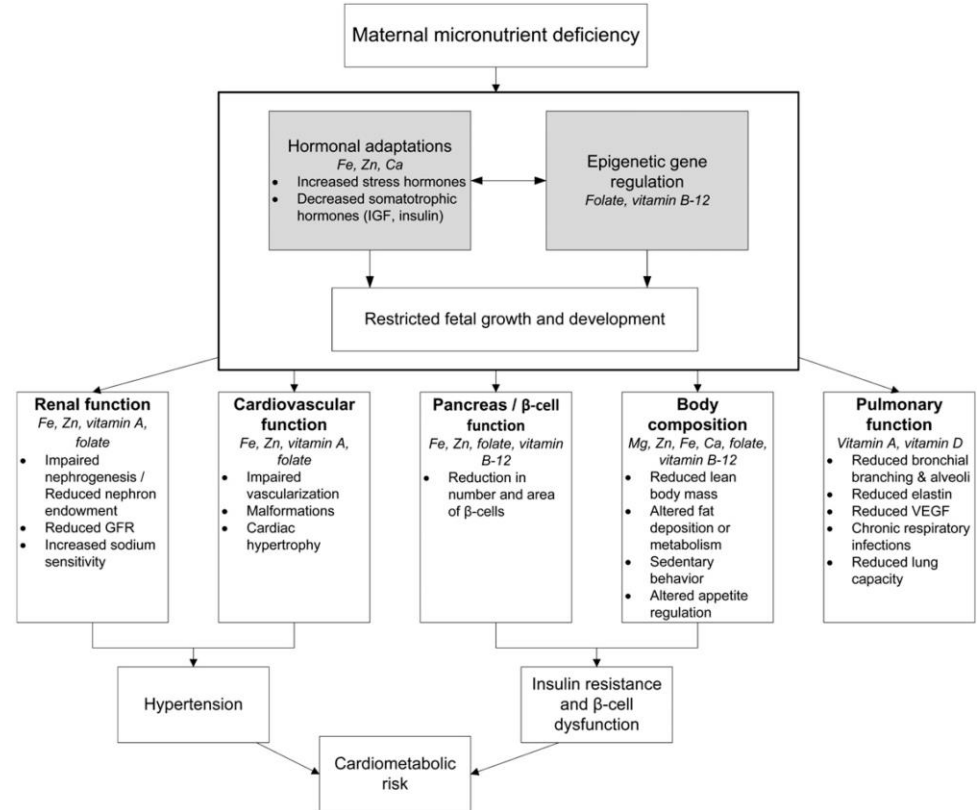
Infertilidade

Gestação

Celulite

Gordura localizada

Libido



Endometriose

Infertilidade

Gestação

Celulite

Gordura localizada

Libido

PROTOCOLO GESTAÇÃO

F.C oral.....200mg
Fosfatilcolina.....300mg

Lactobacillus acidophilus.....2 bilhões de UFC
Lactobacillus rhamnosus.....2 bilhões de UFC
Lactobacillus reuteri.....2 bilhões de UFC
Bifidobacterium bifidum.....2 bilhões de UFC
Bifidobacterium longum.....2 bilhões de UFC

Vitamina A.....1000UI
Vitamina D.....1000UI
Metilcobalamina.....250mcg
Metilfolato.....400mcg
Vitamina B1.....25mg
Vitamina B2.....5mg
Vitamina B3.....25mg
Vitamina B5.....20mg
Vitamina B6.....25mg
Biotina.....300mcg
Ferro quelado.....20mg
Zinco quelado.....15mg
Selênio.....100mcg
Vitamina C.....400mg



Endometriose

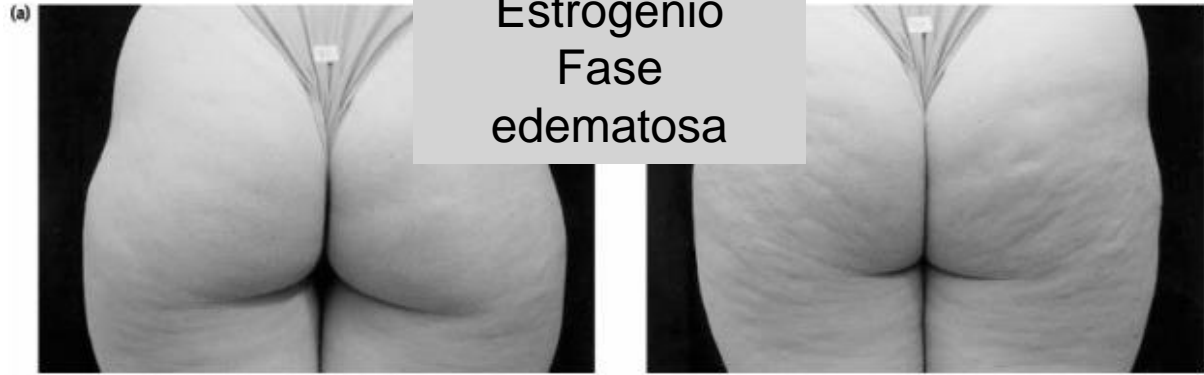
Infertilidade

Gestação

Celulite

Gordura localizada

Libido



Estrogênio
Fase
edematosa

fig. 5. GLD grade III (a) at rest and (b) after gluteal contraction.



Estrogênio
Fase fibrótica

fig. 6. GLD grade IV (a) at rest and (b) after gluteal contraction.

Endometriose

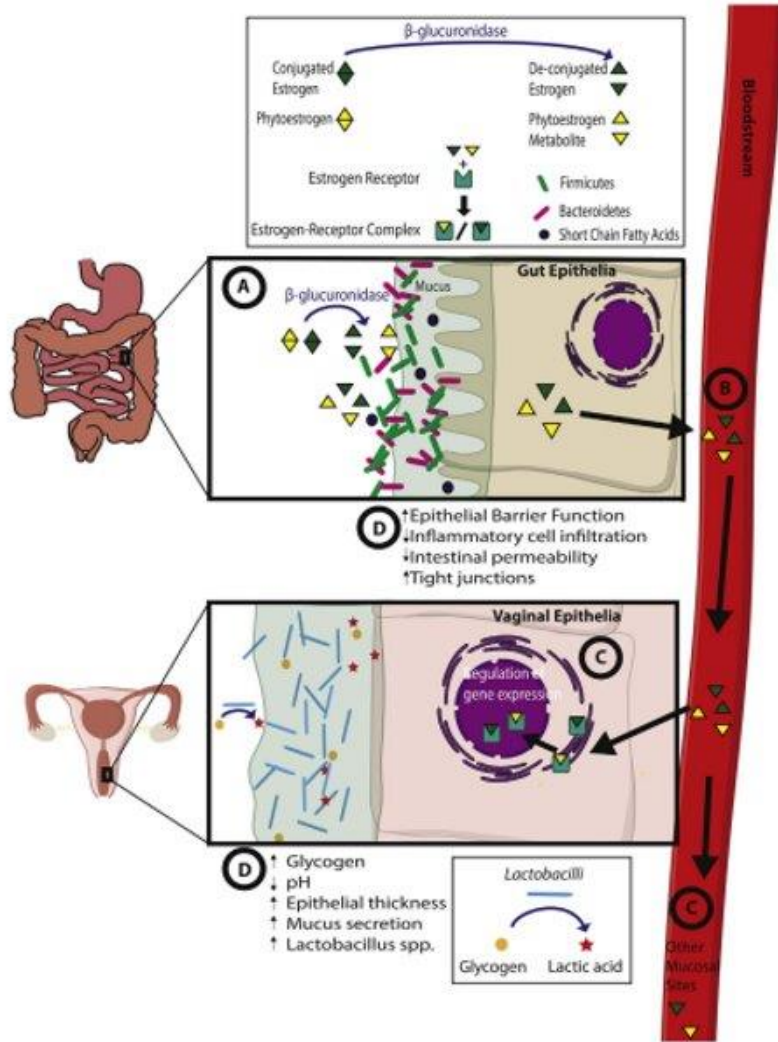
Infertilidade

Gestação

Celulite

Gordura localizada

Libido



Review

Estrogen–gut microbiome axis: Physiological and clinical implications

James M. Baker^{a,b,1}, Layla Al-Nakkash^a, Melissa M. Herbst-Kralovetz^{a,b,1}



Endometriose

Infertilidade

Gestação

Celulite

Gordura localizada

Libido

b)

Estrogênio
Fase
edematosa



Equisetum arvense.....200mg
Camellia sinensis.....300mg
Taraxacum officinale.....200mg

b)

Estrogênio
Fase fibrótica



Bio-arct®.....100mg
Bromelina.....300mg
Picolinato de cromo.....250mcg
3-indol-carbinol.....100mg
Coenzima Q10.....100mg
Resveratrol.....10mg



Menopausa

Osteopenia

Flacidez

Fadiga

Atrofia vaginal

Suplementação nas Fases da Mulher



REVIEWS

Menopausa

Osteopenia

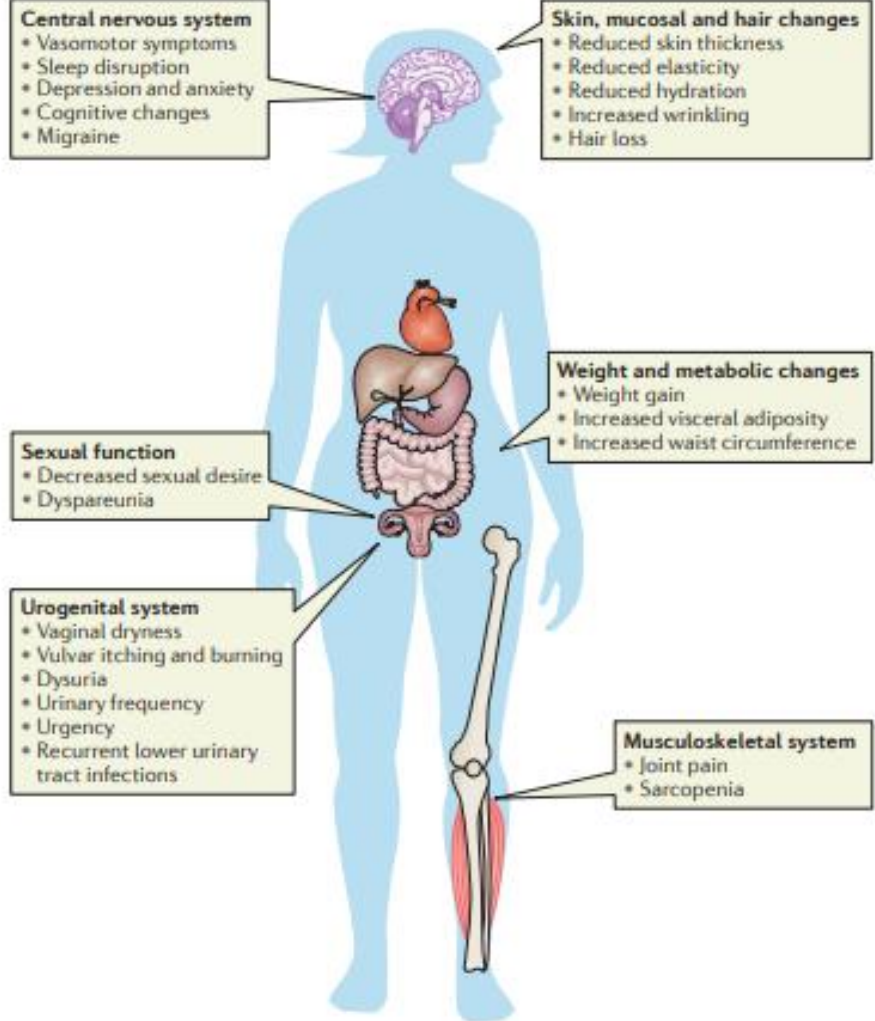
Flacidez

Fadiga

Atrofia vaginal

Symptoms of menopause —
global prevalence, physiology
and implications

*Patrizia Monteleone, Giulia Mascagni, Andrea Giannini, Andrea R. Genazzani
and Tommaso Simoncini*



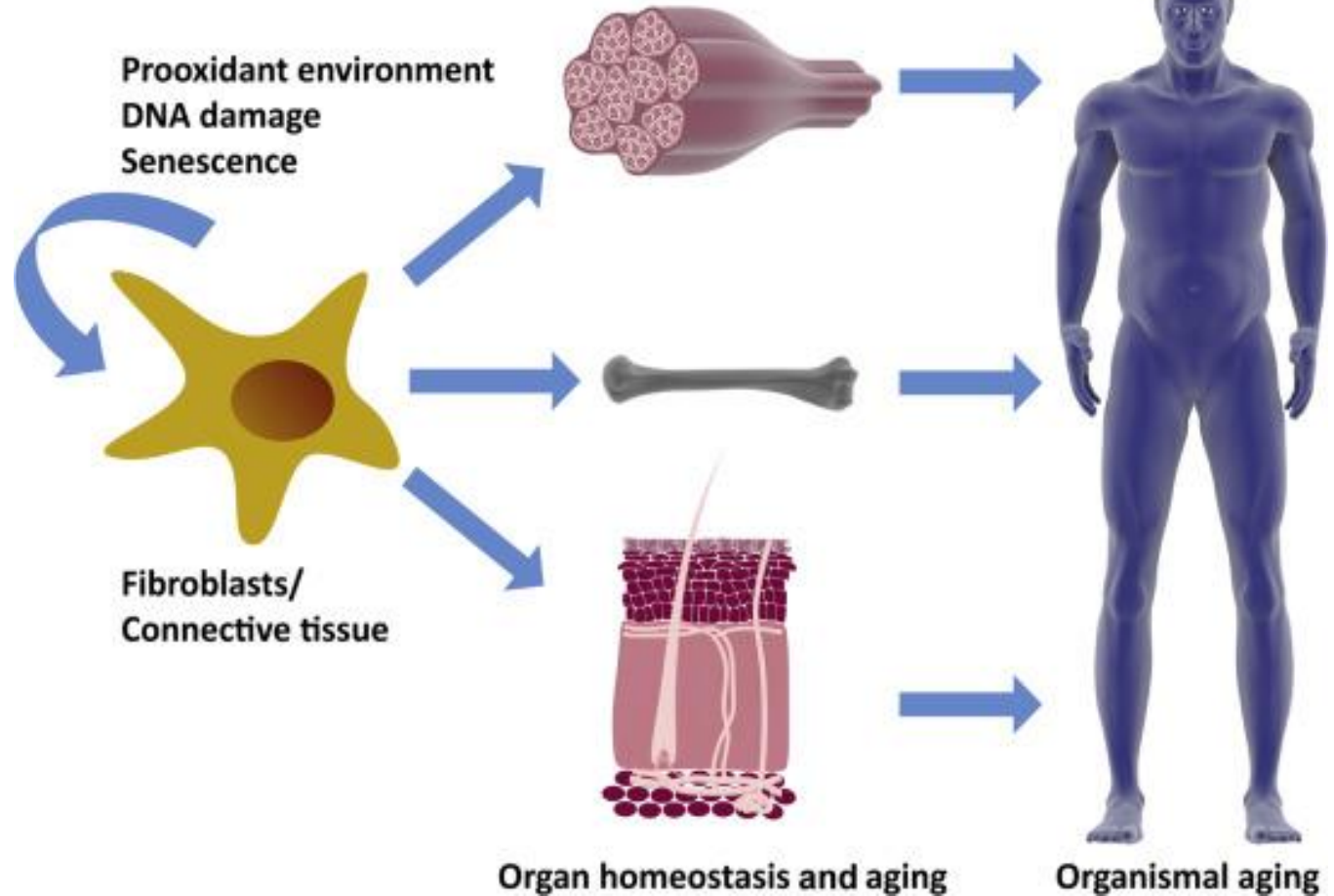
Connective Tissue and Fibroblast Senescence in Skin Aging

Meinhard Wlaschek¹, Pallab Maity¹, Evgenia Makrantonaki^{1,2} and Karin Scharffetter-Kochanek¹

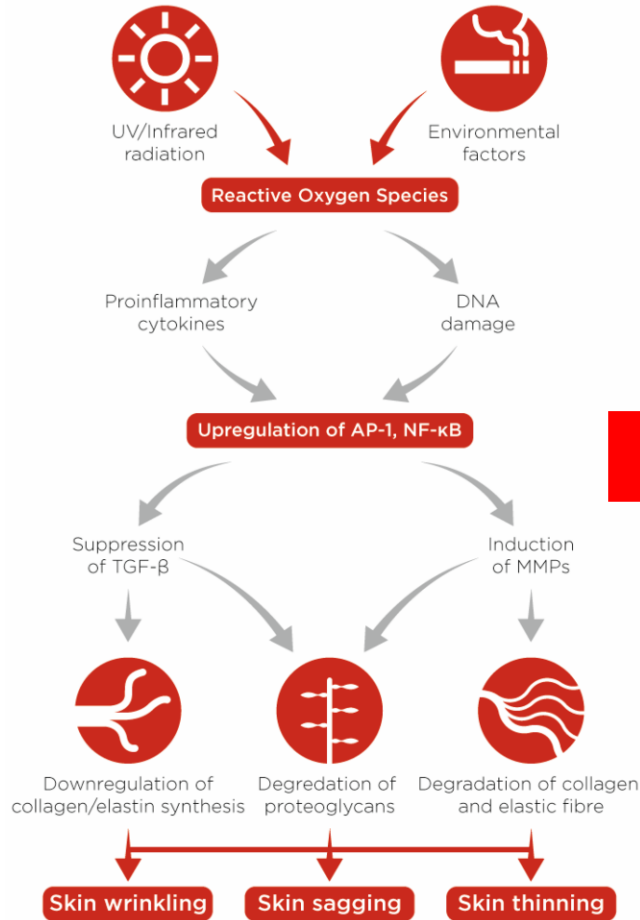


Open

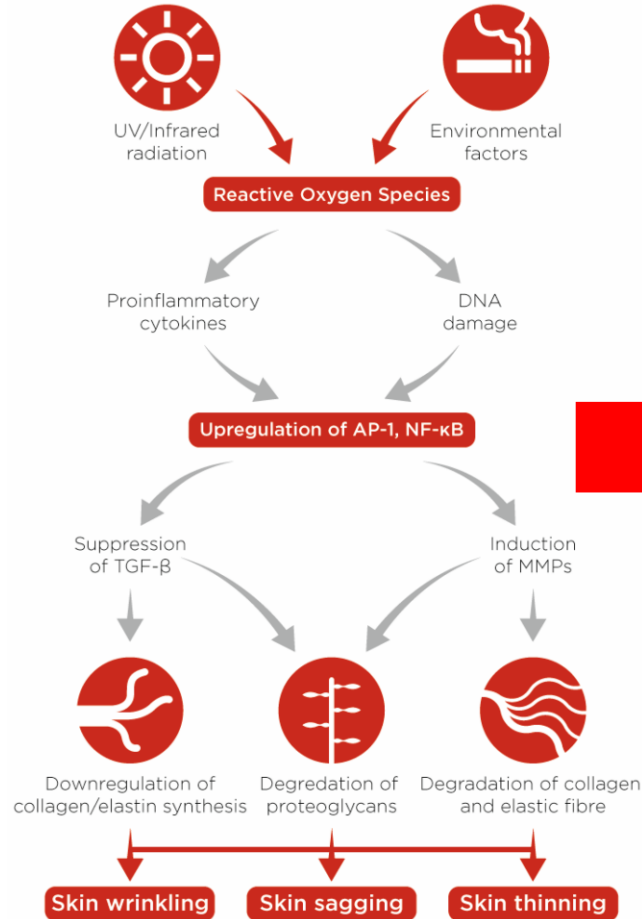
- Menopausa
- Osteopenia
- Flacidez
- Fadiga
- Atrofia vaginal



Menopausa
Osteopenia
Flacidez
Fadiga
Atrofia vaginal



Menopausa
Osteopenia
Flacidez
Fadiga
Atrofia vaginal



Review Article

Tissue Tightening Technologies:
Fact or Fiction

Neil Sadick, MD

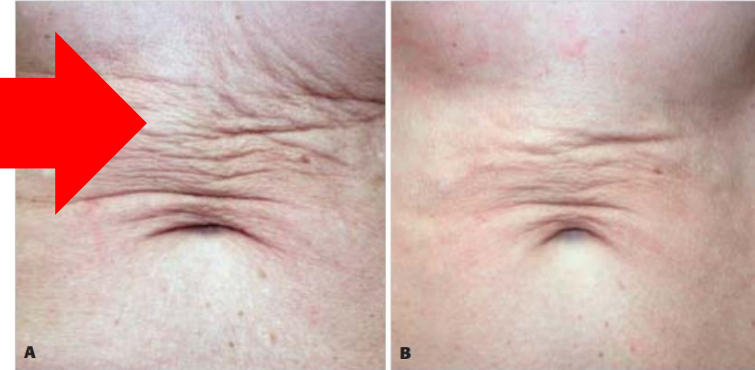


Figure 3. A, Pretreatment view. B, Posttreatment view 1 month after 1 treatment combining IR and bipolar RF energies.

Menopausa

Osteopenia

Flacidez

Fadiga

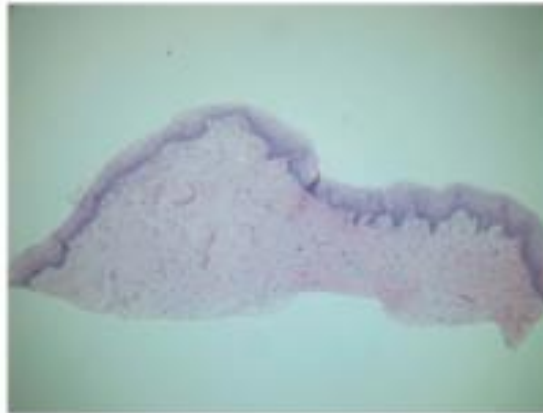
Atrofia vaginal



Histologic and Clinical Changes in Vulvovaginal Tissue After Treatment With a Transcutaneous Temperature-Controlled Radiofrequency Device

MONIQUE J. VANAMAN WILSON, MD,* JOANNA BOLTON, MD,[†] ISABELA T. JONES, MD,[‡]
DOUGLAS C. WU, MD, PhD,[§] ANTOANELLA CALAME, MD,[¶] AND MITCHEL P. GOLDMAN, MD

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Menopausa
Osteopenia
Flacidez
Fadiga
Atrofia vaginal



Histologic and Clinical Changes in Vulvovaginal Tissue After Treatment With a Transcutaneous Temperature-Controlled Radiofrequency Device

MONIQUE J. VANAMAN WILSON, MD,* JOANNA BOLTON, MD,[†] ISABELA T. JONES, MD,[‡] DOUGLAS C. WU, MD, PhD,[§] ANTOANELLA CALAME, MD,[¶] AND MITCHEL P. GOLDMAN, MD[¶]

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ISSN: 1076-0312 • Dermatol Surg 2018;0:1-9 • DOI: 10.1097/DSS.0000000000001453



Protocolo nutricional

- Verisol®5g
- Exsynntriment®300mg
- Ácido hialurônico.....200mg
- Manganês quelado2mg
- Glucosamina 500mg
- Zinco quelado15mg
- Palmitato de ascorbila..... 100mg

Modo de uso: mande 30 cápsulas.
Tomar 1 vez ao dia pela manhã.

Colágeno hidrolisado20g/dia

Menopausa

Osteopenia

Flacidez

Fadiga

Atrofia vaginal



Body Composition as an Important Determinant of Metabolic Syndrome in Postmenopausal Women

Melpomeni Peppas^{1*}, Chrysi Koliaki¹ and George Dimitriadis^{1,2}

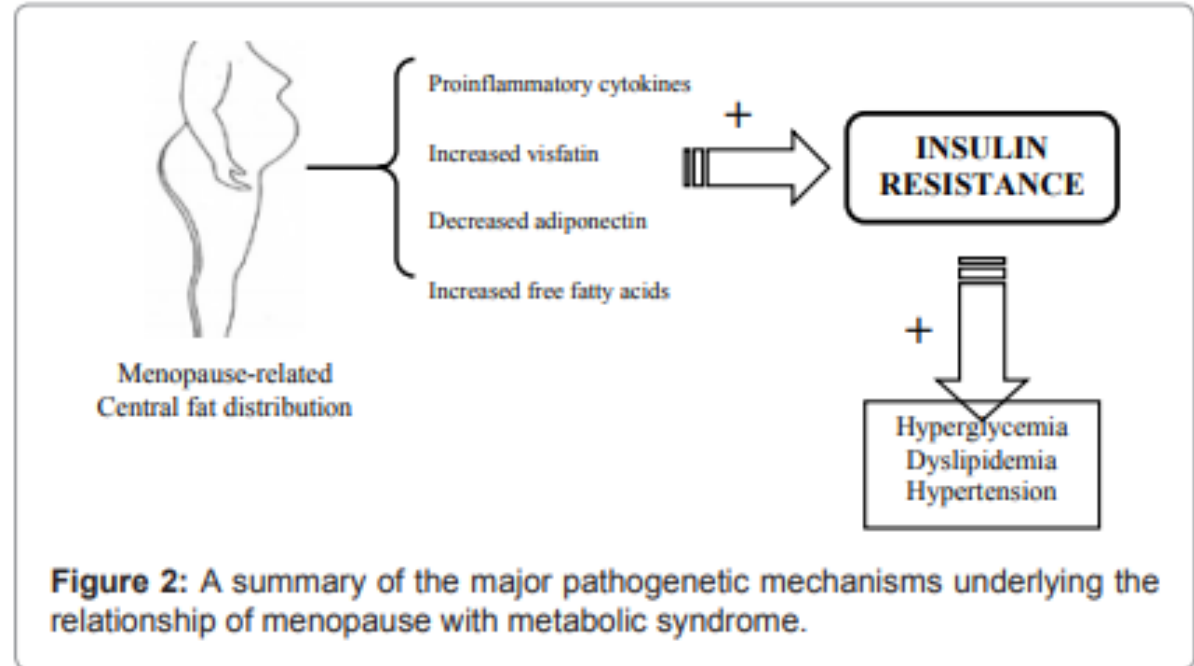


Figure 2: A summary of the major pathogenetic mechanisms underlying the relationship of menopause with metabolic syndrome.

Controle glicêmico

Menopausa

Osteopenia

Flacidez

Fadiga

Atrofia vaginal

Glycoxil®.....	300mg (WOLPE, GRANZOTI, 2018)
Coenzima Q10	100mg (SHEN e PIERCE, 2015)
Vitamina B6	50mg (KIM et al., 2018)
Picolinato de cromo.....	250mcg (ALI et al., 2011)
Inositol.....	2 a 4g (PINTAUDI et al.,2016)
Magnésio quelado.....	200mg (BARBAGALLO e DOMINGUES, 2015)
<i>Berberis vulgaris</i> (berberina).....	300 a 500mg (MELIANI et al., 2011)
<i>Panax ginsen</i>	300mg (GUI et al., 2016)
<i>Pinus pinaster</i> (Pycnogenol®).....	150mg (LIU et al., 2004)
<i>Gymnema sylvestre</i>	200mg(THAKUR et al., 2012)



Osteoporose

Sarcopenia

Doenças crônicas

Imunidade

Suplementação nas Fases da Mulher



Osteoporose

Sarcopenia

Doenças crônicas

Imunidade



Review

E Diamanti-Kandarakis
and others

Nutrition and oxidative stress

176-2

R79-R99

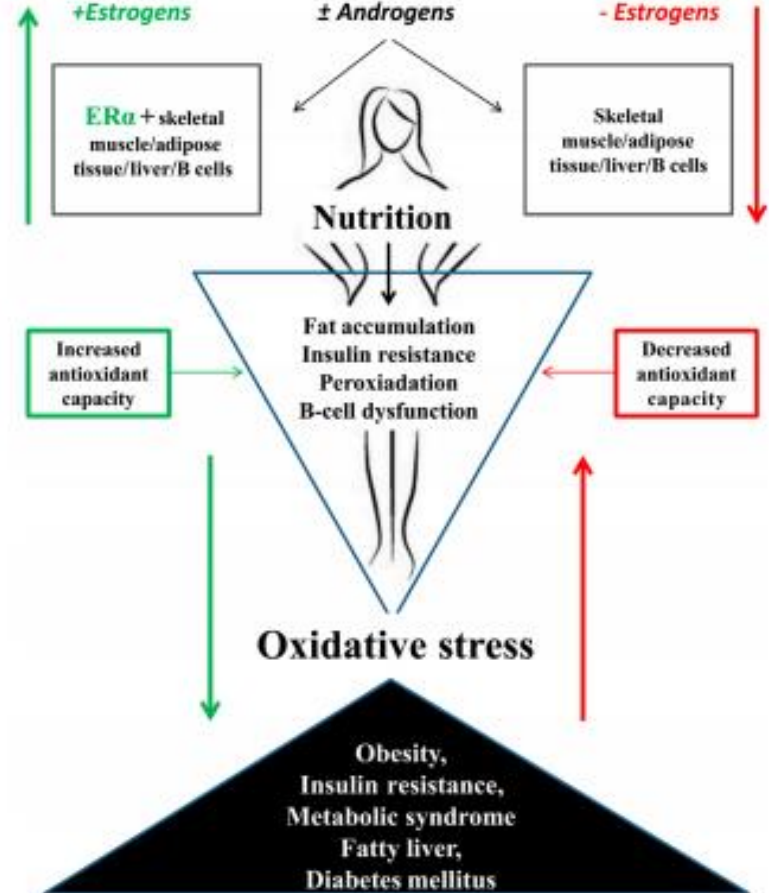
MECHANISMS IN ENDOCRINOLOGY

Nutrition as a mediator of oxidative stress in metabolic and reproductive disorders in women

Evanthia Diamanti-Kandarakis¹, Olga Papalou¹, Eleni A Kandaraki² and Georgia Kassi²

Correspondence

Nutrition as a mediator of oxidative stress in metabolic disorders in women



Osteoporose

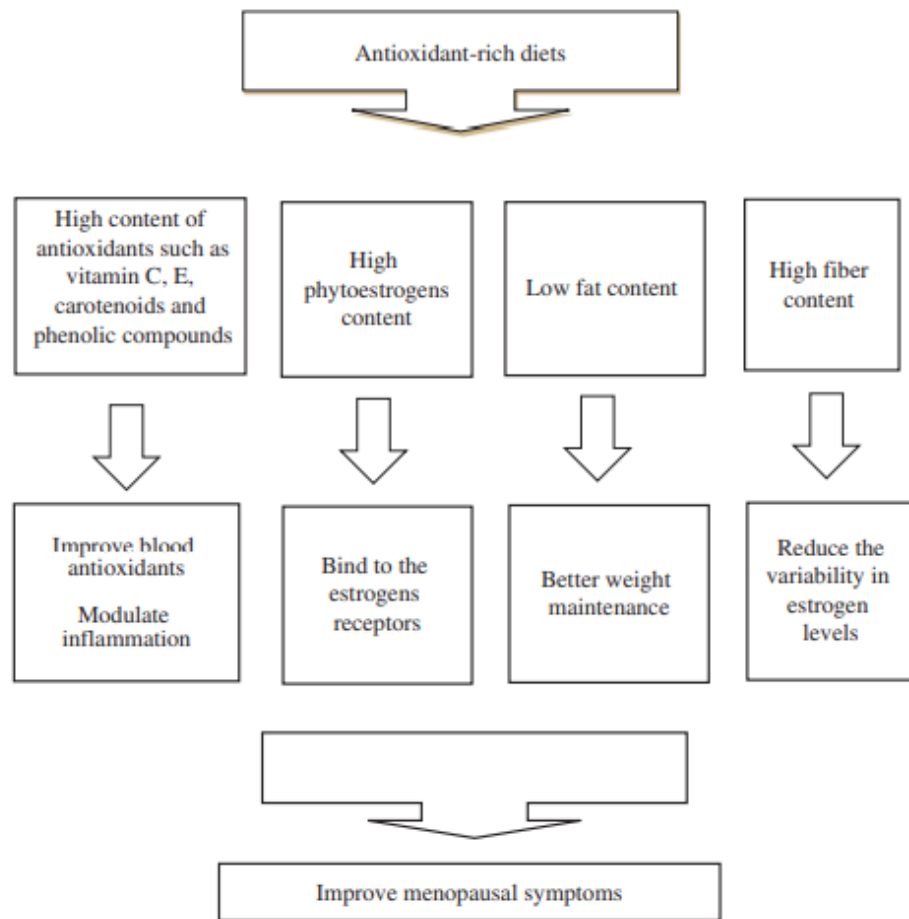
Sarcopenia

Doenças crônicas

Imunidade

Antioxidant capacity and menopausal symptoms

Gity Sotoudeh^a, Maryam Abshirini^b

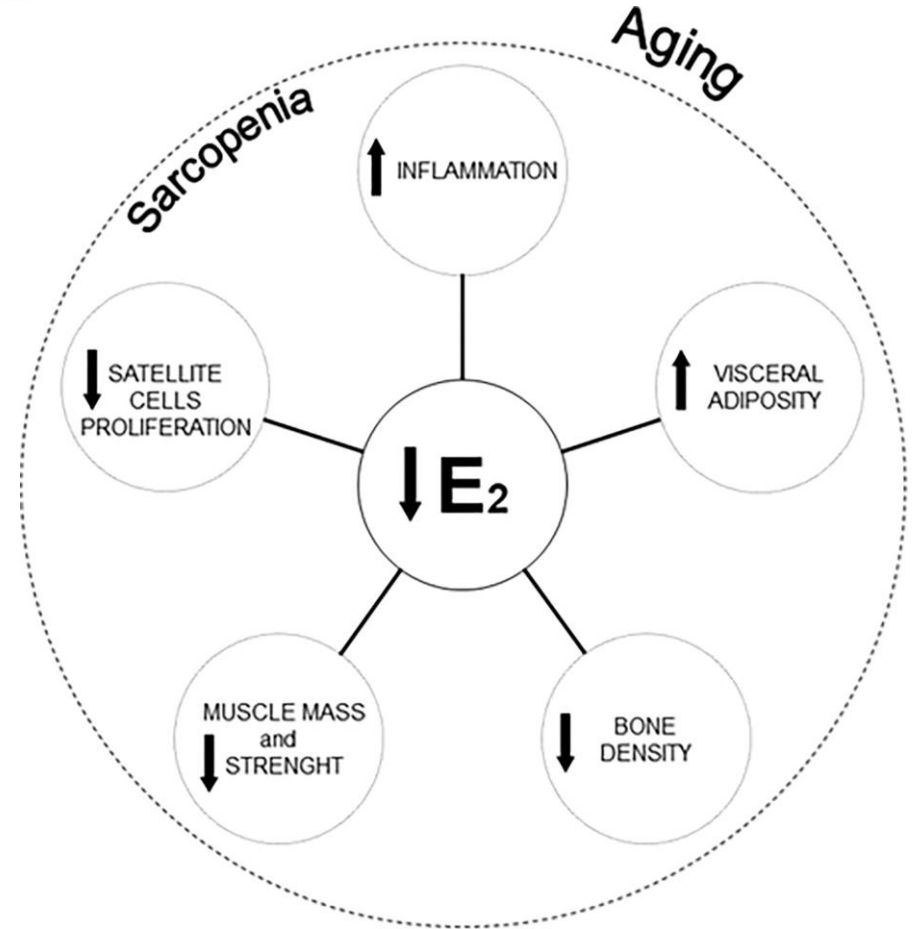




Osteoporose
Sarcopenia
Doenças crônicas
Imunidade

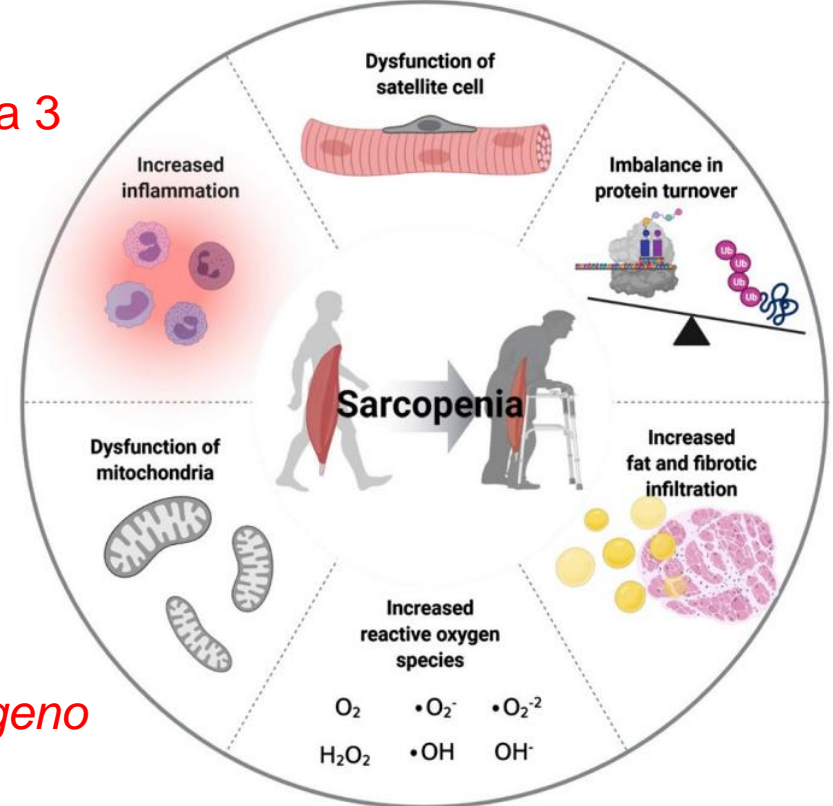
Sarcopenia and Menopause: The Role of Estradiol

Annalisa Girasi^{1*}, Riccardo Calvani^{2,3}, Evelyn Ferri¹, Emanuele Marzetti^{5,4}, Beatrice Arsoo^{1,4} and Matteo Cosari^{4,5}



Understanding of sarcopenia: from definition to therapeutic strategies

Jee Won Kim¹ · Ryuni Kim¹ · Hyerim Choi¹ · Sang-Jin Lee² · Gyu-Un Bae¹



Osteoporose

Sarcopenia

Doenças crônicas

Imunidade

Vitamina D

FC oral[®]

Whey protein

Ômega 3

Bio-arct[®]

Glycoxil[®]

NAC

Creatina

Aminoácidos essenciais

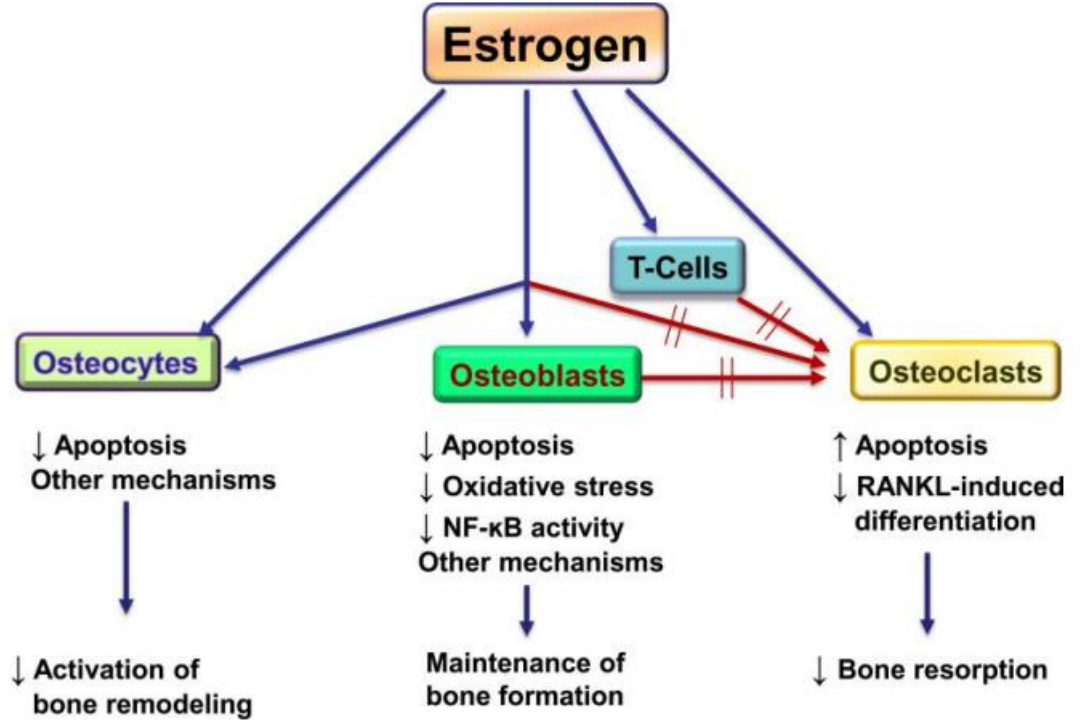
Proteína vegana

Peptídeos de colágeno



Osteoporose
Sarcopenia
Doenças crônicas
Imunidade

Estrogen Deficiency and Osteoporosis



Osteoporose

Sarcopenia

Doenças crônicas

Imunidade

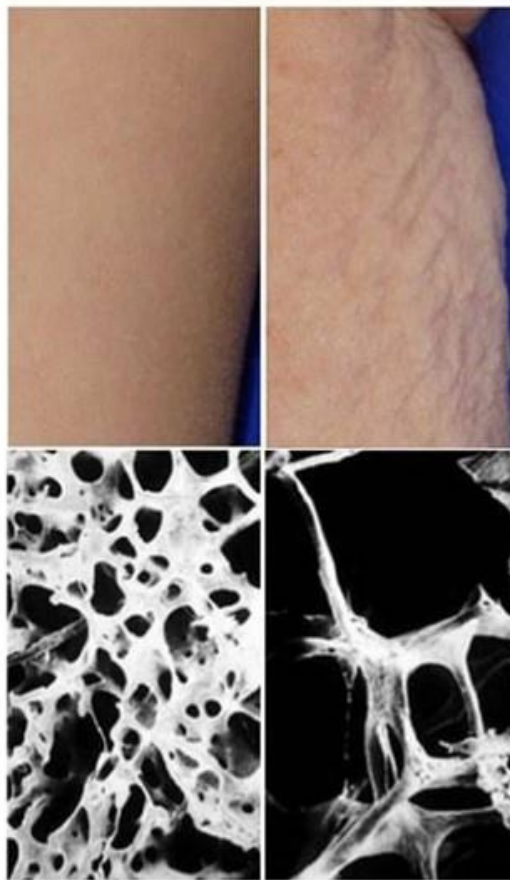


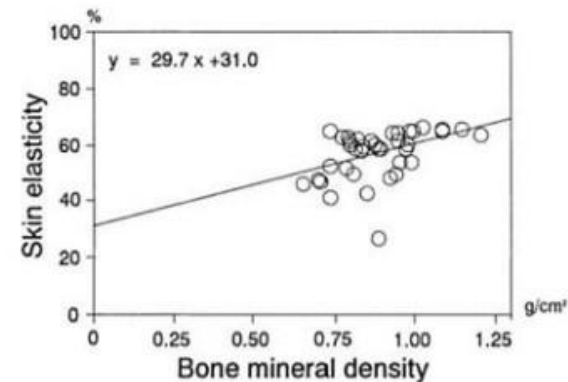
Fig. 3 Intrinsic skin aging (*upper panel*) at inner aspect of the arm of a 45-year-old (*left*) and a 70-year-old woman and bone aging (*lower panel*) of similarly aged women. Collagen content (collagen/protein) correlates well with bone mineral density (hydroxyapatite/cm²).



**When the skin is in the center of interest:
An aging issue**



Christos C. Zouboulis, MD, PhD*, Eugenia Makrantonaki, MD, Georgios Nikolakis, MD



**Effects of Aging and Postmenopausal Hypoestrogenism on
Skin Elasticity and Bone Mineral Density in Japanese Women**

HIROYUKI SUMINO, SHUICHI ICHIKAWA*, MASATOSHI ABE**, YUKIE ENDO**, YOSHIKAZU NAKAJIMA***, TAKASHI MINEGISHI***, OSAMU ISHIKAWA** AND MASAHICO KURABAYASHI

Osteoporose

Sarcopenia

Doenças crônicas

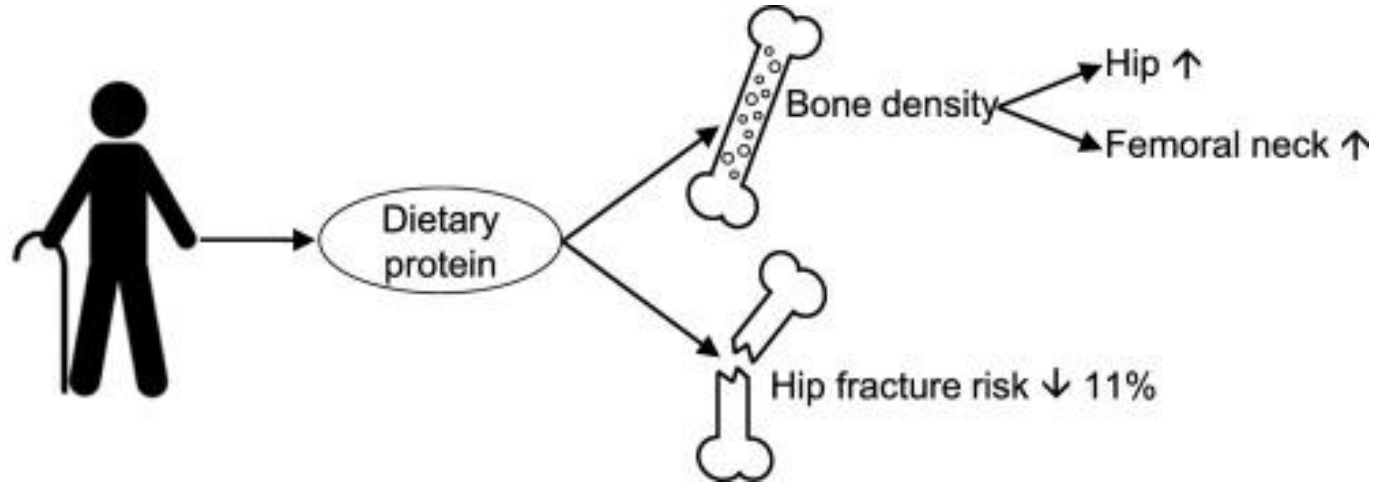
Imunidade



Mini Review

High Versus low Dietary Protein Intake and Bone Health in Older Adults:
a Systematic Review and Meta-Analysis

Inge Groenendijk^{1,2*}, Laura den Boeft³, Luc J.C. van Loon³, Lisette C.P.G.M. de Groot³



Osteoporose

Sarcopenia

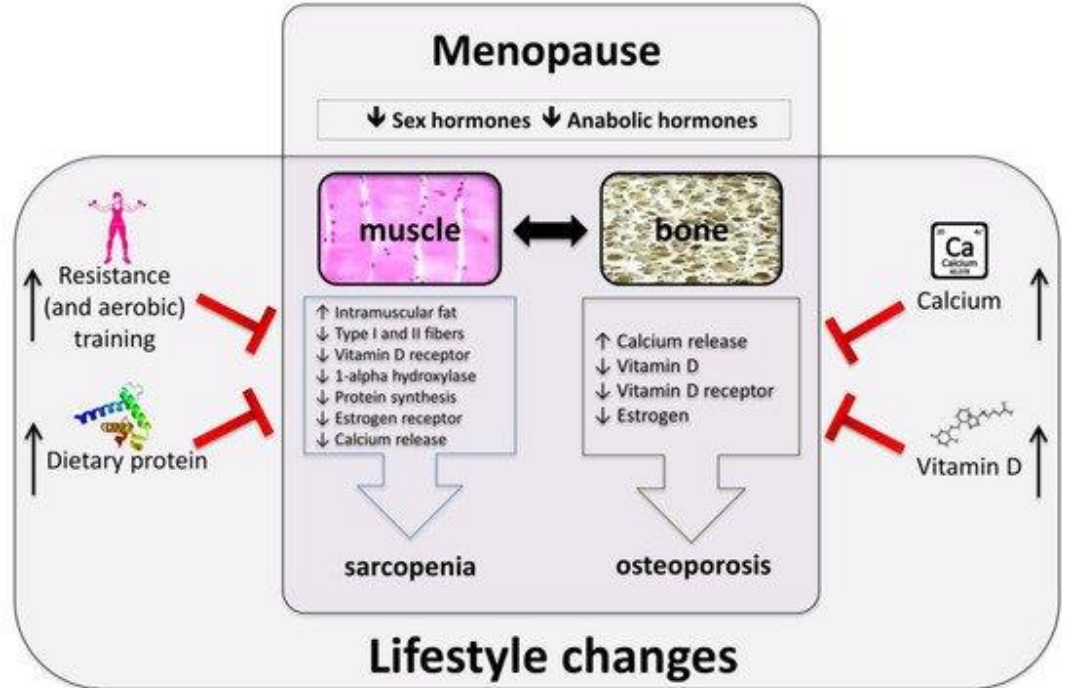
Doenças crônicas

Imunidade

Review

Muscle and Bone Health in Postmenopausal Women: Role of Protein and Vitamin D Supplementation Combined with Exercise Training

Deborah Agostini ^{1,*}, Sabrina Donati Zeppa ^{1,*}, Francesco Lucertini ¹,
Giosuè Annibali ¹, Marco Gervasi ¹, Carlo Ferri Marini ¹, Giovanni Piccoli ¹,
Vilberto Stocchi ¹, Elena Barbieri ^{1,2,*} and Piero Sestili ¹



Osteoporose

Sarcopenia

Doenças crônicas

Imunidade

OSTEOPOROSE -
MENOPAUSA

Osteosil® 300mg
Bio-Arct®100mg
Vitamina K2. 50mcg
Cálcio citrato.....500mg
Magnésio quelato..... 200mg
Boro quelado.....2,5mg
Manganês quelado.....2mg
Vitamina D.....2000UI

Associar com:

Isoflavona.....80mg
Vitis vinifera.....300mg
Ormona®500mg

Modo de uso: mande 30 doses
Tomar 1 dose pela manhã

Associar com:

Peptan®20g





QUE TODA MULHER POSSA SENTIR O
PRAZER DO AMOR PRÓPRIO 😊



MUITO OBRIGADA