



WOMEN 40+ WELLNESS GUIDE

FOR SKIN • HAIR • GUT HEALTH • HORMONAL BALANCE

IF YOU ARE A WOMAN ABOVE 40 AND ARE STRUGGLING WITH — OR WANT TO IMPROVE — YOUR SKIN, HAIR, GUT HEALTH, OR HORMONAL BALANCE, THIS GUIDE IS DESIGNED TO SUPPORT YOU WITH SIMPLE, PRACTICAL HABITS.

BY NUTRITIONIST HARPREET PASRICHA

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01 Morning Wellness Drink (4 times a week)

Start your day with warm water infused with saffron, ghee, and a pinch of black pepper.

Why this helps:

- Supports gut health and relieves constipation
- Saffron helps in hormonal balance and mood
- Boosts immunity
- Improves digestion and nutrient absorption



02 Herbed Nutrition Tablet (Homemade)

Ingredients:

- 1 tbsp ghee
- 10 g moringa powder
- 10 g wheat grass
- 20–30 g jaggery
- 1 tbsp roasted flaxseeds and pumpkin seeds powder

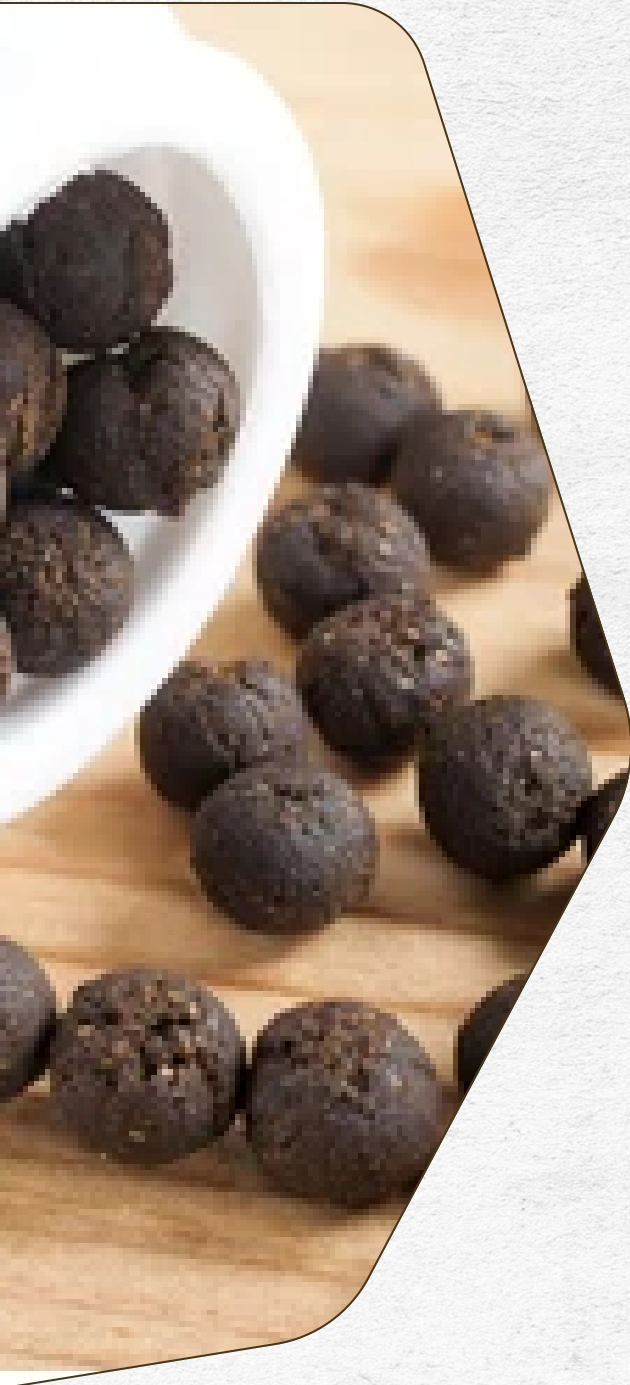
Method:

- Heat the ghee
- Add jaggery powder
- Switch off the gas
- Wait for 2–4 minutes
- Add all the other ingredients
- Roll into small tablets and have 2 during mid-morning



Why this helps:

- Rich in micronutrients and antioxidants
- Supports hair and skin health
- Improves energy levels
- Helps reduce nutrient deficiencies common after 40



03 Weekly Probiotic Bowl (Once a week)

Have a bowl of curd + probiotic sachet (like Sporolac/Vibact) and add:

- Blueberries / Strawberries / Blackberries

Why this helps:

- Improves gut microbiome diversity
- Supports digestion and reduces bloating
- Enhances skin glow and immunity



04 Weekly Vegetable Juices (Rotate 3 types)

Have these fresh juices — one type per week:

Option 1:

Carrot + Beetroot + Amla Juice

Supports iron levels, skin health, and detox

Ingredients:

- 1 carrot
- 1/2 beetroot
- 1–2 amla (Indian gooseberry)
- ½ inch ginger (optional, for digestion)
- ½ cup water (if needed)



Method:

- Wash everything thoroughly.
- Peel the beetroot and carrots (optional for carrots if clean).
- Remove seeds from amla.
- Chop all ingredients into small pieces.
- Add to a blender or juicer.
- Blend until smooth, adding a little water if needed.
- Strain using a fine sieve or cloth (optional—keep pulp for fiber).
- Serve fresh immediately.



Option 2 :

Tomato + Laukie Juice

*Helps in hydration, liver support,
and inflammation*

Ingredients:

- 1 cup chopped lauki (bottle gourd)
- 1 ripe tomato
- A few mint leaves (optional)
- Pinch of black salt
- ½ tsp lemon juice (optional)

Method:

- Peel lauki; taste a small piece—discard if bitter (important)..
- Chop lauki and tomato into cubes.
- Add to blender with mint leaves.
- Blend until smooth.
- Strain (optional).
- Add black salt and lemon juice for taste.
- Mix well and drink fresh.



Option 3 : **Celery Juice**

Supports gut healing and reduces bloating

Ingredients:

- 1 bunch fresh celery
- ½ cup water (optional)

Method:

- Wash celery thoroughly (especially between stalks).
- Chop into smaller pieces.
- Blend with a little water if needed.
- Strain well using a fine cloth or sieve.



05 Seed Cycling (Hormone Support Tool)

Incorporate seed cycling into your routine to support hormonal balance.

Why this helps:

- Supports estrogen and progesterone balance
- Helps with PMS, mood swings, and cycle regulation
- Improves skin, hair, and metabolism



06 Final Note

Consistency matters more than perfection. These simple habits, when followed regularly, can support long-term improvements in gut health, hormones, skin, and overall well-being.

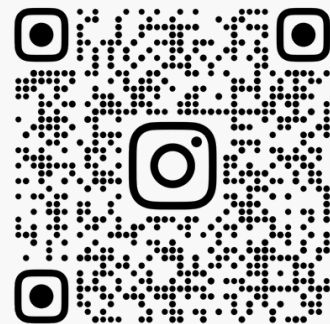
SAVE IT, FOLLOW IT, SHARE IT—WELLNESS MATTERS.

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