

- Women—health and hygiene

## Women's wellness in every chapter of life

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A WOMAN's body changes quietly, constantly, and sometimes unexpectedly over the decades. What worked in her twenties doesn't always carry her through in her forties or fifties, for example.



Energy shifts, fluctuating hormones and slower digestion all come together to bring changes which can be challenging, so wellness and self-care practices must adapt accordingly to support the body through every chapter of life.

Every decade brings its own changes, challenges and strengths, says LAC Malaysia consultant nutritionist Cynthia Jetan.

What matters most is learning to listen to your body, rather than ignoring symptoms or pushing through discomfort.

“The goal isn't perfection. It's resilience. Supporting the body allows it to adapt smoothly through each life stage,” she says.

This era is often about balancing long workdays with late nights, social plans and meals squeezed in between. With a lifestyle that rarely slows down, it's easy to feel tired, run down or nutritionally stretched.

Digestive balance is often the first thing to feel “off” when schedules become unpredictable. Bloating, irregular bowel movements or feeling sluggish after meals can signal that your gut needs extra care.

“Gut health affects the body far more than digestion. It influences immunity, skin clarity and even emotional well-being. When you support the gut early, you're investing in longterm health,” says Cynthia.

The twenties is a period where one should put down a balanced foundation for health — supporting energy, nutrition and digestive comfort as you build habits that carry into the decades ahead. By this time, responsibilities multiply, whether it's career growth, family or simply managing a fuller life. With this often comes heightened stress, disrupted sleep and more noticeable premenstrual symptoms.

Hormonal fluctuations during this decade may show up as mood swings, cramps, breast tenderness or fatigue before your period, says Cynthia.

Rather than brushing these off as normal, this is a good time to support your body more intentionally.

“Many women think PMS is something they just have to live with, but persistent discomfort is often a sign that the body needs extra support, especially during high-stress phases of life.” During this time, it’s important to prioritise sleep and gentle movement and reduce ultra-processed foods to support a steadier month-to-month rhythm.

This period marks the beginning of perimenopause, a gradual transition that can bring irregular periods, disrupted sleep, anxiety, hot sensations or unexplained weight changes.

It’s not sudden, but you may notice your body responding differently than before. These changes are influenced by declining estrogen and progesterone levels, which can affect metabolism, mood regulation and body temperature.

“Perimenopause doesn’t happen overnight. It’s a gradual shift, and supporting the body during this transition can make symptoms much more manageable,” says Cynthia.

This is also a great time to prioritise rest, strength-building exercise and mindful eating, focusing on nourishment rather than restriction.

After menopause, hormone levels settle into a new normal. Bone health, muscle strength, digestion and heart health become increasingly important.

Energy levels may feel different, and recovery might take longer, but this stage is also about embracing sustainability over intensity.

“At this stage of life, consistency matters more than intensity. Small, sustainable habits make the biggest difference over time,” notes Cynthia.

Nutritional foundations become even more meaningful - it is vital to get adequate protein to maintain muscle, calcium and vitamin D to support bone strength, fibre for digestive comfort and steady hydration to keep everything functioning smoothly.

The focus shifts from doing more to feeling well, staying mobile, clearminded and confident for the years ahead.

Wellness becomes less about performance and more about sustainability.