



**The Good Clean Nutrition Podcast  
Episode 28 Show Notes**

**Episode 28: Improving Health & Life Quality During Menopause with Dr. Taniqua Miller**

In this episode of The Good Clean Nutrition Podcast, host Mary Purdy, MS, RDN, speaks with Dr. Taniqua Miller, MD, FACOG, NCMP, a board-certified OB/GYN and national certified menopause practitioner, to discuss how women can improve their health and quality of life during menopause. Tune in as they take a deeper dive into menopause, and how to empower and support women and those assigned female at birth who are preparing for, or navigating, the mid-life health journey.

**In this episode we'll cover:**

- (5:55) Perimenopause vs. Menopause
- (11:11) Symptoms of Menopause in Women of Color
- (13:35) Diet & Lifestyle Factors that Put Women at Higher Risk for Symptoms of Menopause
- (18:34) Strategies to Support Women in Mid-life
- (30:28) Hormone Replacement Therapy
- (35:18) Sexual Wellbeing Through Menopause

**Links:**

- Connect with Dr. Miller on [Instagram](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

**About Dr. Taniqua Miller:**

Dr. Taniqua Miller is a board-certified OB/GYN and national certified menopause practitioner. Dr. Miller trained in psychology at Yale University and then earned her medical degree from Harvard Medical school. Dr. Miller has spent her career empowering women over 40 to live a *Boundless Midlife*. She is based in Atlanta, GA, and has been recognized for her exceptional care by Atlanta magazine's Top Docs recognition and Emory School of Medicine Educator's Award.

**About host Mary Purdy, MS, RDN:**

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, *Serving the Broccoli Gods* and *The Microbiome Diet Reset*. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.

Connect with Mary on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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