

Rachel Graham

Menopause Nutrition Clinic

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MENOPAUSE NUTRITION CLINIC
by Rachel Graham



Rachel Graham is a practicing Nutritional Therapist, Medicinal Chef, Author and award-winning menopause nutrition expert with over 25 years' experience. She is certified in lifestyle medicine, plant-based nutrition, fermentation, and raw food mastery, and is an accredited Menopause Educator with The British Menopause Charity and a member of The British Menopause Society.

Rachel runs The Menopause Nutrition Clinic, an online clinical practice specialising in heart health, digestive health, hormone balance, and evidence-based nutrition for women in peri- to post-menopause. She offers a high-touch 1:1 nutrition program that provides personalised dietary protocols, lifestyle interventions, and structured follow-up to support sustainable change.

She is also the founder of MENOSHIP, a growing membership community providing practical education, recipe collections, mindset support, and live/online events to help women stay consistent and thrive through midlife.

In 2025, Rachel was named Nutritionist of the Year at the EVOKE Wellness Awards.

Her debut book, *Nourish for Menopause*, is a bestselling practical cookbook and nutrition guide, featuring her Meno-8 framework and over 100 recipes designed to support heart, bone, and brain health while reducing chronic disease risk.

Rachel regularly delivers corporate workshops and wellness programmes for organisations and collaborates with leading healthcare professionals - including Dr Mary Ryan, Oonagh O'Hagan, and others - to deliver national educational events such as *Empower Her*.

Across all her work, Rachel blends clinical expertise with deeply practical, real-world nutrition guidance to help women feel strong, confident, and nourished in their *Second Spring*...

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine