

Experiencing Menopause



Actually experiencing changes proceeding and during Menopause is one thing, as compared to reading a list of common symptoms. As our hormones find their new natural balance for the next stage of our life the challenge lies to keep balance in other areas of life and health.

Here are the Naturopath's top 5 tips

- 1 Help Memory loss, offload stress**
Reduce work hours and load, jot down your jobs on a list and cross them off when done, do one thing at a time, find some quiet time everyday to download stress.
- 2 Restore energy, assist weight**
Fresh, quality food and lots of water. Make a daily walk your priority. Flaxseed oil daily helps with skin dryness from lower hormones.
- 3 Get deeper sleep, help mood, protect bones**
Herbal support combinations with calcium, magnesium, Rheumana, Dong Quai, Zizyphus and Bupleurum help. Deeper sleep means less night sweats and flushes.
- 4 Routine**
Regular meal times, regular sleep times, regular exercise helps the body find balance easier.
- 5 Laugh and Embrace it**
You are wiser, stronger, confident and warmer than ever before! You have tackled and won so many challenges in your life. Stand tall in your beautiful changing body and be proud of where you are so far. You are a superwoman. You can handle menopause!

So there you are, experiencing Menopause! There is help and support all around and many friends to share the "fun" with. It's not an illness, it's natural. The more balance you have in your body, the easier it becomes. I am happy to help your ease through naturally.

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