



# Bite Size Menopause

YOUR TIME TO MAKE POSITIVE AND HEALTHY CHANGE!

*"This is your support guide to fill in along with watching Bitesize Menopause so you know what you want to achieve, and what you can achieve with a little help and guidance from me!"*

*Best Wishes Andrea*

What are your main symptoms right now? Give them a grade – 5 is worst, 1 is lowest:

What do you want to achieve right now?

How would you feel if those symptoms were gone in a matter of weeks?

How would you like to do it – read a book, watch videos, have 1:1 support?

Are you ready to make any of these changes? Tick those you are willing to do (the more the better!)

- Add in the right supplements
- Eat more consciously
- Listen to my body about exercise and resting
- Stop feeling guilty about things
- Start to say no to things
- Give yourself more TLC
- Make space for change
- Be open minded that this really does work
- Implement the changes 😊

Finally - out of 10 how ready are you to get going? 10 being 'I'm going to start today!

## About Andrea

Andrea is a Shiatsu and Chinese Medicine Practitioner, with over 15 years' experience who learnt that supplements along with lifestyle and nutrition changes were her solution to all of her symptoms when she researched the depletions caused by the hormonal changes of the menopause. She now helps women via consultations, online support options and group/corporate events as well as running a daily 'Shiatsu for Menopause' practise from her home in Cheltenham.



## Understanding Your Menopause

Step through each chapter, learn what's going on, take the supplements and see the changes

**COTSWOLDMENOPAUSE.CO.UK**  
Understanding Your Menopause eBook | Cotswold Menopause

**Sophie Burns**  
Cotswold Menopause - Natural Symptom Relief your book has helped me so much! I have been doing the lemon water daily, am taking mg and turmeric daily and have found the explanations and step by step guide really motivating. It made me realise how little veg I was eating. Also the room temperature thing was really interesting, hence the cottage cheese ON the roasted veg (warming) Thanks so much, I would recommend the books as a great guide. X

**Rachel Price**  
16h  
Hi Andrea, just wanted to say that since purchasing your e-books, after coming off Hrt, I have noticed a huge improvement in my symptoms. The supplements have definitely helped and the section on diet made so much sense. Whilst I didn't have that many symptoms, the hot flushes are getting better with hardly any overnight and my sleep is so much better too. Thank you x

**Tina Walton**  
I am only taking supplements, no meds. I downloaded Andrea Marsh ( expert on here) e book and followed that with good results. I have aching feet and fat around my stomach to still deal with but lots of other symptoms have gone. No Insomnia, flushes, bloating, mood swingsetc. Have a look at her page and see if its for you. Successful Natural Peri/Menopause. Hope you feel better soon X

**Successful Natural Peri/Menopause**

**Andrea Marsh**  
let us know what you think!  
Like · Reply · 4 d  
↳ Andrea Marsh replied · 2 replies

**Ruth Elizabeth**  
Hope you're as impressed as I am!  
Love · Reply · 3 d  
↳ Angie Brobyn replied · 3 replies

**Angie Brobyn**  
I can't put it down!!  
Multi vitamins ordered  
Magnesium taken  
Love · Reply · 1 m

**Sam Fraser**  
29 m · 🗨️

Thank you Andrea Marsh for your invaluable information on the 28 day course. I loved it. I feel so much better xx

1 · Seen by 7

11:00  
Wow Andrea just starting your videos and your bloody brilliant 🤩!!! That first one was great took me back to the 28day course and I realised how the information you gave helped so much to understand what's happening and therefore make informed positive changes. Any way I'm going to do second video in moment and then I'll reply by email. Xx

Your so good at presenting - plus the video means I can pause to make notes relevant to me and where I am plus what I need reminding about. Your star 🌟 of peri menopause support!!

**Fiona Jones**  
29 m · 🗨️ 😊

Understanding Your Menopause - it leads you down the path, it doesn't drop you down the well ...