

# 28 DAYS TO A HAPPIER AND HEALTHIER PERI/MENOPAUSE

*How to have a successful natural menopause:*

“A Natural Menopause is not about doing nothing, its about doing every possible natural thing available all at once!”

With Andrea Marsh  
FwSS Shiatsu & Chinese Medicine Practitioner



# Why I can talk about this

- I left my F/T job feeling drained, irritated and couldn't cope with it as I had in previous years
- I had to ask myself if I was depressed? Even though I didn't 'feel' it!
- I started to feel overwhelmed, anxious and messing up my diary. I had physical symptoms such as hair thinning / dryer skin
- I'm a researcher and very inquisitive!



# How I feel now

- A talk on the Menopause in 2017 made everything slot into place
- I felt empowered to know what was going on in my head and that my lower energy levels and symptoms are normal
- I researched it in the terms of Chinese Medicine and came to an eye-opening realisation about how to deal with symptoms
- I feel compelled to tell as many women about this as possible!





A collection of light-colored wooden letter blocks scattered on a light surface. A central row of eight blocks spells out the word "SYMPTOMS". Other blocks with letters like 'O', 'W', 'D', 'P', 'R', and 'C' are visible in the background.

*This week we're focusing on*

- **HORMONES**

- **YOUR ENERGY & SYMPTOMS**

- **YOUR MINDSET**

Which age group are you?

UNDER 45?

45-50?

50-55?

Over 55?

Dictionary

**menopause**

/ˈmɛnəpəʊz/ 

*noun*

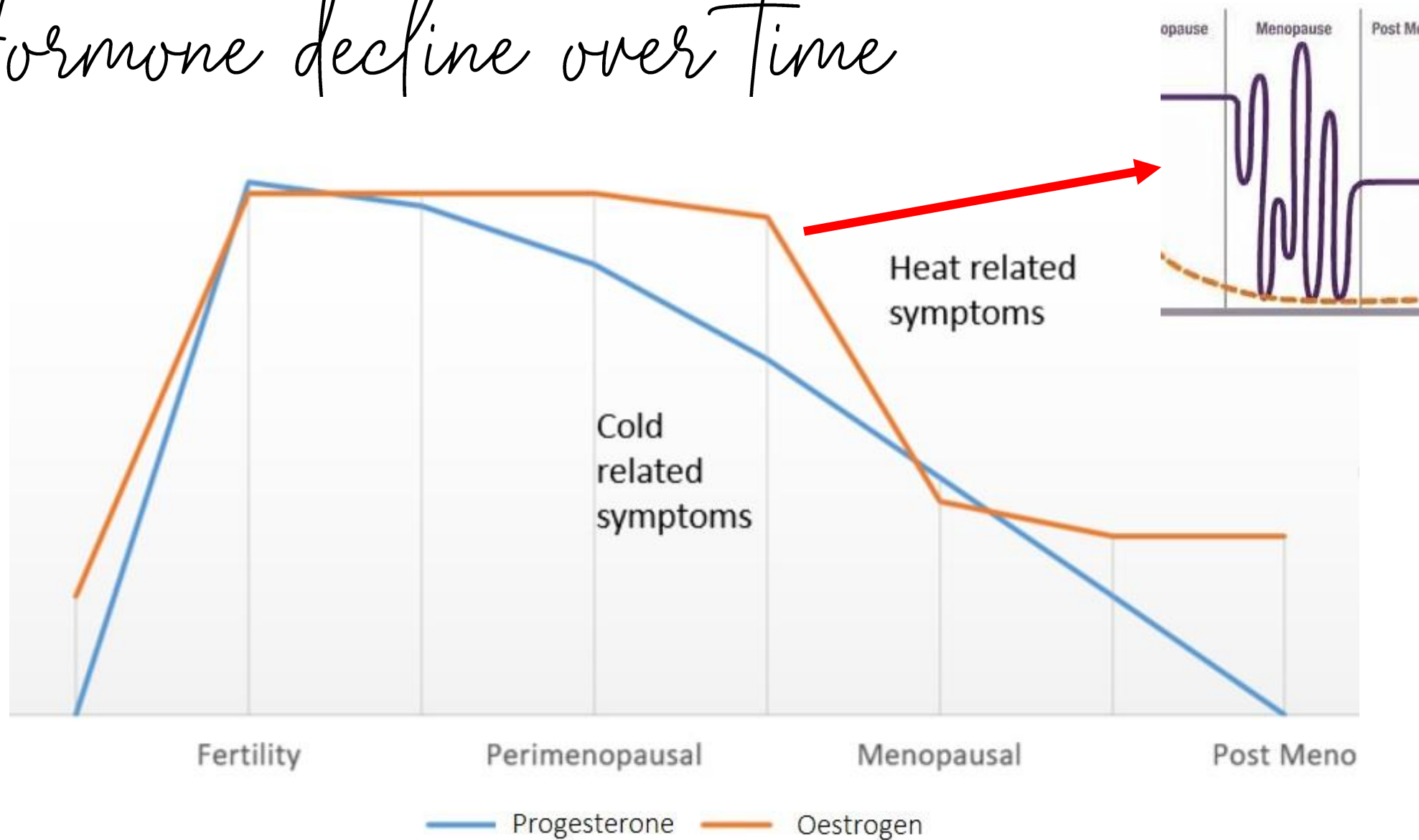
the ceasing of menstruation.

- the period in a woman's life (typically between the ages of 45 and 50) when menstruation ceases.

# How your hormones decline

- The cessation of periods is approximately 51 in the UK
- The initial decline is **Progesterone** - These are **COLD** symptoms
- **COLD** symptoms can start up to **10 years** before the **HOT** symptoms
- When your Progesterone is very low, and your Oestrogen is fluctuating this is when you're prone to **HOT** symptoms
- Hot & Cold symptoms can be affected by whether you're a hot/cold person

# Hormone decline over time



How Hot & Cold affect you



# FATIGUE – COLD SYMPTOMS:

DIFFICULTY CONCENTRATING ANXIETY

MEMORY LAPSES FUZZY HEAD

OVERWHELMED LOW MOODS

PANIC DISORDER THINNING HAIR DIZZINESS

HEAVY BLOOD LOSS INCONTINENCE LOW LIBIDO

DIGESTIVE ISSUES MUSCLE TENSION

# Cold symptoms and their links

- Progesterone is a long slow decline – we get more tired as this happens
- FATIGUE – Is an underlying cause- the other symptoms are related to this
- Fear – Anxiety, Panic attacks, increased stress & phobia's - All exacerbated when we're tired
- Continual stress adds to our fatigue – Catch 22!

*Have you felt some sort of anxiety happen  
since having low energy?*



# **IRRITABLE – HOT SYMPTOMS:**

VAGINAL DRYNESS ODOUR CHANGE

BREAST PAIN MOOD SWINGS

NIGHT SWEATS HEADACHES

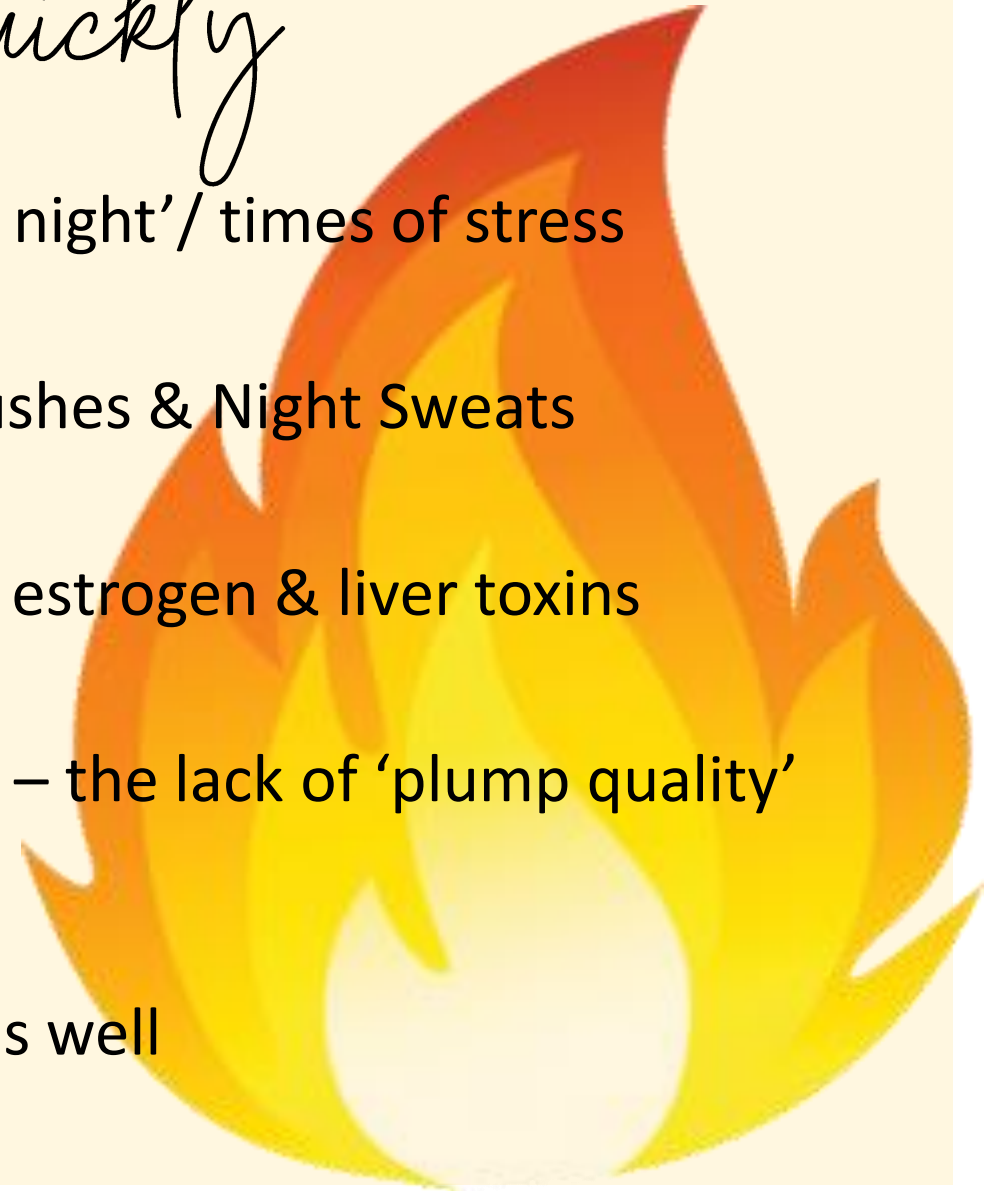
JOINT PAIN TINGLING EXTREMITIES

BRITTLE NAILS ITCHY SKIN

SCANT PERIODS HOT FLUSHES

# Hot symptoms flare up quickly

- Estrogen decline is erratic , appears as if 'over night' / times of stress
- HEAT Symptoms may appear quickly - Hot Flashes & Night Sweats
- Itchy skin, irritability, mood swings – linked to estrogen & liver toxins
- Brittle nails (and bones), thinner hair, dry skin – the lack of 'plump quality' of estrogen
- Don't ignore vaginal symptoms, speak to GP as well



# Are you a hot or cold person?

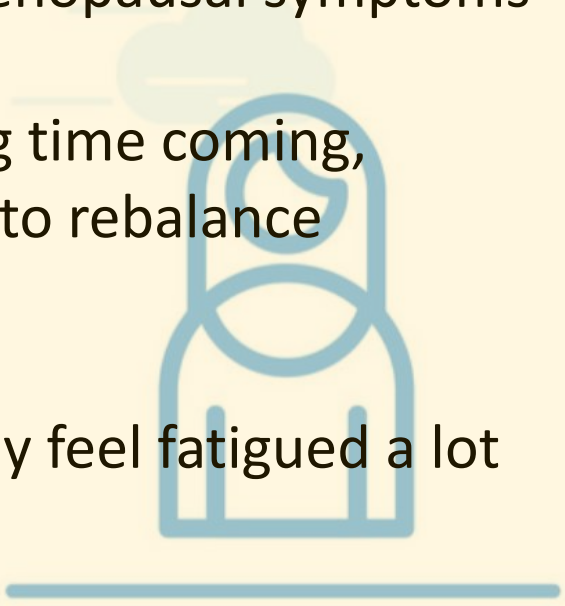
Feel the cold?

Measured energy through life

More Perimenopausal symptoms

Chronic, long time coming,  
Longer time to rebalance

This type may feel fatigued a lot  
Younger



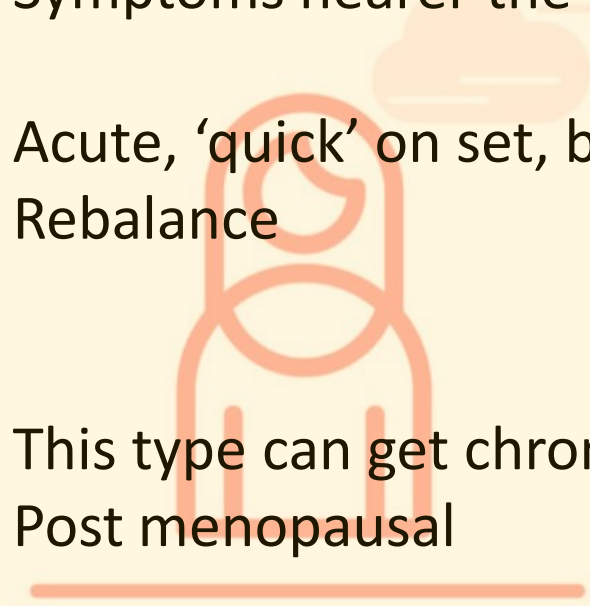
Feel the heat?

High energy person

Symptoms nearer the Menopausal

Acute, 'quick' on set, but easier to  
Rebalance

This type can get chronic fatigue  
Post menopausal



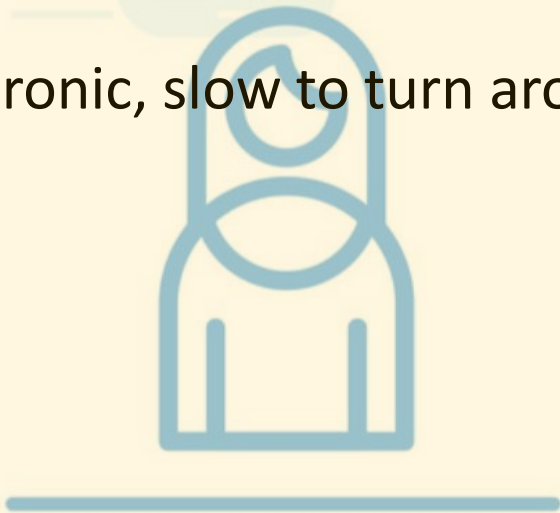


# Organs affected with symptoms

## THE KIDNEYS

Cold symptoms – including tiredness,  
Overwhelm , anxiety, fears, low moods  
Hopeless/ give up emotions

Long term, chronic, slow to turn around



## THE LIVER

Heat associated symptoms – irritability,  
Mood swings, anger, frustration  
Explosive emotions but you battle on

Shorter term, quick to turn around





Sleep



# Sleep Patterns

- Can't get to sleep, stay up late, then oversleep – Fire energy – liver/gallbladder - Life pattern – therapies help
- Fall asleep easily and wake around 1 to 4am (Liver processing time), get back to sleep eventually – Liver detox required
- Wake up around/ after 4 am (whirring mind) and can't get back to sleep – Nervous system can't relax and replenish - Supplements

Which one  
are you?

# The traditional '6 Doctors' ...

**Sunshine**



**Water**



**Rest**



**Air**



**Exercise**



**Diet**

*and the 7th*



# What health issues do I have?

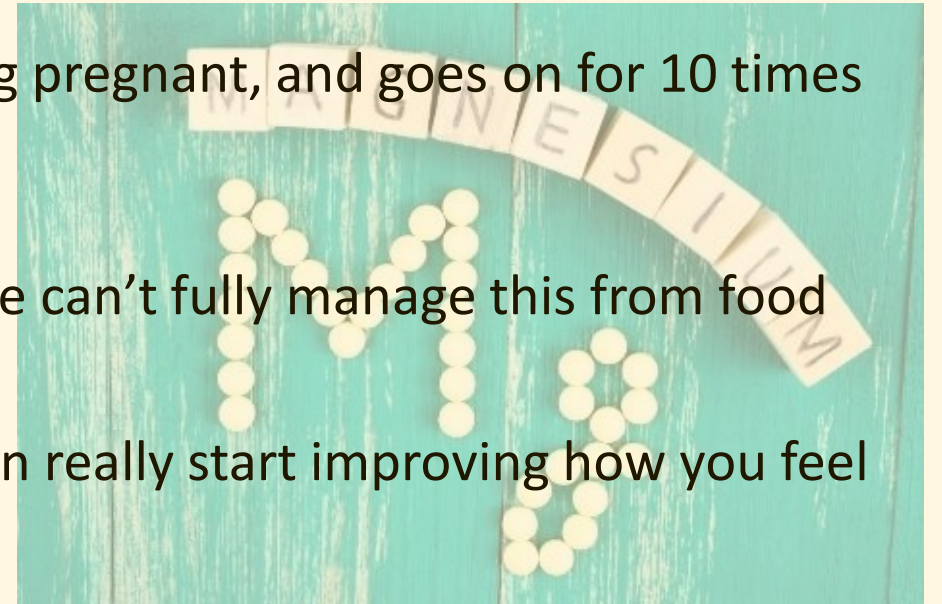
- Missing essential vitamins and minerals
- Deficiency in essential fatty acids
- Adrenal fatigue
- Impaired gut health
- Liver toxicity





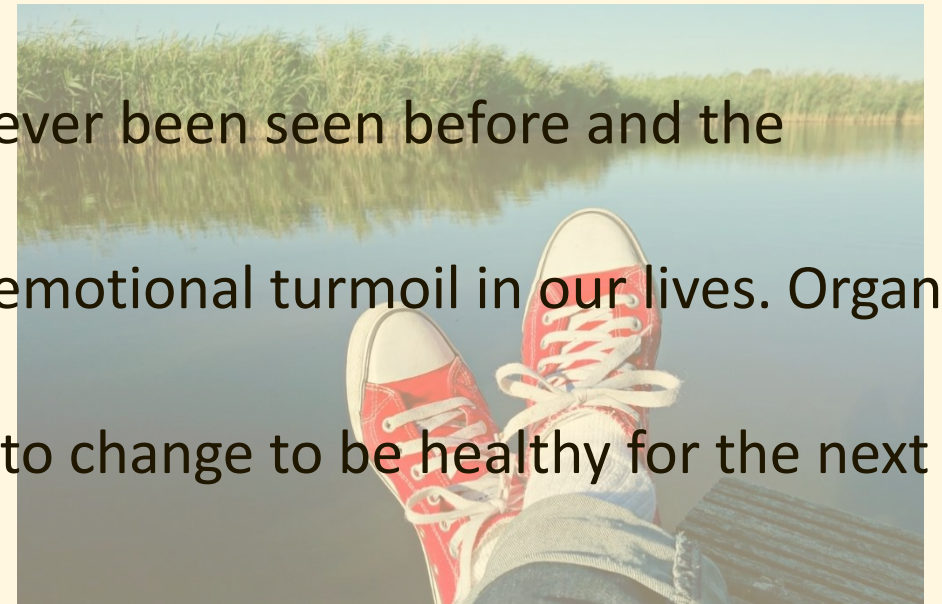
# Supplements - Why should I take them?

- Cortisol (the hormone released with Adrenalin) leeches the nutrients we do have – the more stress you have or over exercise the more you release
- We can't get enough nutrients from food – due to lack of nutrition in soil
- The hormonal upheaval is 10 to 100 greater than being pregnant, and goes on for 10 times longer at least
- Our gut is imbalanced due to toxins in everyday life, we can't fully manage this from food
- The great news is that taking the right supplements can really start improving how you feel along with other lifestyle changes



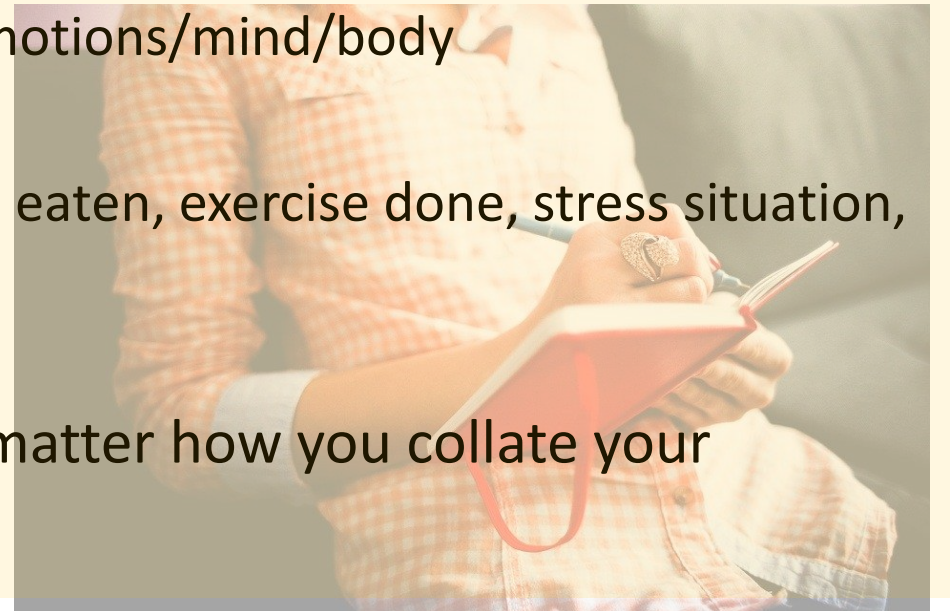
# Lifestyle – Why do I have to change?

- We've been getting by on the fuel we have in our natural tank (our constitution), but during menopause transition it runs out. Organ affected - Kidneys
- This has happened due to the lives we have led – we're of the generation that had to have it all – a career, working a F/T job as well as keeping house, children, and looking after parents
- We have an unnatural stress put on us that has never been seen before and the consequences are unknown.
- Toxicity - in foods, drink, the air we breath, the emotional turmoil in our lives. Organ affected – Liver
- We're living longer than ever before, so we need to change to be healthy for the next stage of our lives (especially bone/heart health!)



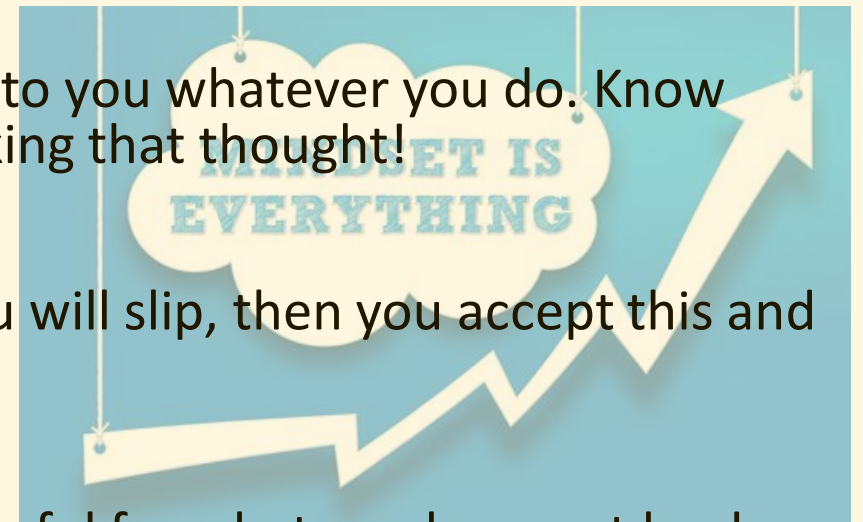
# Journaling – Why do I need to do it?

- There are patterns to your symptoms that will point to the underlying causes
- These patterns may be complex and may change every 6 to 9 months, as well as having a 'monthly' cycle
- We can cope better if we understand our patterns in emotions/mind/body
- The instant triggers come from the day before e.g. food eaten, exercise done, stress situation, emotional issue
- Electronic, notebook, pinned to fridge - it doesn't matter how you collate your evidence, as long as you do it 😊



# Mindset – Why is it so important to me?

- If you have a closed mind to change, then life is very difficult as you believe you are the victim of circumstance. Where as this course is about you taking back control!
- If you have a closed mind to certain areas/changes, these are to be examined; there is going to be a reason why just those particular areas are an issue for you, this is good to explore
- If you have a negative mind set then life will look miserable to you whatever you do. Know that you can change your way of thinking as quickly as thinking that thought!
- Keeping with positive thoughts takes time and patience, you will slip, then you accept this and you get back to your new way of thinking
- Positive thinking means you're kinder to yourself. Being grateful for what you have got leads to feeling happier



# This weeks supplements

- Multi-vitamin – starts bringing your body chemistry back, the basis of good health. For fatigue, stress, aches and so much more. Introduce one supplement at a time into your daily routine, giving a few days to settle and maybe note some changes.
- Magnesium – you will never get enough from an MV, so you have to take separately. Follow dosage on bottle, and top up from the MV. Can cause stomach upset at first, introduce gradually and take with food.
- Evening Primrose/Starflower oil (might be in your MV). These are an Omega 6 we can't create, for joints, brain function, bloating, estrogen balancing.



*Self care is healthcare*

“This 28 days is only the start of your journey...”

I’m going to give you the information to the very best of my knowledge, what you choose to do with it is up to you....”



Need heat relief now?



Blossom cream is a specific blend of essential oils to ease symptoms like hot flushes, night sweats and itchy skin. It also aids sleep and calming when you feel anxious or upset. Get now with a discount using code BLOSSOMCM at [bit.ly/SHOPMENOPAUSE](https://bit.ly/SHOPMENOPAUSE)

# Next Week

We'll look at night sweats, eating changes to relieve heat symptoms and lose belly fat. How the liver is part of this and how to detox it!

