

Your Menopause Naturally

Inspiring Menopause

*The secrets to a happy and
healthy
symptom free menopause*



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Your menopause naturally, using Chinese wisdom

This little book is packed with powerful knowledge based on the *principles of Chinese medicine* (TCM), it'll help you to understand what is going on with your changing body, sort out the confusion and put you firmly back in control of you!

The beauty of Chinese medicine is that it's based on proved results for over 2000 years and it's gentle, natural and entirely practical.

Once you know this, you can choose to take actionable steps to resolve your symptoms effectively and experience incredible changes in a matter of weeks. It's about taking small steps, little changes, creating new habits that you don't need to think about, and this builds to a very noticeable difference in how you're feeling mentally and physically.

How can I help you do this?

I've spent 20 years applying Chinese medicine to everyday western lives as a shiatsu practitioner, and the last 7 years specifically understanding menopause transition and helping firstly myself (I was heading in a bad way!) and then my clients.

I want you to have the best possible menopause, one that means you can live your life, be you and not even think about symptoms or hot flushes.

A successful menopause transition is when you have energy, health and happiness and I hope this will guide and empower you to make these all important changes like I did!

Warmest wishes Andrea





“ This is the year I found out about perimenopause, I had never heard of the word! I thought I was Menopausal, but I’d never had a hot flush?

I went straight out and bought a menopausal supplement and I got hot flushes within 3 days!

Needless to say I chucked that and the flushes stopped. It made me realise that resolving *cold* symptoms (perimenopause) wasn’t that straightforward!

I needed to understand about *depletion* in my body. ”

Andrea, shiatsu practitioner and founder
Cotswold Menopause.
Author *Understanding Your Menopause*

My perimenopausal journey

When I found out I was potentially menopausal I was relieved! It meant I wasn’t depressed, and that was a monumental moment for me. However I was completely confused because I’d never had a hot flush, so how was I menopausal?

Skip forwards with some reading and analysis of western menopausal symptoms v Chinese medicine energetics and I came to the conclusion there was a hot menopause and a cold one; I was definitely having a cold one... but then so was every woman around me; how was this?

Then it struck me, we all still have our periods. Regular ones, heavy ones, painful ones, but we’ve also got this growing set of symptoms; just how does it all fit together with hormones? Enter: perimenopause.

A hormone lecture later and the answer lay in the difference between being perimenopausal and menopausal, and whether you’re hot or cold in TCM terms, the gap between progesterone and oestrogen (rarely talked about) and how this may exacerbate your symptoms and predict future ones!

We’ll cover all of this in this book along with my *6 TOP TIPS TO MENOPAUSE HEALTH AND BEYOND.*

Where are you in your transition?

Take a look at the chart of symptoms opposite and how they are grouped, which ones are you mainly? Every woman is unique, so this is just a generalisation; however if you're:

Cold Symptoms - in the perimenopausal stage, which can last for years if left undealt with and affect the intensity of your menopause. Resolve your symptoms now to greatly reduce your chances of ever getting hot flushes.

Drying Symptoms— you gut and liver are now changing as your oestrogen is dropping, you're nearer the menopause. A loss of oestrogen leads to a loss of moisture retention and elasticity within.

Hot Symptoms – You're truly menopausal when your periods are starting to get very erratic, scant or you may have missed for many months. You're considered post menopausal if you've gone 12 months without a period. However if you still have symptoms these can be resolved.

Mixture of all 3 (without periods) – You have had a medical/surgical/early menopause or you're postmenopausal, your periods may have stopped years ago but you have symptoms now!

Cold symptoms

Fatigue, broken sleep,
difficulty concentrating,
memory lapses

low moods, anxiety, panic
attacks, libido loss,
overwhelm

hair thinning/loss, dizziness,
heavy blood loss, bloating,
breast pain, joint pain,
muscle tension

cry at anything!

Drying symptoms

Digestive issues, changes
in odour, weight gain

gum problems,
incontinence, vaginal
dryness

headaches that you've
never had before

itchy skin, irritability,
mood swings, night
sweats

Hot symptoms

Irregular heartbeat, brittle
nails, dry skin

hot flushes in the day/night,
intense mood swings

fly-off-the-handle

irregular periods /periods
have finished



The power of Chinese Medicine

No two women's experience of transitioning through menopause is the same, and I know on reflection I was heading down a bad path; not realising it was this time of my life. When I did though it was turning to the theory and principles of Chinese medicine that gave me the answers.

Transitioning through Menopause is known as your *Second Spring* where your excess energy of younger years is replaced by wisdom, where you can reserve your strength, *pause* to enable your transition to be successful in a completely natural way, and for you to *flourish* in health and emotions in your post menopause years.

Everyone's path is different whether you arrive over night or through many years of experiencing symptoms, but how your body is changing is fundamentally the same; hormones are diminishing. I've learnt to help my clients ***understand that your health is paramount to the type of menopause you will experience.***

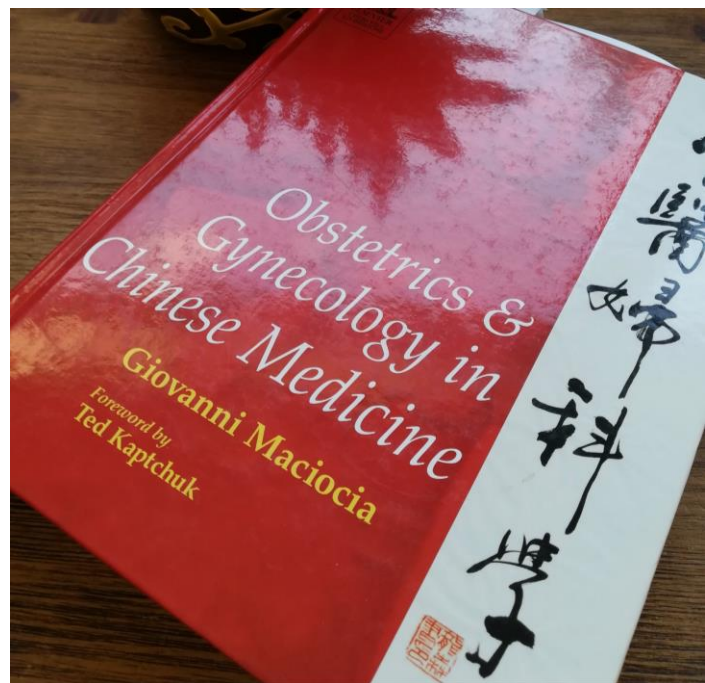
If you provide a curious mind I will provide the *knowledge* and actionable steps you can take to ease your current symptoms and prevent further ones.

Knowledge . *Pause* . Flourish

“ Menopause as we know it, laden with symptoms is quite a western phenomenon.

Many cultures from India to Persia, and across the Orient don't perceive this syndrome.

In this book menopause symptoms are explained as an exhaustion due to modern western lifestyle. ”





“ At this time of life you need minerals, not medications. ”

A majority of your symptoms are caused by a lack of nutrients in your diet to combat the physical stress in your body. ”

Resolving your symptoms naturally...

Chinese medicine views your body quite differently from western medicine and this means it's incredibly effective at helping you to naturally resolve a lot of your symptoms without medications; it understands what your body needs.

Before looking at my *6 top tips for Menopause and Beyond*, here are some golden TCM nuggets for you that I'll explain:

- You'll feel cold before you feel hot
- Anxiety - it's not your head, it's your gut
- Night sweats are different to hot flushes
- You'll have stress in your body even if you don't feel stressed
- It's not about more exercise, but the right exercise
- Combat bad sleep and stress to improve your symptoms
- Aim to never have a hot flush!



Are you a hot
or cold person?

You'll feel cold before you feel hot

The very first assessment to make before even looking at symptoms is whether you're a hot or cold person, as cold women tend to feel the symptoms of stress more keenly (perimenopause), whereas a hotter woman may not notice symptoms until years later. This is simply done:

A cold person – likes to wear lots of layers, loves jumpers and scarves, prefers warmer weather, hates the thought of jumping in cold water!

A hot person – wears fewer layers, doesn't tend to wear scarves, loves autumn and winter weather; cold water swimming and ice baths appeal to you!

If you think you're both because you have regular hot flushes, how do you feel when you're not flushing?

Colder women tend to notice the perimenopausal symptoms earlier than women who are hotter and have more energy. Fatigue can strike earlier for a cold person too. If you feel stressed or have experienced trauma you most likely get cold easily as well. For hotter women, later in years when your energy is running lower you may experience the *cold symptoms* post menopause.

Whether you feel the heat or the cold you can experience hot flushes and night sweats of varying intensity or not have them at all!



Anxiety – it starts in your gut

Anxiety hit me again around the age of 45, every single day; and I didn't know why. I'd dealt with anxiety when I studied Chinese medicine in my early 30s, I was on top of it, after having it for 20 odd years; so why was it back?

I would feel frustrated as I didn't know what was making me anxious, until I had the light bulb moment that it was as much gut related as triggered by my emotions.

Anxiety is now considered the #1 symptom of menopause; why is this?

In Chinese medicine we can look at whether symptoms are caused by *excess or deficiency* and this is a really powerful tool for combatting a majority of peri and menopause symptoms. Anxiety falls into the category of *deficiency*, and it's a very *physical* issue, so we can resolve it *physically* by adding something in.

Anxiety is triggered with adrenalin being released into your gut, which also releases another hormone cortisol; and this builds up. Anxiety is a sign of your body under stress, however we tend to over analyse why we're anxious rather than accepting it.

You're programmed to always err on the side of something more sinister is going on can increase it. Anxiety is your gut and hormones changing and an indication that *you need greater nutritional intake*.

I have a guide specifically to help you *master your anxiety naturally*, read more at cotwoldmenopause.co.uk



Night sweats are different to hot flushes!

You can have night sweats at any time in your life, but they do tend to happen more as your hormones start to change due to the impact on how well your liver works as oestrogen declines.

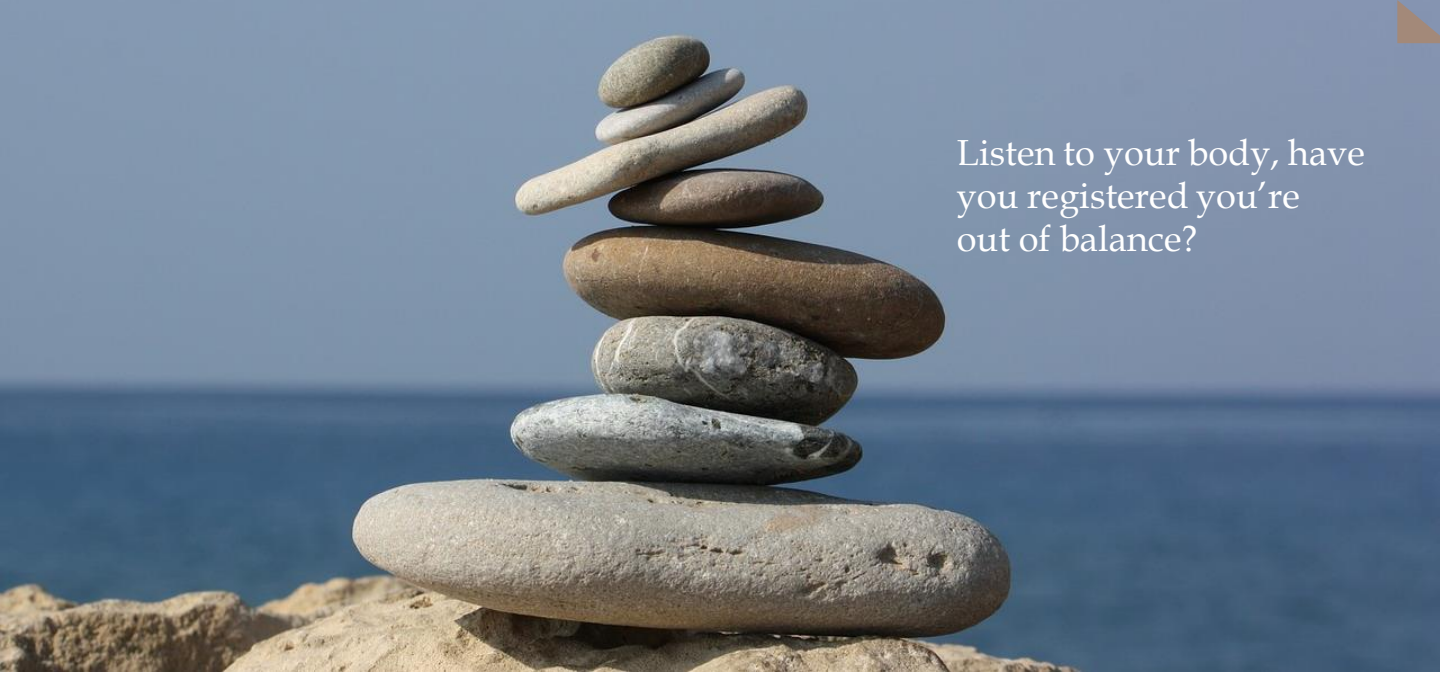
In TCM, the energetics of your Liver govern your body between approximately 1 to 3am. If you find yourself waking up and feeling hot then your liver is involved. You can also wake up after 3am and feel a cold sweat, where you've slept through the heat and woken up afterwards when you've gone chilly.

Night sweats are different to hot flushes, the latter tend to happen after you've woken up. Hot flushes are more to do with the interplay of your endocrine (hormonal system), your cardiovascular system; plus how stressed and tired you are.

Hot flushes are at the top of the *Menopause Symptom Pyramid* in that they are a culmination of all the other symptoms you have experienced beforehand. They may feel that they've *appeared over night*, but your body has been building up to them; this guide aims to help you understand this.

Night sweats can be resolved fairly quickly, they are an *excess* symptom, something needs to be removed. Hot flushes are a *deficient* symptom, a lack of sleep, energy and nutrition. More on both of these in my *6 top tips*.

The power of Chinese medicine is in differentiating clearly between the two symptoms which then enables you to understand how to resolve them.



Listen to your body, have you registered you're out of balance?

Your body is stressed even if you don't feel it!

I ask my clients this question a lot: Do you feel stressed?

Funnily enough those that say no tend to have more severe symptoms than those that say yes; why is this?

It's due to how well you *think* you manage stress; this was me! I felt I dealt with stress really well, but I had compartmentalised my head from the symptoms in my body; all the stress I *thought* I was dealing with was being driven deeper into my body, depleting my energy reserves, leaving me feeling anxious, foggy brained and insecure.

Do you now recognise whether your body is stressed?

If you do recognise stress now then you're back in the control seat, if you're not there yet; do you experience any of these symptoms:

- *Either awake around 4am with a whirring mind, or sleep deeply but don't wake up feeling refreshed*
- *You suffer from 3pm slumps*
- *You have achy joints, tired-feeling limbs, brain fog, anxiety and / or digestive issues*

Have you recognised these symptoms of stress in your body; even if your head doesn't tell you so?



It's not about more exercise but the *right* exercise

There are two types of women when it comes to exercise: those that love it and will do more, those that don't and are happy to do less 😊

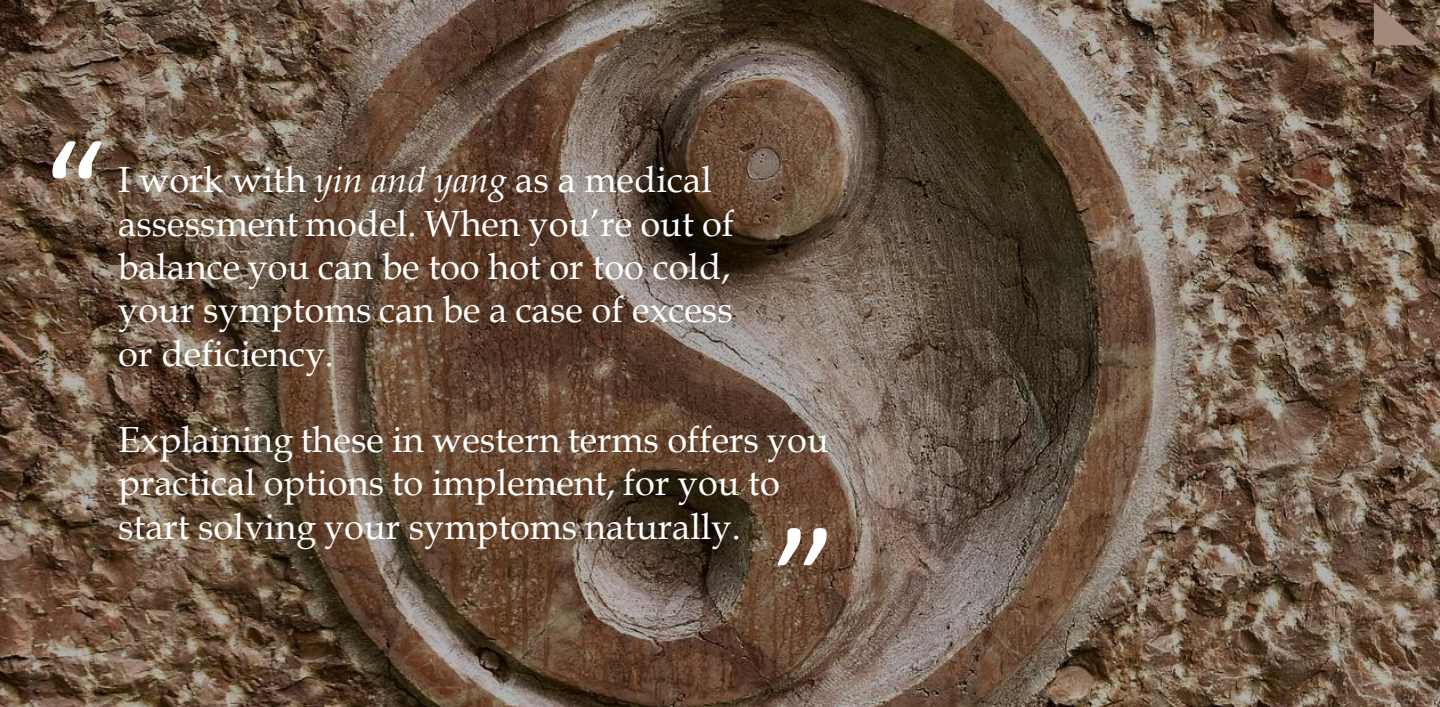
We're often told in menopause, *exercise more to relieve your symptoms*. If you currently do none, and you start to walk the dog, do some yoga or go swimming once a week then this is great, and it will help.

If you run everyday, do HIIT, Spin, Circuits classes, generally high exercise over 4 times a week,; this can make your symptoms worse. You're in the camp that need to ease up and switch what you do, and the question to you is: Why do you exercise so hard, what do you get from it?

A lot of the time the answer is: *to feel better, or to calm my mind*. This is the beauty of Yoga, Qi Gong (closely linked to TCM), meditation and mindfulness; they all work on calming and clearing your mind as well as switching your body back into a resting state (out of fight/flight) and this state allows your body to recuperate.

Fresh air is fantastic! Engaging with nature is mindful, deep breathing techniques are healing, creating calm combats overwhelm.

The sweet spot for regular exercise is that you feel good all day (no bursting into tears or irritable rants), sleep well, and wake feeling refreshed.



“ I work with *yin and yang* as a medical assessment model. When you're out of balance you can be too hot or too cold, your symptoms can be a case of excess or deficiency.

Explaining these in western terms offers you practical options to implement, for you to start solving your symptoms naturally. ”

Understanding the root cause of your fatigue

If you're tired, or you feel achy, you know that you're missing something; you're missing energy.

If your brain is foggy, or your gut is anxious you're less likely to know that this is because you're missing something too.

In TCM we know all these symptoms are linked to your body being out of balance and in western terms this is not having enough nutrients to combat the stress that your body is under.

A lot of women contact my clinic and say they're eating well, and I know they are, I was too; but I was still getting more and more tired, anxious, achy and forgetful. Why was this happening?

There is now an *imbalance* between your nutritional intake and what your body needs to combat the effects of stress. When you increase your nutrition levels, cortisol your stress hormone will stop stealing your reserves, and symptoms relieve.

Start with food, the more variety of veg, wholegrains, seeds, nuts, pulses, protein and good fats (essential fatty acids) that you can incorporate, the better. However your body is currently in a deficit and so to resolve this in a shorter amount of time (say 4 weeks) you'll need to take plant-based supplements. Plant-based supps allow for maximum absorption, and I have a free guide that can help you with this (see *What Supplements should I take?*)



Combat bad sleep & stress to improve your symptoms

These two go hand in hand as stress leads to bad sleep, especially being awake around 4am with horrible swirling thoughts.

You can be the type of person that sleeps well, but wakes tired and gets that 3pm slump; this was me for years. I really thought I was dealing with stress with getting plenty of sleep, but apparently not. Sleeping well may help combat stress to a degree but it still isn't enough; this was when my perimenopause started getting worse.

Whichever type of sleeper you are, if you're feeling tired everyday, and slump in the mid-afternoon you have a nutrient deficiency and most likely blood sugar levels out of balance too. It could also be you do a lot of exercise and you're not getting enough nutrients to help you achieve the level you're exercising too; this was me too!

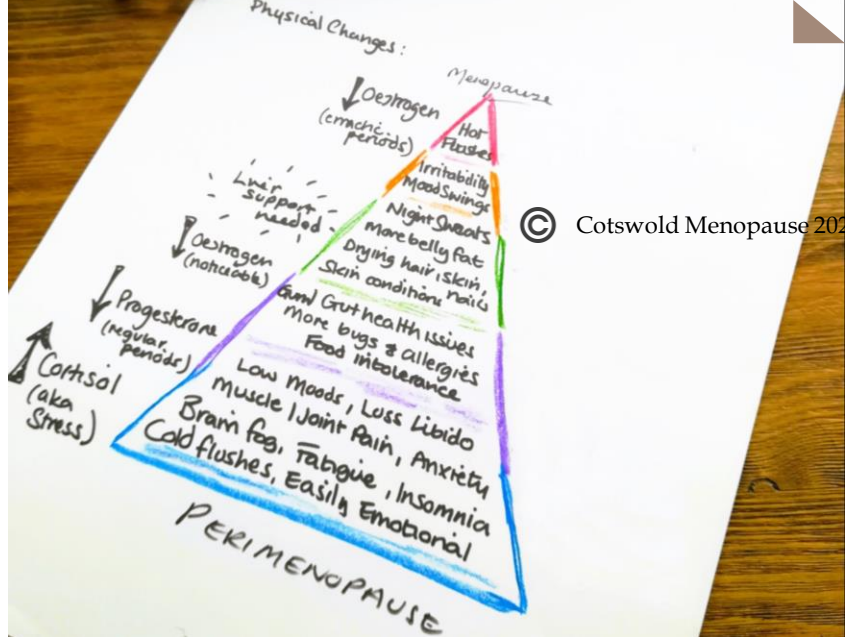
The cortisol hormone wants to be fed vitamins and minerals to allow it to do its job. If you're suffering from low moods, or just a flat line in emotions (you've lost your joy!) this is also an indication that your body has physical stress.

Supplements like multi-vitamins (which include B complex) , magnesium, vitamin D, vitamin C can all help boost your sleep and energy levels. Read *What supplements should I take?* At the back of this book.

Menopause Symptom Pyramid

“Hot flushes are a culmination of what your body has been experiencing for some time.

I've linked the TCM groupings of symptoms to the western hormonal changes. ”



Aim to never have a hot flush!


If you currently have hot flushes, you can help ease them and even stop them altogether; I've seen this reversal in clients. Ease them effectively with natural solutions (for example **Blossom cream** available via website), and then ultimately combat their cause as they are an indication that your heart health is under duress and I want you to be healthy post menopause too!

Hot flushes are a complex culmination of all peri and menopausal symptoms, these include prolonged physical stress, arterial stiffness (once known as *hardening of the arteries*), your liver struggling, and a lack of nutrition causing physical stress.

It's like a *pyramid*, with hot flushes at the top, reaching the pinnacle of your menopause (the cessation of your periods). If you can *achieve menopause without flushing this is excellent* as you're physically in a really good place for moving into post menopause with good heart health.

One of the magic vitamins to help here is, surprisingly vitamin C; but why?

As you lose oestrogen so does collagen decline, and this has a direct affect on the flexibility of your arteries. A daily strong dose of vitamin C (with bioflavonoids) supports your own collagen production and this aids flexibility and lubrication internally. As well as your arteries it can aid in vaginal dryness relief and strengthen organs to minimise prolapses.



“ We delight in the beauty of the butterfly but rarely admit the changes it has gone through to achieve that beauty. ”

- Maya Angelou

Top tips to help you in menopause and beyond

Helping you relieve your symptoms naturally and effectively is what I'm here to do and I'm passionate about it! There really is no reason for you to have intense symptoms; many women don't. I want to help you minimise/ have a hot flush free transition; these top tips are to support you through the transition and for the years to come.

Your symptoms can be eased naturally with bringing your health and body gently back into balance. Viewing this through the eyes of TCM means there are many natural ways you can support the organs that come into play; supporting kidney energy, cleaning the liver, and strengthening your gut are all areas that help you feel so much better.

Your body is changing hormonally, and this upheaval is 10 - 100 greater stress on your body than being pregnant.

Your body is continually changing, and noticeably so through these years. If you can accept rather than fight/avoid this then you are in a calmer and clearer state of mind to make the necessary changes.

Instilling these tips in your life will help you manage yourself in *mind, body and spirit at any stage* where you're challenged with changes in your body. **These top tips are here to guide and support you all the way through.**



Sleep is the basis of good health

Tip #1 Combat Night Sweats for better sleep

If you're currently waking up hot anywhere between 1 to 4am with night sweats then they are one of the easier symptoms to resolve; look to your liver; and the amount of sugar that is in your evening meal. Getting back sleep at this time of night is crucial and if the trigger waking you up is removed then you're less likely to wake at all.

Replace simple carbohydrates like pasta, potatoes, rice, bread with more vegetables. Your liver specifically loves green veg (cruciferous ones) like broccoli and kale, but a medley of green will keep your liver working better.

Have other veg too, think of your plate like a garden, with a lot of greenery, sprinkled with other colours. Bell peppers are a great source of vitamin C, this is a powerful antioxidant that helps keep inflammation in your gut down.

Half a lemon or lime squeezed in to warm water first thing in the morning (no sugar!) flushes out last night's toxins so they don't recirculate; lightening the load on your liver. You can see a change tonight if you try these tips!



Tip #2 Calm your brain at 4am

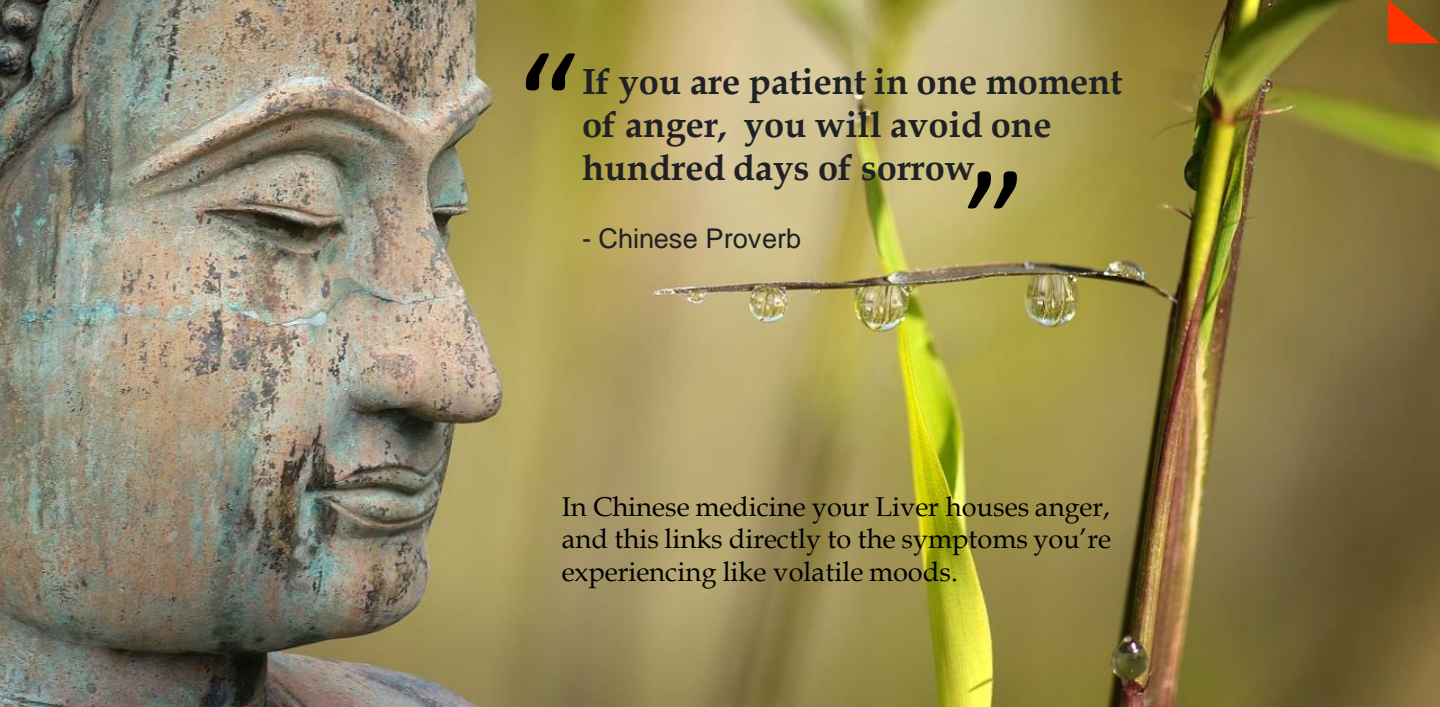
If your broken sleep is due to being wide awake and having a whirring mind around 4 to 6am this is your body asking for more nutrition and less sugar. If you're wide awake it could still be your evening meal, but if it's negative thoughts then more vitamins and minerals would be very beneficial.

Magnesium is the #1 deficient mineral prevalent here due to the poor soil quality. The amount of nutrients in food sources has greatly diminished over the last 70 years. Do you crave dark chocolate? This could indicate you want more magnesium!

Our generation is the first to be fulltime career women. When we add this to running a house, looking after children, parents, pets, then exercising, racing around, juggling and saying yes to more than we should; we're athletes in mind and body!

Athletes though have an incredibly nutritious diet, something you may not be on top of.

We often reach for quick fix foods for energy; when the issue is lack of nutrients. Take a multivitamin and a cup of vegetable soup before sugar and you may find you don't need so much sugar; you're starting to feed your body what it needs.



“ If you are patient in one moment of anger, you will avoid one hundred days of sorrow,”

- Chinese Proverb

In Chinese medicine your Liver houses anger, and this links directly to the symptoms you're experiencing like volatile moods.

Tip #3 Love your liver

There are very specific symptoms that signal your liver could do with support, such as night sweats, acne, itchy skin, feeling nauseous easily, migraines, irritability, moodiness, snappy and lethargy/ lack of motivation and increasing belly fat.

The decline in oestrogen has an affect on how well your liver and gut work; they are not as efficient, i.e. your metabolism changes and you may notice more belly fat. All of these symptoms benefit from your liver working well and you can take herbals to support this. Also follow the advice I gave in *Tip #1 combating night sweats*.

Your liver plays an overall much larger picture in your health moving forwards as it cleanses blood and removes toxins/dirty oestrogens from your system. A lifetime of alcohol, sugar and processed foods can mean your liver, which is like a filter has got pretty clogged up by your mid 40s.

Give your liver some TLC and you'll feel the difference within a matter of weeks. Liver detoxing can happen on many levels from how cleanly you eat, to taking herbal supplements to support the daily cleansing process. I do have a programme that can help guide you through this at cotswoldmenopause.co.uk.



4-7-8 Breathing exercise to destress you:

Exhale completely through your mouth, making a whoosh sound • Close your mouth and inhale quietly through your nose to a mental count of four • Hold your breath for a count of seven • Exhale completely through your mouth, making a whoosh sound to a count of eight • This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Tip #4 Combat overwhelm and brain fog, lower stress

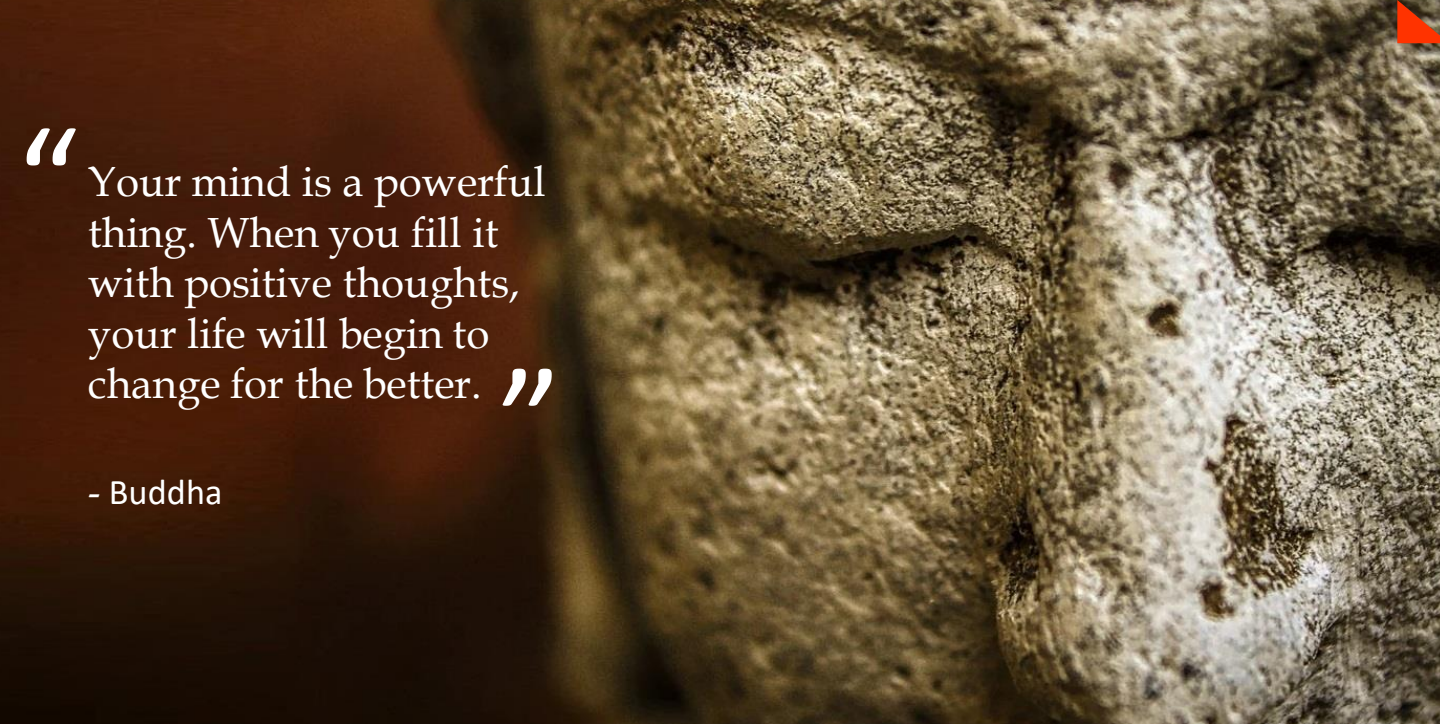
Overwhelm, is so easily triggered right now, and brain fog is the biggest cause of women struggling in their daily work life. Stress underpins them both, and both can increase stress; so how do you combat this spiralling situation?

Physical intervention.

Overwhelm is a state you can find yourself in very easily. My biggest piece of advice is to step back and breathe, take a *firebreak* – this is a short time out to recharge your brain, your body, your physiology in just a short space of time. A 5/10 minute timeout means you'll come back to work/life with a much lower stress rate and be able to continue with clarity.

Brain fog is a symptom that you can have – overwhelm happens more easily if you already have brain fog, and then you're in a catch 22 situation. 90% of your brain chemistry comes from your gut, so if your brain can't operate, something is wrong in your gut. Most simply it can be a lack of nutrition, so start here, ***feed your body to feed your mind.***

Stress is a combination of lifestyle choices that we've been living (unintentionally) that has lead us to where we are today. Now you're more aware with the insight from this book you can start to make powerful changes when you're ready.



“Your mind is a powerful thing. When you fill it with positive thoughts, your life will begin to change for the better.”

- Buddha

Tip #5 A positive and curious mind *lessens* symptoms

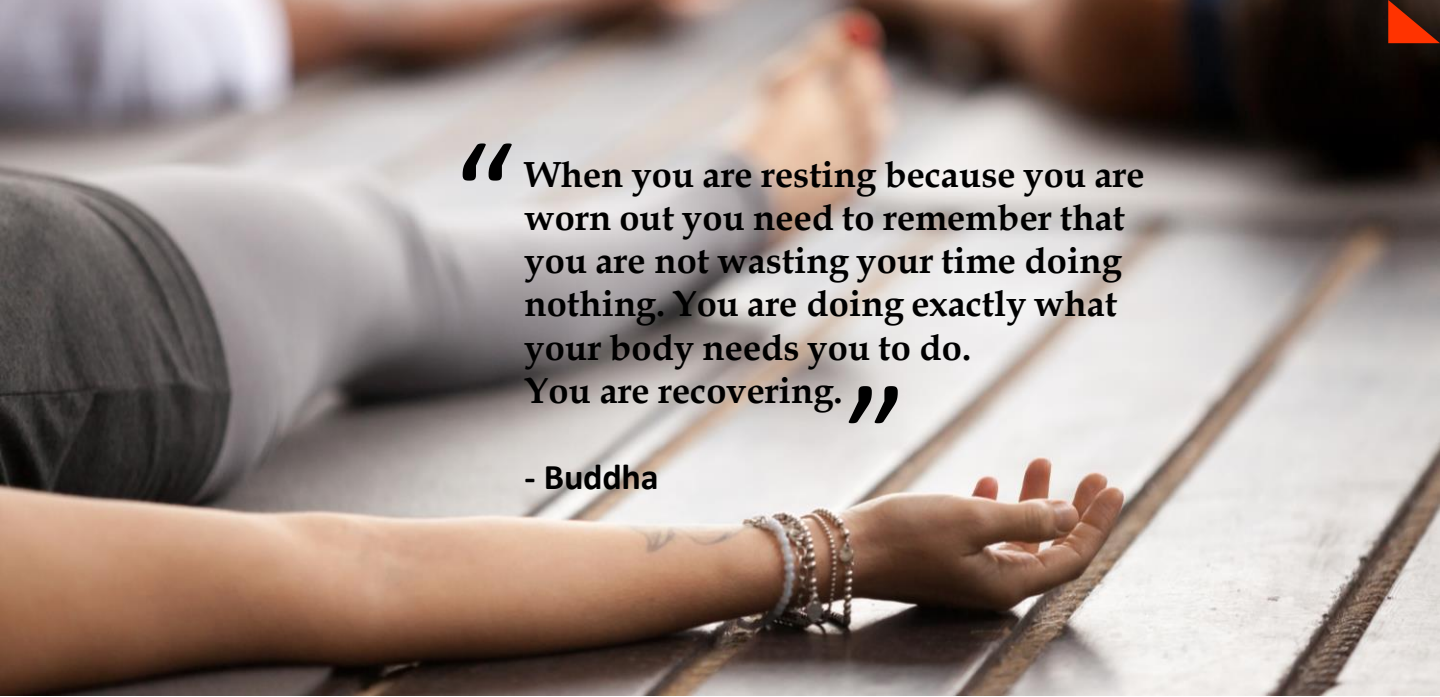
A study was done in Australia in 2020 relating women's mindset to symptom severity. I was putting up with a lot of symptoms when I was 45 years old because I didn't realise they were symptoms; once I understood this I was relieved and took action.

All symptoms are resolvable, the base line is to have a menopause without symptoms; many women do. If you're reading this and you have symptoms, *how are you feeling about this time of life? Are you actively seeking ways to feel better or are you thinking this is my lot, I'm stuck with it?* Which is the better way to think?

The study found women who had positive thoughts about menopause had less symptoms – how is this?

Viewing something positively sends a different message to your physiology, you're just that bit less stressed when you know you can do something about it. Making positive changes for yourself is empowering, step away from trying to get a doctors appointment only to be frustrated when the Dr isn't able to help you.

Putting you in control of your menopause transition, telling you that there are simple, effective, practical steps you can take to ease just about every symptom you have; how your body works, what your body needs. If you decide to make the changes, ***the how*** appears very quickly 😊



“ When you are resting because you are worn out you need to remember that you are not wasting your time doing nothing. You are doing exactly what your body needs you to do. You are recovering. ”

- Buddha

Tip #6 What self care really is

Real beneficial self care begins in your mind, starts at home, and can start today.

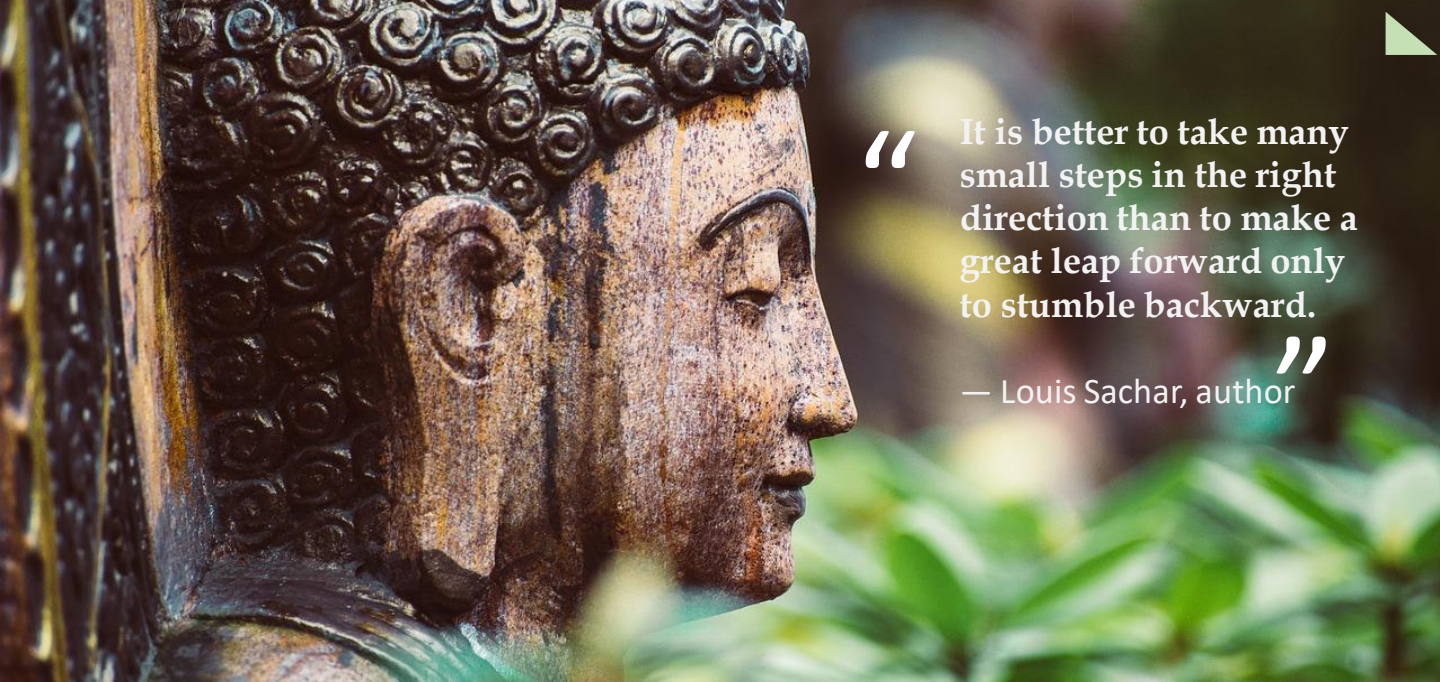
Self care is about bringing yourself to the forefront.

Right now you care for and support everyone else in your life, you probably say yes to just about everything you're asked. How many times do you say: *Leave it with me?* Then wish you hadn't said it?!

Retraining your brain and speech pattern to pause before you say yes is THE BEST THING you can do for your selfcare; and ultimately this will lower your stress level. Do you really want to do everything you say yes to? Learn when to say no; you can still say it nicely! Some people will get funny, but that's their problem; they were probably leaning on you anyway!

This is how you can gain back some precious *Me time*, which you can then choose to put to good use *replenishing your reserves, calm and clear your mind and feel more re-energised.*

This type of *Me time* de-stresses you, it puts your body back into the *rest & digest* state, allowing more time for healing to occur and your energy to rebalance.



“ It is better to take many small steps in the right direction than to make a great leap forward only to stumble backward.

”
— Louis Sachar, author

Next steps – change can happen in the moment!

I hope this little book has been insightful for you, it may have given you some ideas and you'll set off and make amazing changes!

You may decide you'd like to read a bit deeper first whilst trying out just a small change here and there. It doesn't matter which way you make change, only that you feel within yourself that empowerment that says:

I'm ready to make change. It really does start in the moment.

Changes should be small, then they're not scary. Menopause doesn't require one massive herculean change, little ones here and there will start to accumulate, and a lot of little changes add up to a BIG DIFFERENCE in how you feel.

Not everything in this book will seem to directly apply to you, however it's good to consider all the aspects as they will all play a part in your current health and more importantly where you're heading.

Resolve your symptoms now so that they don't stack up with future ones to come.

Your body is ever-changing, next year something else will appear, an accumulation of where you are now, you can reverse this.

I'm handing you the power with this book and over the coming pages some *next steps* options for you.



Read *Understanding Your Menopause*

Understanding Your Menopause is the book I put together to help women like you take small actions and to see real improvement in your symptoms. Reading a chapter or two with the practical changes to implement; you can take this book at your own pace.

In this book you'll dive deeper into:

- How to regain quality sleep
- Relieve night sweats quickly
- What to eat to reduce stubborn belly fat
- What kind of exercise will work for you
- Coping mechanisms for anxiety
- What supplements are brilliant to relieve your symptoms
- Practical advice on how to balance your moods
- Support your positive mindset

This whole book builds to increasing your energy and decreasing your hot flushes (*or you may never get them!*)

Be empowered, take back control of your menopause and step through making changes that will help you relieve your symptoms.

[Understanding Your Menopause here](#) available in paperback on amazon or e-book download (use code **WELCOME15**)

The 28 Days *Menopause* Programme

Learn to take back control of your mind, body and health and feel happier again. Relieve your menopause symptoms naturally



Feel ready to make some real change?

Delve deeper with ***the ultimate 28 day Programme!***

See radical changes in your symptoms, feel more energised and alert. Regain sleep, reduce anxiety, relieve sweats and flushes!

In this programme t you'll receive:

- *5 one hour videos and the supporting guides/templates*
- *Master your anxiety*
- *Relieve your heat symptoms (liver detox guide)*
- *Sleep and stress special, Savvy supplements guide*
- *Restorative yoga session*
- *Eat for the Perimenopause and beyond*

Have a look here and see if [28 Days is right for you,](#) Use code WELCOME15

Andrea also does in-the-room
Shiatsu for Menopause
for anyone local to Cheltenham.

Seek out your local shiatsu
practitioner to help you
rebalance energetically
and calm your mind down.



How does Andrea use Chinese Medicine

Andrea uses the principles of Chinese medicine to help create you a bespoke assessment of what stage you're at and how to move forwards. Don't worry though it's all very understandable with manageable everyday solutions! Chinese medicine is a model that can help you implement a vast array of lifestyle options including what to eat, food energetics, essential oils, exercise, sleep hygiene, mindset support and viewing situations/relationships in a way that opens up new avenues for you to explore.

What happens in a 1 to 1 consultation with Andrea:

She will send you some forms to fill in on your menopause symptoms and your health history

Via a video consultation you'll have a good chat where she will ask you lots of questions; you can ask them too!

You'll receive an actionable plan, that you can start putting into practise straight away and keep in contact with Andrea as you make these changes.

If you're feeling ready [book a call here.](#)

Created by Andrea,
Blossom cream instantly
relieves Hot flushes,
Night sweats and can
help you sleep better

A unique blend of 6
Powerful essential oils
to *soothe and relieve*...

[Explore Blossom here](#)



What supplements should I take?

This is a minefield and you may already have spent a fortune and still not felt the real advantage of taking them. This isn't because they don't work; but they are not all created equally. It's about taking the right ones for your stage and symptoms.

The market is saturated with *Menopause* supplements, and now *Perimenopause*, the difference being *Menopause* ones have phytoestrogens in, a plant extract, a weak form of HRT. This isn't a bad thing at all, it's just knowing the right time to take them; this is when you know your oestrogen to be on the lower side. Refer to my symptoms chart earlier.

There are two main issues with blended supplements on the market: 1. they *don't tend to have a high enough dose* of what you really need and 2. if there are too many ingredients and *you're intolerant to at least one* they will have a detrimental effect.

Nutritional supplements – these are vitamins and minerals, you can't go wrong taking these, as your body will wee the excess, with a couple of exceptions. Take a good strong women's multi vitamin that is *stage* appropriate rather than *age* appropriate i.e. don't take an over 50s supplement if you still have periods, it won't have enough B vitamins/iron for you.

Herbal supplements – these affect an energetic change on organs in your body and are powerful, for example a liver support blend to help your liver detox and relieve night sweats. A combination of herbals can be powerful but seek advice.



Audios – Listen to
this book in 2 parts:

Part 1 (22 minutes)

[Understanding](#)

Part 2 (20 minutes)

[6 top tips](#)



Your Menopause Naturally at Cotswold Menopause

Andrea at Cotswold Menopause only uses holistic solutions and natural products to help you manage and resolve your symptoms. All the information is based on the principles of Chinese medicine, effective for helping you rebalance in mind and body gently and for longer. Andrea's aim is to help you find relief quickly but also resolve the underlying cause of your symptoms successfully.

Andrea offers a wealth of free resource and paid for programmes as well as the option to work together, all the information is available at her website:

cotswoldmenopause.co.uk



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The information and advice in this book is intended as a general guide to healthy living and is not specific to individuals or their particular circumstances. This book is not intended to replace treatment by a qualified practitioner. Do not attempt to self-diagnose or self-treat for serious or long term conditions without consulting a medical professional or qualified practitioner.