



COTSWOLD MENOPAUSE

with SHIATSU BODYWORKS

TOP FACTS

In your 40s and feel low?
This is perimenopausal
Seek natural options first
before Antidepressants

UK meno average is 51, with
heightened symptoms - 47

You don't have to have
heat symptoms to be PM

Progesterone decline
affects our moods, anxiety
sleep patterns, tiredness,
overwhelm & foggy brain!

Estrogen decline affects
our mood swings, irritability,
hair, nails, skin, hot flushes
vaginal dryness, increases UTIs

Night sweats are affected
by diet - cut caffeine, sugar
alcohol, bread, potatoes
pasta & processed foods down

Medication affects the liver
the liver cleanses your blood
between 1 & 3am, you get
hotter when it works harder

You cannot bypass the menopause
it will happen when you come off
HRT too; ween very gradually



Take me with you to GP!

call andrea on
07899 987227
for your menopause
clarity call
cotswoldmenopause.co.uk



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TOP TIPS

1/2 Lemon in warm water,
first thing, 30 mins before food

Magnesium 400mg a day
for better sleep & ache relief

Vitamin B Complex
to relieve stress & anxiety

Take multivitamins for 45+
More veg, nuts & seeds

Exercise for mindfulness
impact, flexibility & cardio

Cut carbs out of evening meal

Seek a therapy for symptom
relief & me time

Natural citrus scents
uplift your mood!



Essential oils to use:

Clary Sage for hormones

Lavender for calming

Geranium to destress

Peppermint cools &
relieves trapped wind

Sweet Orange for happiness

Rosemary for concentration

You only need to sniff/inhale
for them to work!

(Seek guidelines on using in baths)

KNOWLEDGE
PAUSE
FLOURISH
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