

YOUR EMPOWERED MENOPAUSE: 5 MENOPAUSE MANAGEMENT STRATEGIES

Easy, practical ways to get control of your
menopause symptoms.



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#1 Magnesium

This simple vitamin can have profound impacts on your health and well-being, especially in dealing with specific menopause symptoms.

Many women experience anxiety and panic attacks, sleep changes, mood swings and low energy during their menopause journey.

Did you know that chronic emotional and mental stress is associated with magnesium deficiency?

This occurs because the stress hormones cortisol and adrenaline (which often are very high) deplete your cells of magnesium levels.

Proper magnesium levels help keep adrenal stress hormones under control and also help maintain normal brain function.

Women who take magnesium also have seen improvements in their fatigue and sleeping patterns. It helps boost your energy levels and helps you sleep better.

Which is something that all of us need extra help with during menopause!

#2 Date Night

One of the most significant menopause symptoms is the changes that occur between the way you and your partner interact.

There are a number of reasons for this.... loss of libido, wanting to spend more time by yourself, emotional changes and mood swings, loss of identity - the list goes on.

When these changes take hold, you often feel lost, disconnected, and don't feel like yourself. You have little energy or desire to give to anyone else, and often you don't even have it to give to yourself.

Without the time and attention to make a specific effort to strengthen connection between you and your partner, it is super easy to ignore each other, to not develop and nurture your relationship during these transitional years.

This is easily avoidable. You can continue to create a loving, connected and meaningful relationship by making a conscious effort to schedule date-night or do fun things together.

Sometimes even small loving acts can create a deep connection.

#3 Hormone Replacement Therapy

Since the Women's Health Initiative study was first published in 2002, it has been assumed that HRT is linked to an increased risk of breast, womb and ovarian cancers, as well as the risk of cardiovascular problems.

Since then however, *many other studies* and respected medical professionals have come out against the study saying it was deeply flawed. Despite plenty of new evidence to the contrary, the HRT-cancer relationship still exists in many circles.

The challenge is that natural hormonal changes which are characteristic of menopause, present their own health risks. We need estrogen in our post-menopause years to reducing future risk of heart disease, osteoporosis and dementia.

HRT treatment is not for everyone. But it is something that you **SHOULD** talk to your doctor about. Don't assume it's a no-go area!

Ask: Am I an appropriate candidate for HRT? Are there reasons why it's not relevant for me? How long should I take it for? What combination of hormones do I need?

#4 Coconut Oil

We all know that coconut oil when used in cooking has many nutritional health benefits as its a good healthy-fat source.

But coconut oil can also be used to treat many common menopause symptom. During this time, women can experience dry eyes, dry skin, brittle nails, changes in hair quality - and yes even dry vaginas!

Coconut oil is an easy and simple treatment for these and many other menopause symptoms!

* Use it as a moisturizer for your legs, arms, and elbows.

* Coconut oil can also protect against hair damage, so use it as a conditioner.

*It is a great anti-inflammatory. That is especially good news for women suffering from joint pain during menopause. Add it to your cooking.

*But my FAVOURITE way to use coconut oil is a vaginal lubricant. This is a very safe and natural way to help you manage vaginal dryness with immediate effective relief.

#5 Yoga for Women's Health

Regular Yoga for Women's Health practice can help you manage and even PREVENT your menopause symptoms.

Yoga for Women's Health is unique because it understands how a your body changes over time and adapts the practice so that you can get the most out of it.

Using yoga as a tool, we create awareness and understanding of what is going on in your body, how it changes every day, to accept and embrace your body as it is in this moment, and to give space to listen to what your body really needs.

Through yoga practice we can also treat specific menopause symptoms, balance hormones, reduce stress (a big factor in hormonal imbalance), find your authentic voice, and give you space to embrace the new you that is being creating as a result of your menopause journey.

This should be a consistent practice which supports you to navigate your menopause journey with ease and confidence.

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If you want to prepare for your menopause journey, manage and even prevent your symptoms, or learn how to navigate your mid-life years with ease, joy and confidence book a 1:1 Consultation Session with me:

theyogaroom120@gmail.com

For extra support and information, join *The Menopause Sisterhood* Facebook Group, a safe space for women on their menopause journey:

www.facebook.com/groups/themenopausesisterhood

Looking forward to supporting you on your journey!
Jacqueline

