

Instant Tips to Move Beyond Hot and Crazy

Discover how you can beat the emotional ups and downs, hot flashes, and exhaustion.

Instead feel healthy, joyful and relaxed so you can reignite your zest for life!

There are thousands of women struggling daily with menopausal symptoms. They feel embarrassed and mortified by hot flushes at inopportune moments, find it hard to sleep, or concentrate at work. If they go to their doctors their symptoms are blamed on the menopause and they are offered Hormone Replacement Therapy (HRT) and antidepressants. Very few doctors bother to look at the real cause of their patient's symptoms.

I'm on a mission to help and support YOU to see that it can be a time to rejoice, to be healthy, joyful and relaxed.

Women are deemed to be menopausal once they've not had a period for 1 year, but symptoms can start up to 15 years before and can carry on for several years afterwards.

Menopause is a natural process, except if induced by hysterectomy, or cancer treatments. It is not a medical condition and symptoms should be rare. However, today's stressful modern lifestyle has made symptoms blamed on menopause all too common for many women. Leaving them feeling they are going crazy and are on a roller coaster they can't get off.

The top 5 reasons why you end up feeling hot and crazy

- ❖ Stress
- ❖ Diet
- ❖ Environmental toxins
- ❖ Beliefs
- ❖ Disconnection from your body and feminine power

Unfortunately, hormone replacement therapy and natural alternatives don't address any of these, so work little better than a band aid covering a cut.

Did you know that the symptoms of stress are the same as symptoms blamed on the menopause?

Top Tips to Get OFF Your Menopausal Rollercoaster

Fun Guide to what each tip helps with:

Hot flushes/Night sweats 

Poor Sleep/Exhaustion 

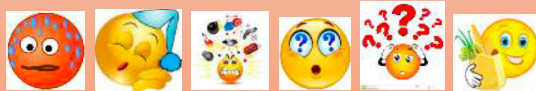
Irritability 

Lack of concentration 

Stress 

Weight gain 

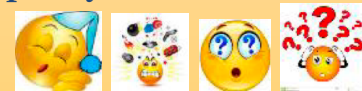
Pause: Take time throughout your day to pause for 1-5 minutes and connect with your breath and your body.



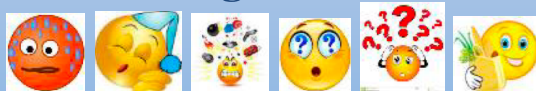
Connect with nature: Take time each day to connect with nature, even if it's just for a couple of minutes. It might be as simple as spending a few moments gazing at the changing sky.



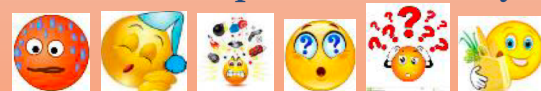
Be grateful for the small things in life: Be mindful of what is happening around you and in your daily life that uplifts you and makes you feel more positive. Perhaps consider buying yourself a pretty notebook and start a gratitude journal.



Keep alcohol to the minimum: It doesn't help you sleep, or loose weight!



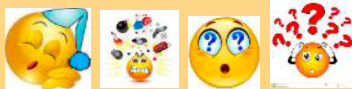
Cut out or reduce caffeine: Caffeine and coffee are major causes of hot sweats and sleep disturbances, so cut it out completely or only have 1 or 2 cups before midday.



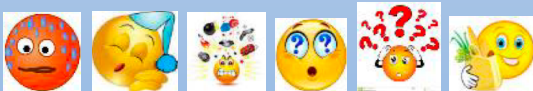
Eat 8-10 portions of fruit and veg: I know the recommendation is only 5, but the more the better! Make smoothies in a blender using almond, hazelnut or coconut milk or water, plus a mixture of vegetables and fruit to make it easy to get several portions in one hit.



Avoid checking your emails or working on the computer an hour before bedtime: Working up until its time for bed will make it harder to switch off your busy mind and fall asleep and you may be more likely to wake feeling anxious.



Get plenty of exercise: This does not have to be the gym, walking and housework can also count. But stop at least 2 hours before bedtime.



Add sage and flax seed to your cooking. Sage helps your body to adapt to the hormonal changes that are taking place and reduce flushes and night sweats.

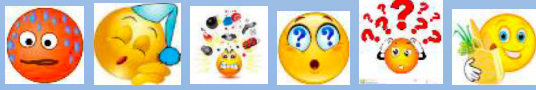
Fibre rich flaxseeds help to reduce blood sugar levels and menopausal symptoms like hot flashes and mood swings. They also help strengthen your bones, so reduce the risk of osteoporosis. Consult your doctor before taking flaxseeds if you have diabetes or if you are taking blood thinning medication such as warfarin.



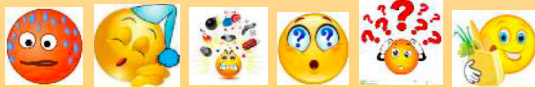
Ask for help: Trying to be superwoman leads to burn-out and resentment! Asking for help gives someone else the chance to be there for you and may deepen friendships and intimacy.



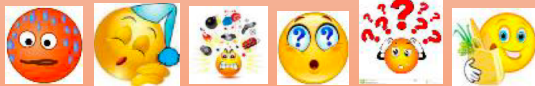
Do something pleasurable at least once a day: pleasure is how we women recharge our batteries, so do something you love. For example, dance around your bedroom to your favourite music, have a scented bath, spend time with your friends, have an orgasmic experience.



Don't overload the to do list: Take a look at what is really important and off load as much as you can.



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Want to discover more on how you can be healthy, sassy, joyful, relaxed and radiant throughout menopause and beyond? If yes, let me help and support you.

Read my book Beyond Hot and Crazy – A Radical Guide to Living Well with Menopause. Available on Amazon or to order from your local bookstore.

[Contact me](#) for a complimentary no obligation session

Find out how I can support you to get into the best shape of your life for life and be rid of feeling hot and crazy, weight issues and low energy so that you feel healthy, joyful, relaxed and have the energy to fulfil your dreams.