

# Menopause Survival Guide

SPECIAL EDITION

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Are you aged between 40 and 60 years?

Do you suffer with any of the following symptoms?

- Mood swings
- Fatigue
- Depression
- Anxiety
- Irritability
- Feelings of dread
- Difficulty concentrating
- Memory lapses
- Loss of libido
- Vaginal dryness
- Hair loss or thinning
- Weight gain
- Brittle nails
- Sleep disorders
- Dizziness
- Incontinence
- Increase in allergies
- Breast pain
- Headaches
- Aching joints and muscle problems
- Itchy, crawly skin
- Irregular periods
- Osteoporosis (after several years)
- Irregular heartbeat
- Bloating
- Digestive problems
- Changes in body odour
- Hot flashes
- Night sweats
- Burning tongue
- Gum problems
- Electric shock sensation
- Tingling extremities



**Are you heading in this direction?**

Most women going through menopause will be affected by a combination of symptoms from the above list. However, some symptoms are more common than others.

**If you have one or more of these symptoms, you could be either Peri-Menopausal or Menopausal**

It's a natural process for us women and one thing you can be sure of, all women will go through it at sometime in their life. For some ladies it can be a walk in the park, but for the majority it can be one

hell of a roller coaster ride. In fact 70% of women suffer symptoms like the ones listed above and what is also concerning, In a recent study out of 1000 women 49% of women were ignorant about peri-

menopause. Which means lots of you lovely ladies are going through this alone. not knowing how you can feel better again, maybe also getting frustrated that the things that once worked for you with regards to losing weight and generally feeling good, no longer have the same effect.

## INSIDE THIS ISSUE:

List of Symptoms	1
Common Symptoms	2
Hormones	2
Lifestyle Changes	3
What next	4

## Signs and symptoms of menopause



### The most common from the list of menopause symptoms are:

**Hot flashes.** When hormone levels are fluctuating, your body can become confused and believe it's too hot when it's not. This causes it to sweat and release heat, which results in a hot flash.

**Night sweats.** When you're sleeping and get a hot flash, your body realizes it's overheated and tries to cool you down by sweating, which can cause you to wake up, chilled and covered in sweat.

**Irregular periods.** This is natural part of menopause as your body transitions away from its fertile state.

**Loss of libido.** Also caused by fluctuating hormones, this can be difficult for some relationships.

**Vaginal dryness.** Hormone imbalances can also cause loss of lubrication and dryness in the vagina, leading to uncomfortable and even painful sex.

**Mood swings.** Mood swings are defined as extreme or abrupt fluctuations in mood. Women commonly experience mood swings because hormonal imbalance.

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**Our hormones control everything in our bodies and without getting into a lot of science about anatomy and physiology, you just know what when they are out of whack. We don't feel like ourselves. The balance of this system can be thrown off by many factors such as a poor diet, chronic stress, lack of sleep, environmental toxins, and autoimmune conditions (among others). As we get older, the levels of our hormones go down....and this is perfectly normal. These changes are different for everyone and can range from mildly annoying to darn right miserable.**

### The Seven Dwarves of Menopause



*Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful & Psycho*

## What can you do to help yourself get through Peri Menopause or Menopause?

In the treatment of menopause symptoms, there are 3 main areas that can help with symptoms:

- 1) **Lifestyle Changes,**
- 2) **Alternative Medicine,**
- 3) **Medications and Surgery.**
- 4) But before you even look at numbers 2 and 3, you need to do some house keeping and get the basics in place . Only then move on to 2 & 3 only if necessary.

### SIMPLE LIFESTYLE CHANGES

While this approach requires the most self-discipline, it is risk-free and also benefits overall health in addition to helping with Peri and menopause symptoms. So my top tips, to ease symptoms are:

- **Avoiding caffeine and alcohol,**

Cut down and limit your intake to reduce night sweats, the bloat and weight gain around your tummy. It can also help you get a more restful nights sleep.

- **Sleeping seven to eight hours per night**

Night sweats or insomnia can cause a women to awake several times a night. Sleep disorders can also lead to further **depression** and **anxiety**, which may make sleep difficult. This can cause a vicious circle of lack of sleep, **fatigue**, and other symptoms of menopause. Switch off all electronic devices as least 2 hours before your bed time, don't take your mobile to bed with you, make your bedroom as dark and as calm as possible

- **Practicing breathing exercises**

Try meditation, restorative yoga, a stretch class. This will help to reduce the hormone cortisol, which can be responsible to weight gain.

- **Eating a balanced diet**

Balance your blood sugar levels. Cut out all processed food, eat protein and lots of veggies with each meal.

- **Exercising regularly**

Latest research shows us interval training (HIIT), Strength training (using weights) are the most beneficial type of exercise to maintain a healthy weight and help strengthen bones if you are Peri or Menopausal.

- **Staying hydrated**

Drink at least 2 to 3 litres of water per day, more if its hot or you are exercising.

- **Stop Smoking**

### What Next?

All these lifestyle changes can seem daunting. Making massive changes to one's life style can never be maintained, so I recommend choosing one thing to change and try it for 3 weeks, then introduce another until you feel you have your symptoms under control and can live the life you choose. It may also be worth reviewing your vitamin intake. Women in midlife have different needs and should take at least 400 IUs of vitamin E (take these in 200 IU intervals), 400 mcg of folic acid, 100 mg of vitamin B6, 1250-1500 mg of calcium with 500 mg of magnesium, 200-1200 IUs of vitamin D, and 1,000-5000 mg of vitamin C. Omega 3 essential fatty acids (EFA) are also very important and can be found in cod liver oil and flaxseed, but my personal favourite is Krill oil, which can also ease pre-menstrual distress, such as cramps, fluid retention and mild mood swings.

If you have worked your way through my top tips and you still feel "out of whack". You can then look at using supplements such as Bio-identical hormones which have the same chemical structure as the naturally occurring hormones which are produced in the body or Hormone replacement therapy (HRT) which is a treatment used to relieve symptoms of the menopause. It replaces hormones that are at a lower level as you approach the menopause. There are many different types of HRT and finding the right one for you can be tricky. You will need to take expert advice

### *Who am I?*



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I'm a health, fitness and Life style coach with over 12 years' experience of working with women. Over the last few years I have been suffering with severe peri menopausal symptoms from night sweats, (I've been known to change my bed sheets every other day and wash my pillow every week), fatigue (not ideal for a fitness coach), memory lapses, mood swings, depression (well the doctor told me it was, he didn't even test me for menopause) and uncontrollable food cravings are just a few to name. Feeling crappy most of the month, with maybe 1 week a month feeling normal! (If I was lucky) was just not good enough for me or my clients. So I've spent the last few years attending courses, lectures, reading research from experts across the globe on how to not just survive this phase of my life, but thrive!

I do hope you have found this guide useful, if you have any questions on the peri menopause or menopause, please message me at [Carol@lifestylefitnessconsultants.com](mailto:Carol@lifestylefitnessconsultants.com). You are also welcome to join the private Facebook group called [LifeStyle Fitness for Menopause](https://www.facebook.com/groups/881037258706526/), just copy and paste <https://www.facebook.com/groups/881037258706526/>

*Its a lifeSyle choice...*