

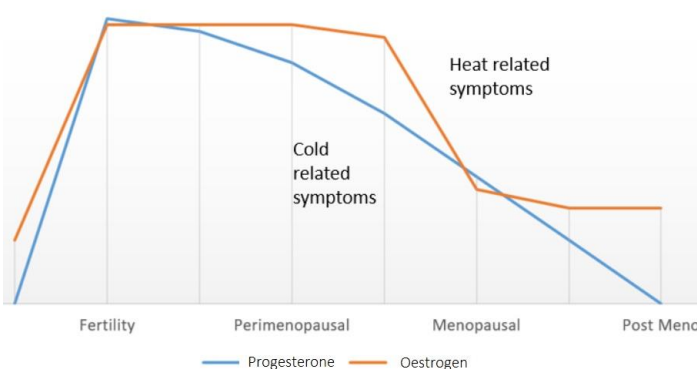
COTSWOLD MENOPAUSE – SYMPTOM CHECKER



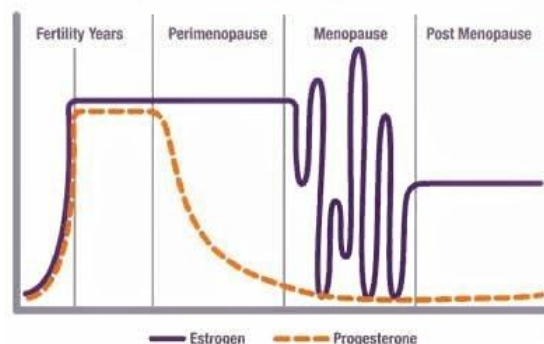
Thank you for getting yourself here, this is the start of a wealth of knowledge for you, and I want you to know that you can have a great peri/ menopause it is just about educating you on what you need to relieve your symptoms. None of your symptoms are unique, so you are not alone, however women experience different combinations at different times and this is what can make it confusing.

Firstly let's start with your ticking all your symptoms, then have a look at whether these fall into the 'Cold' category of the 'Hot' one on page 2:

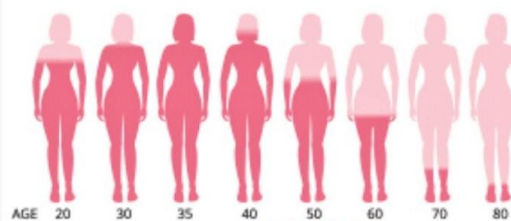
Symptoms	Intensity 1-5
Tiredness	
Difficulty concentrating	
Memory Lapses	
Low Moods	
Anxiety /Overwhelm	
Stress	
Panic/fearfulness	
Dizziness	
Digestive Issues	
Muscle tension	
Joint pain	
Weight gain/ belly fat	
Vaginal dryness /atrophy	
Low Libido	
Hair getting thinner	
Bloating	
Changes in odour	
Breast pain	
Incontinence	
Heavy Periods	
Headaches	
Mood Swings	
Tingling extremities	
Burning tongue/ Electric shocks	
Brittle nails	
Night sweats	
Irritability	
Itchy Skin	
Palpitations	
Hot Flushes	
Irregular periods	
Scant periods	
Finished Periods	
On HRT/ contraception	



Normal Estrogen Levels During the Aging Process



ESTROGEN HORMONE LEVEL



Estrogen Hormonal Level With Age

With your symptoms list let's see if you fall into the Perimenopause, or Menopause sections, and you maybe both!

Menopause is technically only one day – the day your periods stopped. You are not confirmed as Menopausal until you have not had periods for 1 year. Any time prior to your periods stopping is the Perimenopause. However as you progress through the years and stages, you are far closer to your Menopause when you start experiencing daily hot flushes and erratic periods as you are much closer to the menopause at this point.

ARE YOU A HOT OR COLD PERSON?

Your symptoms can vary in intensity depending on whether you were formally a hot or cold person:

Have you always worn many layers during the winter, do you love the heat, do you struggle to get warm?

If, you say yes to 2 of these you are a cold person and may experience the symptoms more intensely in the Blue box/ Perimenopause years

Are you still in short sleeves in the winter when those around you are in layers? Do you not feel the cold, do you prefer colder weather?

If you say yes to 2 of these you are a hot person and may experience the symptoms more intensely in the Red box, the closer you get to the menopause and beyond.

The good news is that whatever your symptoms they can be alleviated you just need to know how!

PERIMENOPAUSE YEARS...

FATIGUE – COLD SYMPTOMS
DIFFICULTY CONCENTRATING **ANXIETY**
MEMORY LAPSES **FUZZY HEAD**
OVERWHELMED **LOW MOODS**
PANIC DISORDER THINNING HAIR **DIZZINESS**
HEAVY BLOOD LOSS INCONTINENCE **HEADACHES**
DIGESTIVE ISSUES **MUSCLE TENSION**

You can also have a mixture of both, as you transition, and when you have surgical menopause

POST & MENOPAUSE YEARS...

IRRITABLE – HOT SYMPTOMS
VAGINAL DRYNESS **ODOUR CHANGE**
BREAST PAIN **MOOD SWINGS**
NIGHT SWEATS **HEADACHES**
JOINT PAIN **TINGLING EXTREMITIES**
BRITTLE NAILS **IRRATIC BLEEDING**
SCANT PERIODS **HOT FLUSHES**

There are some simple steps to resolving your menopause symptoms, you can choose the options that are right for you, I am here if you need me, you only have to ask for help, this is what I do. I have some options for different price ranges, there is something for everyone:

1. Knowledge is key - take your understanding from a professional menopause expert. It's great to get advice from friends and others that have gone through symptoms, but I don't want you to be disappointed when what worked for them doesn't work for you
All Menopause knowledge starts with a chat – a phone call with me will give you clarity and understanding where you're at and what you would like to do about it. You will receive some free guidance with no obligation to book a consultation – Book your free chat here:
[MenopausePhoneChat](#)
2. Supplements – the 'building blocks' of your body. Start taking a good 'well woman' style, age appropriate type Multi-vitamin. The depletion of nutrients we experience at this time means you need to put back in what is being taken away with the hormonal changes; I recommend a capsule based one that is oils. Take a Magnesium supplement, you'll never get enough in an MV. Look for a capsule based one (I recommend 'Kalm Assure') Get my [Symptoms & Supplements Guide here](#) coming soon! (Register to receive my emails to get notice on this).
3. Getting Your Sleep back– Magnesium is a good start and anything more complex book in for a free chat or see my eBook 'Understanding Your Menopause' read more about [here](#)
4. Menopause Consultation – You'll fill in a questionnaire and then we have a good talk looking at all aspects of your health and what you can do for emotional support too. You'll leave feeling more confident and positive about moving forwards and alleviating your symptoms. You can book in with me to get started: [consultation here](#)
5. Need relief now? Do you have hot flushes, night sweats, anxiety, and irritability, want to cry, itchy skin, headaches.... If you have any of these symptoms *Blossom* cream can start helping you right now, it works as soon as you start sniffing it (for emotional symptoms) and you pop a pea sized amount on your inner wrists and massage in and it gets to work on the other symptoms (apply directly to itchy skin/headache).

[Shop Blossom here](#), use code BLOSSOMCM for a 15% discount!



Andrea is a Shiatsu and Chinese Medicine Practitioner that uses her extensive knowledge of how the body works and the underlying energy patterns to help women alleviate their symptoms and midlife health issues with natural solutions and supplements. If you want your vitality back speak to Andrea, her passion is to help you Blossom in Your Menopause! Contact Andrea on 07899 987227 or via [cotswoldmenopause.co.uk](#)



Mood Swings



Sleep Disorders



Irritability



Hot Flashes

MENOPAUSE

8 STEPS TO MANAGING YOUR MAIN SYMPTOMS NATURALLY



Headaches



Difficulty Concentrating



Loss of Libido



Joint Pain

The very first thing we need to get you to do is find out where you are on the menopause timeline – are you early perimenopause, verging on the menopause or past the periods but still have symptoms? It can be worrying if you don't know if what you're experiencing is normal or not (most likely anything you're experiencing is normal!)

Firstly underline all of the symptoms that you have:

Mainly A's

Fatigue, broken sleep, difficulty concentrating, memory lapses, low moods, anxiety, panic attacks, overwhelm, hair thinning/loss, dizziness, heavy blood loss, night sweats, bloating, breast pain, joint pain, muscle tension, cry at anything!

Also Got B's

Digestive issues, changes in odour, weight gain, incontinence, vaginal dryness, headaches that you never had before, itchy skin, burning tongue, electric shocks, tingling Extremities, bleeding gums

Yes I have C's too!

Irregular heartbeat, Irritability, brittle nails, dry skin, hot flushes in the day, night sweat, intense mood swings, very irregular periods, periods have finished



If you are mainly:

Chose A's – You're in the earlier stages of Perimenopause

Added in B's – You're in the later stage of the Perimenopause

Ticked some C's – You're very close to the cessation of periods – The Menopause or you have finished and still have symptoms.

If you've had a hysterectomy, this is a 'surgical menopause' and you're likely to have symptoms from across all 3 sections.

Help is Here

Now you're clearer on your menopause transition timeline you can have a look at how you can manage some of the main symptoms.

Here's a brief look at some of the steps you can start taking to help you with some of the main symptoms.

1. Help me get my sleep back

This is at the root of it all, if we can't get enough sleep how can we function during the day, how can we heal our body and give it the rest it needs? Firstly, look at taking Magnesium, this is one of the major supplements we are deficient in. It can help relieve sleep, calm your mind, relieve restless legs, plus about another 300 functions in your body. Really, start taking Magnesium. Also a good multi-vitamin to help our body chemistry get back to balance – Well woman also include Evening Primrose and Starflower oils which we also need.

2. Help me stop night sweats

This is major isn't it? It's such a disruption of your sleep, creating tiredness in its own right, and never mind having to change night clothes/bedding. So here's the main thing you need to know about night sweats – they are directly related to what you eat and



drink and how cold you are when you go to bed! Firstly the food and drink aspect, too much sugar in your bloodstream at 1am is triggering your liver to work harder to cleanse your blood, and this in turn heats you up. For further reading on how to alter your evening meal read 'Eat for the Perimenopause and Beyond' which you received along with this.

For those of you who are strict with your diet, and if you tend to exercise a lot and are quite slim... I bet you feel the cold? Try going to bed with a hot water bottle/heat mat under the small of your back, warm up your kidneys until you're feeling cosy, it can really help. Being too cold at night can lead to cold clammy sweating, so look to get warm and toasty when you get into bed, and you might be surprised how it relieves the sweats later on. Also to relieve night sweats and hot flushes – check out [Blossom cream](#).

3. Help me get some energy back

This comes down to nutritional depletion as well as getting good sleep. We can't get all the nutrients we need from food so here are some good vitamins to add in – Vitamin B's, the whole range, you can get them as part of a multi-vitamin. Get an age appropriate one and women's health. You want very high percentages like 200-900% for example, of Vitamin B1 through 12. A good multi-vitamin will also be packed with other essential vitamins and minerals such as calcium, vitamin A, D, E, iron, zinc and many others. It will help you towards getting your energy back. You can also pick up soluble 'energy' tablets in a tube, with very high doses of the B vitamins. When your energy picks up, so can your low moods.

If you mainly ticked Section 3 symptoms including 'Finished Periods' you can add in 'Menopause' specific supplements, these will have phyto-estrogens in such as soya isoflavones / red clover which will help with the low estrogen induced symptoms.

4. Help me lose my belly fat

It is doable, you just need to understand how to eat to lose the belly fat! The same way of eating applies for night sweats and belly fat. If you have carb cravings (feel sick and need to eat) you need to start with altering your breakfast. Including proteins such as eggs,



yoghurt, meat, almonds, or green smoothies (no bananas) and cut down on cereals, breads, sugars and processed foods. You will need more healthy protein and fats in your diet – there is a full chapter in my eBook about how to eat the right way, you'll never go hungry and you'll give your mind and body the nutrition that it requires at this stage in your life – read more [here](#).

5. Help me decide what exercise is right for me

I'm a strong believer in you doing the exercise that makes you happy. We're not all born to jog so don't force yourself to do it if it's not your thing. You need to think about the types of exercise you need, then find the classes or methods that suit you. Firstly you need **Impact**, this makes your leg bones stronger by bouncing around, and weights for your arms, maybe a Zumba class? You need **cardio**, which means you've got to get your heart rate up and beating fast a few times a week. **Flexibility and balance** is really important also for joint health, so stretching, Pilates, Yoga, Tai Chi, Qi Gong. Finally **mindfulness** is the 4th exercise, its one to calm the brain, bring back space to your thoughts, calm you down and let your parasympathetic nervous system get a chance to relax and heal you. Yoga, dog walking, swimming, reading a book; they can all help with mindfulness.

6. Help me relieve my anxiety

A major symptom that can hit without warning is anxiety and it can suddenly strike just one day. You may be in the car, something happens and then you associate with that and before you know it this can interrupt ordinary daily tasks. Ashwagandha is called an adaptogen, this means it can help your body deal with stress. It can boost brain function, lower blood sugar and cortisol levels, and help fight symptoms of anxiety and depression. You can stop your anxiety before it starts, leading you to feel calmer on a daily basis. In my group '28 Days to a Happier and Healthier Menopause' you will learn so many coping mechanisms and natural, practical solutions to helping you alleviate this symptom, you don't need to live with it, you just need to know what to do about it. [Read more here](#).



7. Help me detox to feel healthy (and lose the mood swings!)

So many symptoms of the menopause effect our liver, and when it stutters you know it as mood swings and irritability. We've already mentioned that eating less carbs at night helps, then in the morning have half a lemon squeezed into warm water, to flush the toxins out of your blood, so they're not there for the following night; aiding in the reduction of night sweats as well. Our gut really does need our help at this time, so take a good probiotic (I suggest Bio Live) and eat a lot of green vegetables. This will help you start to feel healthier on the inside, and that means more energy, less anxiety, less irritability and more balanced moods and emotions... that's got to be good!

8. Help me with natural solutions and holistic therapies

If you need more help it can be in many areas, you maybe the type of person that would like [personal support](#) throughout, or you may not know where to get started, or need [some support](#) to stick at the changes even when you're not feeling great. One of the main things as well especially at the start is dealing with overwhelm, you can't see the wood for the trees, or you wonder if getting started on small changes will actually make a difference to your symptoms, so don't wobble, get support - it's start with a [free phone call](#) with me.

Making many small changes will have an accumulative effect, in a few weeks you will notice changes, I think you'll even notice your sleep improve within a couple of nights. So go on, have a go.

If you suffer from hot flushes and night sweats pretty badly, you may need help to detox you initially and this comes in the form of a therapy that knows how to detox you. Shiatsu, acupuncture, reflexology, aromatherapy massage, and lymphatic drainage will all target the areas that you need to detox in. You can also help your gut by taking a probiotic that repopulates the gut with quality bacteria, [here's the best one around!](#)

If you'd like to alleviate Hot Flushes and Night Sweats quickly whilst you're working on your general health then check out *Blossom* Cream and how it's helped women exactly like you [SHOP HERE](#) with an exclusive 15% Discount – Use Code **BLOSSOMCM**



NEW EXPERIENCE FOR YOU TO HAVE A HAPPIER AND HEALTHIER MENOPAUSE IN 28 DAYS!

Read how you can join me and a group of like-minded ladies as we spend quality time together helping you alleviate your symptoms practically, understand your hormones, your body and your emotions and what you can do about it all – it's an amazing group, this is what Sarah, 45 has to say:

Have to say this whole experience so far has been so positive. I love the group idea of sharing ideas and having a source of knowledge leading and guiding us. So much to learn and be enlightened by.

[READ MORE AND JOIN THE WAITLIST HERE !!](#)

FOLLOW ANDREA AT COTSWOLD MENOPAUSE ON:



Andrea at Cotswold Menopause

Would you like a free phone chat to get you started? Book in here to get clarity on where you are at, and what you can do about it:

<https://ShiatsuBodyworks.as.me/MenopausePhoneChat>

Want to get all the benefits of a 1-2-1 consultation but over 10 hours of time with me? AND For just 25% of the price? Read more and join the waitlist for the next round of '28 Days to a Happier and Healthier Menopause' opening soon:

cotswoldmenopause.co.uk/28dayshappierhealthiermenopause

Andrea Marsh is a Shiatsu and Chinese Medicine Practitioner in Cheltenham. Since experiencing her own perimenopausal symptoms she began researching what is really happening to your body during the menopausal years and she now uses her knowledge to help you relieve your symptoms. You can also visit her at her website for more information on how she can work with you.

Blossom in Your Menopause

COTSWOLDMENOPAUSE.CO.UK





YOUR CHANGING BODY- HOW TO EAT FOR THE PERIMENOPAUSE & BEYOND



Our eating has to change when we get into the perimenopause for a couple of reasons:

- We start gaining belly fat, we start getting really tired and we start sweating in the early hours of the morning.
- The good news is, these are all linked and whether you have one symptom or many, looking at our ways of eating will relieve symptoms

I'm Andrea from Cotswold Menopause and this how I eat, and this is how I've worked through with my clients with their eating habit changes. Whether to lose belly fat, relieve night sweats, increase your energy, and underlying all this balancing your hormones to feel and look healthier, to Blossom in Your Menopause. Read on for great advice and ideas on how you can change the way you eat, for the better, and never get hungry again.

At the end I'll tell you more about how I can help you, thanks for reading,

Andrea x



Where do we get started?

There are going to be foods to add into your diet, and foods to take out. The one thing you need to see is that this isn't about deprivation, it's about change. We also have the saying in Chinese medicine 'everything in moderation... including moderation!'

You're allowed to fall off the wagon, have a naughty day when the hormones get too much, but then a new day dawns and you get back on it. You'll learn to know what your body responds to and over time build up and tweak what you eat. The D word is banned, we don't do diets; they don't work. Instead I want to help you change your eating habits to suit your age, your hormones and your health. We sort out current issues now and we prepare for the peri/menopause and beyond!

Let's start with what we can add in before we look at what we need to remove ☺

This is the good part, what foods to ensure or add into what you eat:

- Proteins
- Vegetables and salads
- Good fats
- Nuts and seeds
- Phytoestrogens
- The right fruit
- Supplements

What protein can be added to my meals?

It's good to balance out your daily diet by having elements of protein, even if you're vegetarian or vegan you have to include it due to all the nutrients that come from protein. It's an essential part of your nutrition and should not be over looked – you can include: quality meat, organic if you can (not processed such as bacon), chicken fish, mushrooms, tofu (soya), nuts, seeds, cheese, eggs, beans (kidney, white, any!) lentils, quinoa, legumes. You can treat yourself to beef, pork and lamb.



What vegetables can I eat?

The phrase 'eat the rainbow' is good advice, easy to follow, and is great for your gut health. If you're looking to keep your carb intake low then the more colour fruit and veg has, the more sugar, so green is good, but of course you can eat with moderation on all vegetables, unless they're in the hit list of carbs to remove – further on down ☺

Eat Full Fat Products!

Yes, you've been brainwashed into eating low fat for the last 40 years, and now the shocker – don't! Why? Because they replace the fat with sugar. Eat full fat consciously, and by this I mean eat only what you need, and then enjoy it! Tell your body you're eating what is good for it. If you can't bring yourself to use full fat butter in things, replace with a super food goody like olive oil, full of Omega 3, the essential fatty acids we need to promote great brain health and help your memory repair!

Nuts and Seeds

These little gems are packed full of goodies and crunch (especially when roasted), something to really get your teeth into. They're full of protein, essential fatty acids (Omega 3 & 6) and most are phytoestrogens. Not all are good (or nuts), here's the best:

Walnuts, almonds, pistachios, brazil nuts, sunflower, pumpkin, chia, Linseed (flax), sesame seeds.

Peanuts are technically legumes, but they are also phytoestrogens.

Fruit – Only 1 of my 5 a day?

Let's get fruit right – you can have more than 1 a day, but then you should be having more than 5 a day of veg – lets up it to 7,9,11! In fact a nutritionist friend of mine said '*don't think 5 a day, think 30 a week*' this brings variety into your diet, and I think that is great advice and it altered the way I thought about my fruit and veg.

Therefore you can in theory have fruit a few times a day, but here's the kicker – it's got to be the right kind of fruit.

If it ends in berry – it's good! All berries have a low GI index this means they release sugars slowly, so berries with yoghurt nuts and seeds is an excellent protein, omega 3, phytoestrogen and anti-oxidant rich breakfast... and tasty!



Banana's a no-no unless...

You're flagging and just about to go to a yoga session, play tennis or hit the gym – have a banana. If you're going to sit at your desk all day – don't. Yes bananas are rich in potassium, we're told this is good, but there are plenty of other ways to get your potassium (like broccoli and mushrooms). Get your nutrients from vegetables rather than full sugar fruits. This is where the 1 in 5 day rule probably came from, to limit the amount of sugar in your fresh food diet.

Be sensible with fruit, if you eat something endlessly all day – google what the main nutrient is, and that is what you'll be deficient in, then look to other vegetables you can get this from (and take a multi vitamin too).

Dried fruits – if you're addicted, you'll be piling on pounds. They're easy to eat as all the water has been removed, but could you eat the equivalent number of fruit full of water?

Fruit Sugar turns to fat!

This is what a lot of people don't know and why you have to be clever what fruit you eat. Fructose, the sugar in fruit is not metabolised into glucose and used / stored in your muscles. Therefore if you don't use it immediately it stores as fat around your vital organs. This is why if you're diabetic, you can have fructose based sweets as they don't put pressure on the insulin process but too much and you'll put on weight. If you're a diabetic and perimenopausal you have the added challenge of eating clean, and you should limit your fruit to berries.

What's a Phytoestrogen and when should I eat them?

It's really emerged in the last few years that we can eat these types of food to top up our dwindling estrogen. Phytoestrogens are small amounts of a naturally occurring estrogen in plants. In fact a lot of HRT is made from wild yams, a great source of estrogen.

There are good and bad estrogens, for example water bottles are coated with a bad one to preserve the water, so it's good to stop drinking bottled water now (for the whole family) and instead put your own water in a BPA free bottle.



Good estrogens help top us up, but it's up to the individual as to how much is needed in your daily diet. If you're craving hummus then you could be after the estrogen content of the chick peas.

If you're experiencing daily hot flushes, then you may well want to look at not only eating soya based products but also taking supplements like soya isoflavones or red clover. If a supplement has 'menopause' in the title it will most likely contain a phytoestrogen.

Note though that if you're in the perimenopause and not experiencing heat symptoms then you may not need a phytoestrogen supplement, take a multi-vitamin get your phyto top up from food.

Examples of Phyto Foods:

Soya based products, Chickpeas, Linseed (flaxseed), mung beans, kidney beans, quinoa, almonds, sesame seeds, sunflower seeds, pistachios, lentils, apples.

Apart from soy products the rest are very small amounts, but if you're craving any of them it may suggest that you want more estrogen in your diet.

Carbohydrates - The Big Removal

Yes we had to come to this section, there are some foods that have to be removed if you have symptoms. Processed foods should be removed in favour of your health and all those on the list below become candidates if you have symptoms like night sweats, and/or you want to remove your belly fat.



Please believe me when I say you can have completely fulfilling meals and snacks without any of the refined carbs I'm about to suggest that you remove. It is just a new way of looking at what you eat. It can take time to rearrange menus but it's really worth it in the long run, especially as you can eat as much as you want, and still see some lbs dropping off! You can get inspiration online and from cook books such as 'The Natural Menopause' by Maryon Stewart.

It is very much about mind set v symptoms. If you have symptoms you want to alleviate, do you have the mind set to alter the way you eat?

Here's the list of foods to be dropped from regular eating (you can still have the odd treat!):

Potatoes, couscous, sweet potato, sweetcorn, peas, rice, pasta, bread, noodles, gnocchi, pizza, fruit, sweets, chocolate, desserts, pastry, ketchup, salad cream, tomato / processed sauces (especially packet Chinese ones!) processed fruit yoghurts.

It's a comparatively short list compared to all the good nutritious foods you can add in. Most of the foods above are the reason you have cravings, feel sick, get headaches/migraines, have stomach issues, hormonal imbalances, put on weight, can't sleep at night.

My golden rule is 'don't go cold turkey', you'll be miserable and it won't last. Just start making constructive changes, here is an example of the order to make changes in:

Remove the obvious offenders from your evening meals. You'll sleep better. The sugars from these food types, are processed in your body between 1 and 3am, and they can wake you up or give you night sweats, in removing them you lighten the load on your liver, this is a very good thing.

Think about a new style breakfast, I come to that further down. Breakfast (the first time you eat in the day), sets up your energy patterns for the rest of your day.



Alter your lunch, ditch the sandwich! I love a sandwich but it is one of the worst inventions for giving you maximum carbs and you'll still feel hungry. Eat the contents

of the sandwich without the bread, so ham salad with salted almonds, cheese and apple, hummus and veggies, soup and nuts, chicken, olives and tomatoes. It's not the fillings that are normally bad, it's just the bread. Lunch can still fit in a lunchbox and I guarantee will take longer to eat, fill you up and leave you feeling more satisfied than a sarnie. Even if lunch is your breakfast you can do the same, and top it off with a Greek yoghurt.

What and when can I eat breakfast?

It's a personal choice as to whether you eat breakfast and at what time, this is based on your metabolism. You know whether you want to eat first thing or you go for the fasting option and don't eat till nearer lunch. You need to find which one is right for you, your health and your energy. What works for one person won't necessarily be right for you, so don't listen to others try options until you find what works for you.

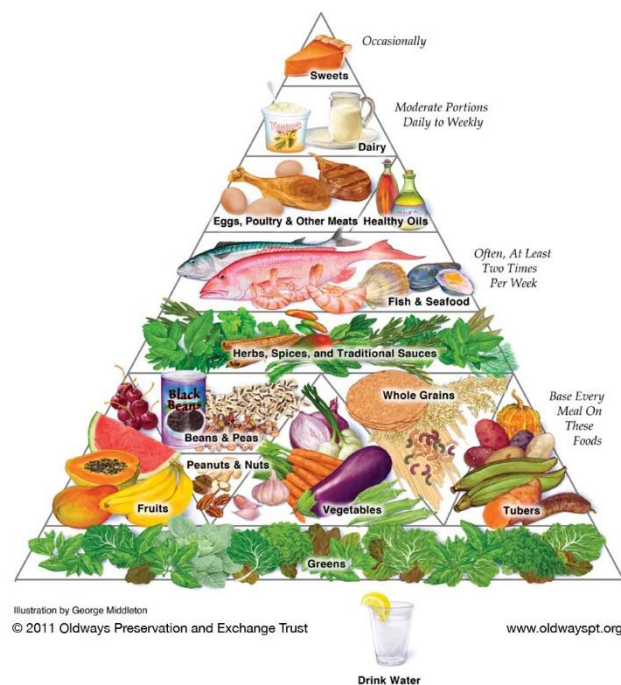
The rule about the first meal of the day that you eat is that it sets up your energy levels for the rest of the day.

Therefore when you do eat, it's really important as to what that is, here are some options:

Protein based – whether this is yoghurt, nuts, seeds or eggs, or a full meal, you eat what you need. What is missing from a traditional breakfast option here is cereals, bread, processed sugars/juices, and high sugar content fruit.

Fruit based – Berries! And an apple is a phytoestrogen. Mix your fruit though with the proteins above to have a longer lasting and fuller effect.

Green based – you whizz up a smoothie with all things nutritious. Vary this, don't have the same thing every day, your body and gut loves variety! Remember you can blend in your phytoestrogens as well!



Eat like a Pyramid!

This really changed my way of thinking about how I created meals. I would think 'what am I going to have with chicken tonight?' to 'What shall I top my plate of veg/salad with?'

It was a simple trick but really effective, I now build the dinner plate up from the base – what veg, fruits, salads, shall I mix together, what flavours do I want to create? Once I've got that base, I then think to my 'protein topper'! This helps you eat in the proportions your gut and health needs, a 'nutrient dense' way, and makes meals more interesting, go on ... have a go!

Help your body out with supplements

Start taking a multi vitamin that's age appropriate. This really does put nutrients into your body that you are now losing daily, and what you maybe craving from foods you eat every day.

Plus a Magnesium supplement, this helps with sleep and many other functions in the body.



A Pro-biotic a day

Eating an amazing variety of vegetables is your pre-biotic for your gut. Then for optimal gut health, symptom relief and better immunity, add in a pro-biotic. This is a variety of live bacteria that will then live and flourish in your gut and you'll see energy changes and belly fat reduction too. I suggest a liquid probiotic, I use 'for Women' by Microbz; I use it because I see the difference in my skin and my energy levels, and as its helped boost my immunity, less hayfever!

Multi vitamins – lower cravings

Partly because they have chromium in which balances your blood sugar but also will top up the nutrients you are not getting or are losing as your body chemistry changes with the perimenopause years. If you find there is a particular fruit, vegetable and/or nut that you can't get enough of, this will be a nutrient you're lacking in, just google to see what it is or better still start taking an age appropriate woman's health MV (not one with 'Meno' in the title as that contains a strong dose of phytoestrogen that you don't necessarily require at this time).

FOS (Fructo-oligosaccharides) – Sugar substitute

The great thing about FOS is that it natural (from the chicory root), it tastes sweet so can replace sugar in so many things, and it's a dietary fibre. This means that it doesn't break down as a sugar, but passes on through to your gut where it's really beneficial!

How to pack salads with nutritious goodies!

If you're like me, your busy and want to have dinner cooked and ready in 20 or so minutes. Just because we're eating quickly doesn't mean it has to not be nutritious. A medley of Mediterranean veg in the oven is 20 minutes – that's my bench mark, you can do the same!



Warm or cold, a salad to me is just about bringing a combination of cooked/ raw, vegetable/ fruit/ seeds/ nuts combinations together to make fantastic flavours. The more you add the richer the flavours, your challenge is to never make a salad again with less than 9 ingredients –

*Create your amazing super food super nutritious
flavoursome salad:*

Green salad leaves, water cress, curly kale, spinach, cabbage, courgettes, beetroot, carrot, cucumber, radishes, peppers, herbs, tomatoes, raw veg like crumbled cauliflower, cooked green beans/asparagus/courgette, salad onions, eggs, chickpeas, herbed quinoa, flax seeds, sunflower seeds, pumpkin seeds, almonds, pistachios, walnuts, hazelnuts, pomegranate seeds, crumbled feta/ grated cheese, citrus slices, avocado, blueberries – anything goes if it's from nature!

You can have warm salads too – heat up peppers, tomatoes, courgettes, onions, vegetables, beans (any kind – cooked properly) and mix with leaves like rocket and spinach. A mixture of warm and room temperature ingredients is great – anything goes, make your own signature salad. One rule, don't eat anything colder than room temperature, unless it's really hot outside.

Drizzle with healthy oils such as olive or coconut or a home-made oil combination - lemon juice, herbs, oil. Low to no carb dressings: French, mustard, Caesar, pesto...

Salads will never be boring again!



The Drinks Cabinet

This is about food and drink, in fact drinks can be where a lot of hidden and wasted calories are coming into your diet. As well as stimulants in coffee, tea, energy drinks that our bodies don't need right now, and can't handle at all well.

Caffeine – it's got to go, but why?

It's a stimulant, and this releases additional hormones which we really don't need right now. The hormone cortisol loves combining with excess estrogen and sugars, and this cause's belly fat. Firstly look at when you drink caffeine, and this does include tea. Try to drop out the first one of the day, and the ones later on. Have your caffeine as a treat between 11am and 2pm. If you're relying on it to get moving in the morning, you're too hooked on the stimulant affects and this could be a major cause of your symptoms. Yes you have to go through a withdrawal stage, so manage it over weeks, do not go 'cold turkey' this never works long term. Also when you move to decaf alternatives, look to get organic, the filtration process switches from chlorine to CO2 which is better for us.

Alcohol intake has to be altered – here's how!

A lot of women stop drinking wine as 'they know it doesn't agree' with them, and that suits them. If you're finding it difficult to stop straight away, think about switching to gin, it's a lower load on the liver. Also try to start with 2 nights a week without any alcohol and up that to 4 nights and so on – you'll really see the difference.

Fruit Juices, Full Sugar and Diet Drinks

If you haven't yet already realised these are on the hit list – you know now, AND this goes for fruit juices too! Juices are the sugar without the fibre, a glass of juice can contain 6 teaspoons of sugar or more, this is up there with a full sugar can of drink. Diet drinks are coming to light that the sugar substitutes aren't great for us either, they trick our body into processes that we don't need. My suggestion is to really look at your intake, if it's for thirst, drink water, if it's for pleasure, then measure what you drink, be thoughtful about what you have and enjoy it 😊



For those that don't like the taste of water, think about how you can flavour it. A slice of lemon, lime, orange or cucumber. A small dash of a cordial (high in sugar), or crushed berries.

Andrea at Cotswold Menopause

This information is in addition to Andrea's eBook, created for Cotswold Menopause. Packed with information, supplements, guidance on helping you 'Understand your menopause, with natural practical solutions'. Find out how to ease your symptoms and embrace this time to flourish in the years to come! You can view it here:

<https://www.cotswoldmenopause.co.uk/understanding-your-menopause-ebook>

Do you want relieve your worst symptoms within 28 days? Andrea has a group experience that helps women like you find out what is going on and explores how you can alleviate your symptoms naturally. A 28 day programme with 5 coaching calls with a small group of women, this access for the price of a normal one hour consultation!

Join the waitlist here to find out more:

<https://www.cotswoldmenopause.co.uk/menopause-mentor-group>

Confused about where to start? Book a free phone chat to give you clarity on where you're at, and how to move forwards effectively:

<https://ShiatsuBodyworks.as.me/MenopausePhoneChat>

Don't put up with the misery of heat symptoms, check out Blossom cream [here](#)

Andrea Marsh is a Shiatsu and Oriental Medicine Practitioner in Cheltenham, UK. Since experiencing her own intense perimenopausal symptoms she began researching from the unique perspective of theory of Chinese Medicine what is really happening to your body during the peri/ menopausal years and she now uses her knowledge to help you relieve your symptoms. You can also visit her at her website for more information on how she can work with you.

Blossom in Your Menopause

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