



Mood Swings



Sleep Disorders



Irritability



Hot Flashes

# 8 STEPS TO MANAGING YOUR MAIN MENOPAUSE

## SYMPTOMS NATURALLY



Headaches



Difficulty Concentrating



COTSWOLD  
MENOPAUSE



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. (Seek GP advice if you have kidney issues)

### 2. Help me stop night sweats

This is major isn't it, a disruption of 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 my free download here:

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.

### 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** is really important also for joint health, so stretching, Pilates, Yoga, Tai Chi, Qi Gong. Finally **mindfulness** is the 4<sup>th</sup> 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.



## 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!

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, and 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 have to get rid of the toxins in your system, whether in the liver, the blood or your gut, to allow new bacteria to thrive and your blood to be cleansed and the load on your liver to be lightened to relieve the more severe symptoms.

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 – [Read More Here](#)



## NEW ONLINE EBOOK 'UNDERSTANDING YOUR MENOPAUSE'

These top tips are taken from Andrea's eBook, which takes you through 8 principle stages of understanding your symptoms and practical advice to ease them! 85 packed pages with information, supplements, advice and information, to help you understand your menopause, how to ease your symptoms and embrace this time to flourish in the years to come! You can view it here at [Cotswold Menopause eBook](#).

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>

Andrea has 1-2-1 video consultations and support package, if you want to get started on a happier and healthier menopause book in here:

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

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*

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