



HELP – I'VE NOT GOT MY HRT!

8 STEPS TO MANAGE YOUR MENOPAUSE SYMPTOMS

Coming off your HRT without a long weaning process is like going cold turkey, symptoms will come back with vengeance as soon as your hormones start to fluctuate and you'll be left in an emotional state and not know what to do. Here are some practical steps to take if you're without HRT, or if you're looking to naturally come off; to get you back on the road to feeling like yourself again:

1. Look for products with PHYTO- ESTROGENS in:

HRT is predominantly replacing estrogen, therefore you need to purchase products that have estrogenic properties, and here are some examples:

Red Clover

Soya Isoflavones

Flax Seeds

Soya based health products

Menopause products that state they contain any of the above and/or state phytoestrogens

This will start compensating for your loss of estrogen if you take daily. Other estrogenic foods include – sesame seeds, rye, chick peas, turmeric, olive oil, yams, carrots, kale, celery, alfalfa, lentils, peas and pinto beans. Strawberries, peaches, apricots, prunes and dates; pistachios, peanuts and walnuts

2. If you take Progesterone as well there are some products around with this in such as 'Serenity'; a plant based product. Progesterone is a very calming hormone, so you can also look at natural calming products instead for example: Essential oils blends, Bach Flower Remedies, Ashwagandha, CBD oil.



3. **Your body will be deficient in nutrients** that affect your sleep, how anxious and overwhelmed you feel. This can be helped by putting some basic nutrients back in to your body, to aid the building blocks of your nervous system:

Magnesium – up to 400 mg a day, take morning and night – really aids sleep, relieves achy muscles.

Multi-vitamin for your age – women's health 40 or 50 plus. Look at the contents, on the vitamins B's (1-12) you should see RDA or NRV% as 200-900+ % this is good and is what you require at this stage.

Omega 3's – the healthy essential fatty acids your body is craving. No more taking cod liver oil on the spoon, take at least one capsule a day, with food!

4. **Seek out a therapy** – many can help rebalance your body, Shiatsu, Acupuncture, Reflexology, Aromatherapy massage, Yoga, Meditation, Mindfulness classes.
5. **Exercise** – I know if you're feeling lethargic this is the last thing you want to do, but walking gets fresh air into your lungs and can create a quiet calm mind. If you need time out, then go out!
6. **Eat really good food** - fresh produce, lots of vegetables. Minimise carbohydrates/sugars, cut down on fruit. Remove alcohol and caffeine. Especially do this at dinner time, to alleviate the pressure on your liver, and eliminate heat symptoms at night.
7. **Use a product to give relief from night sweats and hot flushes** - My new cream

'*Blossom*' has had fantastic feedback from testing and is available [here](#)

8. **Check out further** products to help relieve symptoms [here](#)

This guide has been created by Andrea at Cotswold Menopause for more help and information to guide you through your Menopause transition and for a happier and healthier time visit HRTandMenopauseHelp.co.uk

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Blossom in Your Menopause