



Mood Swings



Sleep Disorders



Irritability



Hot Flashes

# HOW TO HAVE A SUCCESSFUL NATURAL PERI/MENOPAUSE!



Headaches



Difficulty Concentrating



Loss of Libido



Joint Pain

Let's get your health back! See where your symptoms fall below, so you know how close you are to the menopause. Right now if you have periods you are perimenopausal and this is the term you should use with your GP when discussing your current situation.

## 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 and night sweats, intense mood swings, very irregular periods, periods have finished



If you are mainly:

Chose A's – You're in the earlier stage 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

I help women like you relieve your symptoms naturally and effectively! Here are my top tips for alleviating the worst of your symptoms.

What you need to know is your symptoms can be eased naturally, you just need to bring your health back into balance.

In that you have these symptoms is a huge indicator that you are not as healthy as you could be, and this isn't your fault! Your body is changing hormonally, and this upheaval is 10 -100 greater on your body than being pregnant. Also a hormone called cortisol is leeching the nutrients out of your food, leaving you feeling exhausted, achy, sweaty and irritated.

Now you're clearer on your menopause transition timeline you can have a look at how you can alleviate some of your 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 your body chemistry get back to balance plus Evening Primrose/Starflower oils which are Omega 6 oils that we can't produce but really need. My supplement starter kit is [here](#)



## 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'](#)

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 my 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 200-1000% 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 C, D, E, iron, zinc and many others. It will help you towards getting your energy back. Get started on supplements with [here](#).

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 heat symptoms due to low oestrogen.



## 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. 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 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. Read more in my Book ['Understanding Your Menopause'](#) as it is possible to over exercise and create stress and fatigue during this time.



## 5. 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. However, you may have an emotional attachment to anxiety that means you can't overcome it that easily, this is where my masterclass 'Master Your Anxiety Naturally' is a powerful tool in helping you navigate your way to an anxiety free life. Video and accompanying guide read & [shop here](#).

## 5. Help me stop my mood swings and irritability

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 swear by [Bio Live](#) and use this code for a permanent 10% discount: **MBZCM10**) 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!

**Want to stop night sweats and/or hot flushes now, and feel calmer?**

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**



## 7. Help me relieve my brain fog

Brain fog is a sign that you're really suffering from a depletion in nutrients from a different number of sources – minerals and essential fatty acids. Did you know that 90% of your brain chemicals are made in your gut? This means that your gut needs to be working really efficiently now too! Supplements are going to be your best friend in turning this around, as well as adding in multivitamins, magnesium and Omega 3 you'll also need to help strengthen your gut with a probiotic (and eat lots of veg!). This is the best [probiotic](#) for a perimenopausal woman, and you can get 10% off with discount code **MBZCM10**. For all the supplements you need to get your brain focus back [shop here](#) and you'll start to feel the difference in a few weeks. Use code **CYT122819-35-10** for a 35% discount!

*Find the right solution to help you!*

*I've spent over 4 years researching and bringing together holistic solutions to help you ease your symptoms naturally and effectively – Find out more:*

[FIND THE RIGHT SOLUTION FOR ME - CLICK HERE](#)



## Andrea at Cotswold Menopause



Andrea Marsh is a Shiatsu and Chinese Medicine Practitioner in Cheltenham, UK. 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 naturally, practically and effectively. Andrea is now online supporting women in many different ways, you can start by joining her growing community on facebook [HERE](#). She also has published a fantastic [book](#) to help you get started on having a great menopause, check it out here, and it's now in paperback Amazon too!

Andrea works in groups and private 1 to 1 consultations, she aims to have a solution for every woman who is ready to take that first step and make an amazing change in her life.

Visit [Cotswoldmenopause.co.uk](https://Cotswoldmenopause.co.uk) for amazing freebies and all the ways she can help you...

## Blossom in Your Menopause

