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Further information and menopause help sites:

- www.themenopausecharity.org – very comprehensive with sections on 'how to talk to your GP' and 'how to talk to your employer' with good symptom help sheets.
- www.henpicked.net – under the menopause tab there are lunch and learn videos/podcasts as well as a symptom checker and information on CBT, nutrition etc.
- www.menopausematters.co.uk – award winning, independent website with a comprehensive guide to all treatment options including unbiased guide to alternative therapies
- www.menopausedoctor.co.uk – hosted by menopause specialist - Dr Louise Newson (who also chairs the Menopause Charity). There are links to podcasts with easy-to-follow information and links to comprehensive leaflets on menopause with your partner, HRT, lifestyle changes, menopause at work and many more.
- www.menopausenow.com – a very easy to use symptom checker and useful guide to easy lifestyle changes
- www.daisynetwork.org – for those going through early or premature menopause and those with Premature Ovarian Insufficiency

Alternative Therapy sites:

- www.avogel.co.uk – an alternative therapy / herbal site. Promotes their own products but has a very useful symptom checker with suggestions of herbal supplements for individual symptoms.
- www.menohealth.co.uk – includes a link to fitness classes specifically aimed at menopausal women.
- www.lizearlewellbeing.com – a lot of general discussions and podcasts dealing with the general topic of the menopause and how to deal with it on a personal level. There is a link to a monthly magazine and under her Healthy Living tab she has menopause specific information. She is also the author of The Good Menopause Guide - see below
- www.marilynglennville.com a UK leader in nutrition specialising in women's health. With a comprehensive guide to changing diet to combat symptoms. Based in Tunbridge Wells
- www.primewoman.com has a guide to the best exercise apps for women over 50
- <https://www.discoveringsobriety.com> a great support site that talks you through and supports you along the way to quitting or significantly reducing alcohol intake. Run by Anne Gilkes with very personal support.

Apps

- <https://balance-app.com> – a menopause support app which is a good way to track your symptoms and changing monthly cycle. Great to complete before going to the doctor.
- www.headspace.com a meditation app with easy beginner meditations
- <https://www.squeezy.com> – NHS pelvic floor exercise App. One in three women will suffer from some form of urinary incontinence during their lives. Half of all women will have some degree of pelvic organ prolapse. Start now!!
- <https://www.balance-menopause.com/balance-for-partners> very good for your support network

Lifestyle/Nutrition Coaches/Support:

- <https://coachchloe.uk/> Chloe Stephens runs an online group or 1:1 support for 6 weeks to help you learn how to make small, yet vital lifestyle changes that will help you at this stage of life.
- <https://www.marvellousmidlife.co.uk/> Laura Shuckburgh runs online support (1:1) and help you work out what changes you can make to your daily routine. Bespoke service, weekly, bi-weekly or monthly to suit.
- <https://www.carolynatkinsmovementcoach.co.uk/> Sevenoaks based and very personable yoga/nutrition/menopause coach. In person or via zoom sessions.
- <https://www.embracechange coaching.co.uk> Ipswich based – runs courses and 1:1 guidance.
- <https://www.health-works.net> – Abir Hamza-Goodacre is a nutritional therapist and yoga teacher in Kent/East Sussex.

Menopause Books and cookbooks:

The Happy Menopause and The Happy Menopause Cookbook – Jackie Lynch

The Menopause Diet – Teresa Cheung

Oestrogen Matters – Dr Avum Bluming and Carol Tavaris

The Good Menopause Guide – Liz Earle (recipes and suggested lifestyle changes)

Healthy Eating for the Menopause – Marilyn Glenville

Natural Menopause – edited by Anne Henderson.

Cracking the Menopause – Mariella Frostrup and Alice Smellie

Manage your Menopause Naturally / The Natural Menopause Plan – Maryon Stewart

The Hormone Balance Bible – Shaun Tassone

Instagram/Facebook : there are a lot of very good sites – find one or two that suit your vibe/interest/humour/knowledge levels – they all offer great support and information:

- @Menopause_doctor
- @Mpoweredwomen
- @menopausewhilstblack
- @megsmenopause
- @camillaelmsnutrition
- @coachchloe1
- @drnighatsharif
- FB: thelattelounge: a paid for membership which is a lifestyle support network
- @Lizearlewellbeing
- @Drstephaniegoodwin
- @marvellous_midlife
- @Thelattelounge
- @carolynatkinsmovementcoach
- @ohhelloperry
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- FB: women with ambition, attitude and brain fog

Podcasts

Dr Louise Newson – a whole range of interviews with relevant experts – I have a list of them all if you're after a particular symptom/topic.

Postcards from Midlife –Lorraine Candy and Liz Halpin: general light-hearted chats with guests of menopausal age

The Midpoint with Gabby Roslin – general light-hearted chat with guests of menopausal age

Fortunately with Fi Glover and Jane Garvey – a look into behind the scenes midlife experiences.

List of Common Menopause Symptoms

Physical	Psychological
Hot flushes/ cold flushes	Brain Fog/Concentration Loss
Weight Gain	Low libido
Low libido / High libido	Mood swings/intolerance
Thin skin	Anger/Rage
Thinning Hair	Depression / psychosis
Aching Joints/Muscle Weakening	Low Self Esteem
Acne/ Dry skin/ itchiness/skin conditions	Irrational behaviour pattern
Vaginal dryness/vaginal prolapse	Low Self Esteem
Increased wind/looser bowels/Bloating	Poor Sleep
Increased BO/body smells	Weepiness
Tinnitus/hearing problems	Irrational behaviour
Menstrual Cycle changes: menopausal flooding/missed period/worsening PMS	Anxiety/Panic attacks
Migraine/headaches	
Night Sweats	
Bladder incontinence	
Dizziness	
Pins and Needles	
Osteoporosis	
Gum problems/ulcers	
Electric Shocks	

Herbal/Diet Remedies

If this is your chosen route – an appointment with an NIMH accredited medical herbalist will save you time and money. Commit to it properly. It's a true lifestyle change.

The information below is a summary from Natural Menopause (Edited by Anne Henderson).

Symptom	Herbal Remedy	Dietary / Supplement
Moodiness	Tea: lemon balm / St John's Wort	Soya, chickpeas, lentils, Magnesium foods: almonds/brazil nuts. Omega 3 Supplement

Anxiety	Tea: lemon balm	Avoid Caffeine. Magnesium and potassium foods : bananas, nuts, avocado, seeds, legumes. Vitamin D
Hot Flushes/Sweats	Red Clover / Black Cohosh	Soya, tofu, chickpeas, lentils
Brain Fog	Morning cup of Rosemary	B12 – eggs, salmon, oily fish,. Omega 3. Anti-oxidant rich foods (green veg, avocado)
Fatigue and Insomnia	Daily doses of liquorice and mint tea	Iron foods – spinach, lentils. Protein. Maca powder.
Achiness/Stiffness	Liquorice, Black cohosh, German Chamomile	Omega 3 anti-inflammatory foods/supplement. Ginger, garlic. Cut out processed foods whenever possible. Magnesium foods (spinach/almonds/brazil nuts)
Urogenital symptoms (thinning skin/dryness)	German Chamomile tea	Cranberry juice (unsweetened). Water galore. Cut out caffeine.
Gut health/windiness/bloating/Constipation etc	German Chamomile tea. Valerian	Ginger. Fibre (chia seeds, flax seeds. Wholegrains. Fermented foods – kefir, sauerkraut, unsweetened pro-biotics
Weight	Sage tea	High Fibre. Small portions. Probiotics and kefir.
Digestion	German Chamomile / lavender tea	Ginger. Fibrous diet and wholegrains. Fermented foods.
Libido/energy	Chaste Tea (slow to act but apparently it does)	Maca powder supplement. Antioxidant foods: walnuts, fish, green tea. Chickpeas. Zinc (supplement or in shellfish). Vitamin C foods.
Skin and Hair Changes	Chaste Tree Tea (for months)	Oily fish. (Omega 3). Water. Vitamin E. Vitamin C

SUPPLEMENTS

As with nutrition – it's important to get good quality supplements to support you in the right way. There are thousands of products on the market and it can be a mine-field to navigate. Quality is vital – or you're wasting your money. Get a professional opinion/therapist if this is your chosen route as it will save you time, frustration and money.

Natural doesn't always mean safe – check current medications and remember that different supplements can work against each other.