


THE YEAR AFTER WHICH A LADY WILL STOP HAVING PERIODS

AVERAGE AGE OF 52 A PERIOD OF TRANSITION



HOT FLUSHES
REDUCED LABIDO
DEPRESSION

NIGHT SWEATS
VAGINAL DRYNESS
OSTEOPOROSIS

IRRITABILITY

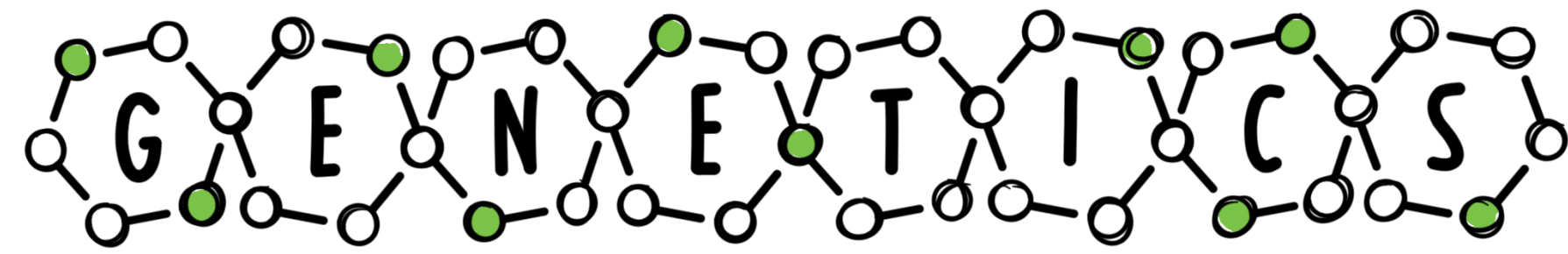
SOME SYMPTOMS CAN BE MISTAKEN WITH AGEING

- ACHES & PAINS
- DISTURBED SLEEP
- DEPRESSION

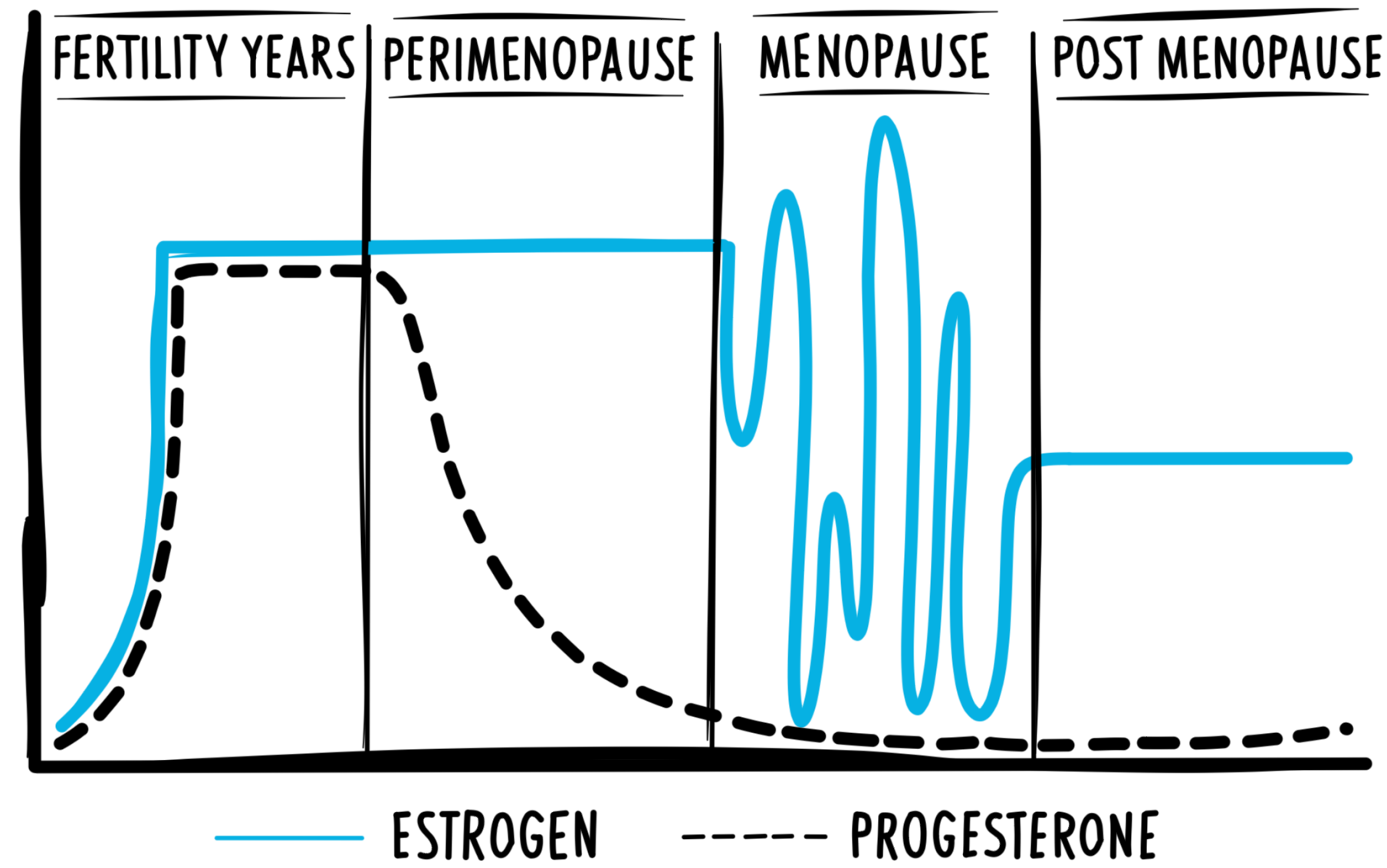

ALEXANDRA ROCK



CAUSES & EFFECTS




HORMONAL CHANGES

BLOOD SUGAR BALANCE CAN VARY

MANAGING MENOPAUSE THROUGH LIFESTYLE & NUTRITION


GET YOUR DIET RIGHT




FILL YOUR BODY WITH GOOD
YOU ARE WHAT YOU EAT

SEROTONIN

70% COMES FROM DIGESTIVE SYSTEM
30% COMES FROM THE BRAIN



EAT REGULARLY EVERY 4 TO 5 HOURS



ZINC CALCIUM BORON GET THE RIGHT NUTRIENTS MAGNESIUM OMEGA 3 VITAMINS

EXERCISE & MOVEMENT



I'M EXHAUSTED CAN'T DO ANYMORE


BE ADAPTABLE
MANAGE YOUR DAILY LOAD



GET USED TO BEING IN A HOT STATE

EXERCISE MAKES YOU SWEAT

WORK IN SMALLER **BLOCKS**
STACK YOUR ACTIVITIES



LEANNE SPENCER