



10 TIPS TO LOSE THE MENTAL IN MENOPAUSE FACT SHEET

1. Exercise is beneficial in helping soothe the side effects of menopause

2. Cool down the hot foods (spicy foods)

3. Get into the sexy time

4 Get into the Relaxation Groove with alternative therapies such as meditation, aromatherapy etc;

5. Get creative with the program and make it stick for you, use the self-coaching planning skills in this course, **The secret is KISS**

6. Back off on alcohol, cigarettes & caffeine “they are definitely not your friends now”

7. Herbs & supplements can be a help and definitely personalised is the case, it’s “Horses for courses”

8. Ditch stress, lack of sleep & hydrate, Hydrate, Hydrate

9. Learn to Balance the hormones and consult your doctor for the right medical approach for you

**10. Create meals from the Hormone balancing Foods I Like”
list that you enjoy**