

MASTERING MENOPAUSE



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The menopausal phase of our lives is extremely difficult to navigate for many reasons. Some women breeze through the menopause with very few symptoms and others seem to experience every symptom going!

There are at least 32 known associated symptoms of menopause

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| Allergies | Itchy/dry skin | Bladder irritation | Electric shocks |
| Irritability | Bloating | Joint pain and aches | Hot flushes |
| Brain fog/difficulty concentrating | Loss of sex drive | Breast tenderness | Fatigue and tiredness |
| Migraines | Brittle nails | Mood swings | Incontinence |
| Burning tongue | Muscle tension/ weakness | Change in body odour | Gum issues |
| Night sweats | Confidence | Vaginal dryness | Irregular, heavy or painful periods |
| Depression and anxiety | Palpitations/panic attacks | Digestive problems | Hair loss/thinning |
| Weight gain | Dizziness | Headaches | Sleep problems/insomnia |

Many of these symptoms can be alleviated through the correct nutrition. By balancing the blood sugar, which will help to take the pressure off the pancreas to produce insulin and the liver to store glucose, helping to prevent pre-diabetes and diabetes. The adrenal glands produce cortisol and adrenaline, which is heightened when oestrogen begins to drop during this phase and results in allergies, auto-immune illnesses, fatigue, adrenal fatigue and much more.

The correct form of exercise to build and maintain muscle mass is vital to allow for a larger storage unit for glucose, strengthen bones, lower insulin resistance, ease aching joints and pains, improve anxiety and depression, and maintain a healthy BMI, helping to eliminate stubborn belly fat.

This can be a time of change not only in our bodies but in our lives. Children leaving home, relocating, downsizing the home, maybe a change in career or promotion, which can create a sense of loss at an already turbulent time and taking care of our mental health is just as important as our physical health. Introducing mindfulness practices, breathing techniques and time for ourselves, can help to reduce anxiety and help us adapt to the changes happening to us and around us.

This is also a time to rediscover and focus our attention on ourselves and can be a liberating and exciting period to embrace and enjoy.