

THE UK'S DEDICATED MENOPAUSE PRINT MAGAZINE WITH INFORMATION YOU CAN TRUST

Menopause matters™

Summer 2024 • £5:99

Shining a
light on...
**Alternative
Therapies**

116
pages!

Is your doctor
supporting you?

**Embracing
your inner
goddess**

**Exercise &
bone health**

**Movement as
Stress Therapy**

**Neuroscience
Coaching**

**Hard at work -
towards better care**

**Turning
down the heat**

Food for
brain fog

Sweet dreams
can just be bliss

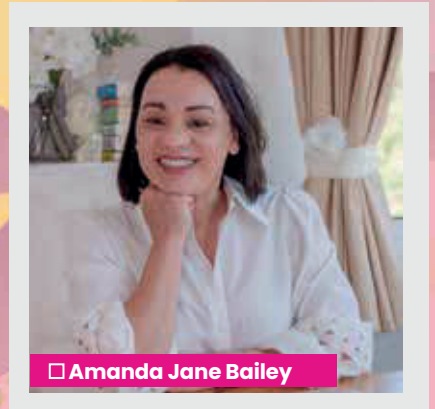
PLUS...

No more Mrs Nice Guy,
Dr Currie's Casebook,
Mental Health,
Menopause Mayhem, News
and much more...



New beginnings

Amanda Jane Bailey writes about the importance of embracing life and self-care in the post-menopause era.



□ Amanda Jane Bailey

As we navigate the transition into post-menopause, it's crucial to explore and embrace alternative approaches to our health and well-being.

As a dedicated registered counsellor and post-menopausal woman, I have discovered the transformative power of alternative therapies that go beyond merely managing symptoms to fostering a rich, vibrant life.

Menopause: a complex shift

Menopause is more than the end of fertility; it represents a complex shift that affects every aspect of a woman's health, presenting challenges such as hot flushes, mood

changes, weight gain, and sleep disturbances, to name just a few. Each woman's experience is uniquely personal, requiring a tailored approach to wellness.

Role of alternative therapies

Alternative therapies complement traditional medical approaches by offering holistic benefits that nurture both body and soul, addressing both physical symptoms and emotional wellness.

Herbal remedies

Alternatives like red clover are rich in phytoestrogens, and as well as black cohosh, can help the effects of hormonal imbalances. It's crucial, however, to consult



with a healthcare provider before starting any new herbal regimen to ensure it's compatible with your health needs.

Yoga and meditation: my path to harmony

Yoga has become my sanctuary, offering not only physical benefits but also spiritual grounding. Coupled with meditation, it helps me navigate the ebbs and flows of menopause with grace. Meditation deepens my connection to the present moment, fostering an inner calm that buffers against external changes. It's like watching the seasons change in a garden; each pose and session nourishes my body and soul, allowing me to bloom anew.

"Yoga has become my sanctuary, offering not only physical benefits but also spiritual grounding."

Nutrition and lifestyle adjustments

A balanced diet rich in essential nutrients can dramatically affect how we experience menopause. Foods high in omega-3 fatty acids, calcium, and vitamins can stabilize mood and maintain overall health, while avoiding triggers like spicy foods and caffeine reduces discomfort from hot flashes and other symptoms. It's about making small lifestyle adjustments that suit you.

Seeking counselling and peer support

Discussing the changes during menopause can be profoundly therapeutic. Counselling and support groups offer not just a sounding board but also a source of collective wisdom and shared journeys. These interactions underscore the power of community in fostering resilience and joy during menopause. Your story could be another woman's survival guide!

Prioritising Self-Care

Self-care is not selfish; it's essential.

This phase of life is the perfect time to prioritise self-care. Rediscovering old passions or cultivating new interests provides a sense of purpose and joy, which are crucial during this transformative time. Whether it's through yoga, meditation, reading, or spending time in nature, nurturing oneself is essential for thriving during and beyond menopause.

As I embrace my own post-menopause stage of life, I choose to view it not as an ending but as a beautiful new beginning. With the right combination of

traditional and alternative therapies, every woman can navigate this transition not just with resilience but with a spirit of renewal.

As we adjust to our bodies' seasonal changes, let us remember to nurture our inner selves, bloom with each passing season, and approach each day with kindness to ourselves and curiosity. **MM**



- Red clover is rich in phytoestrogens.



- Amanda's post on social media after spotting the Spring issue in her local Waitrose with a 'Buyer Recommends' slot. Thank you Waitrose!

Amanda is a Registered Counsellor and Advocate for women's health and well-being.

More information can be found on Amanda's website:

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