

Menopause Relief Naturally Guide

Naziana Searle
Registered Homeopath
BSc, LCPH, MARH, HbT



**A simple guide to managing
your menopause naturally and
ways to improve your
menopausal symptoms**



A bit about Menopause



Menopause is a natural change during which there is a change in the level of hormones that may cause many symptoms.

Menopause is a natural biological process marking the end of menstrual cycles. The classification is when you do not have a period for at least 12 months.

Menopausal symptoms can start many years before 'true menopause'. This is called perimenopause.

GPs will generally prescribe HRT (hormone replacement therapy) or antidepressants. However, there is another way to manage the effects of menopause, and that is naturally.

Menopausal Symptoms



There are a wide range of menopausal symptoms. They include:

- hot flushes
- night sweats
- changes to the frequency and heaviness of periods
- fatigue, tiredness and insomnia
- weight gain and slower metabolism
- stiff or achy joints
- anxiety
- depression
- mood swings
- migraines
- thinning hair
- dry or itchy skin

Mild symptoms can be managed through lifestyle changes, such as changes to diet, drinking more water and exercising.



**Here are a few tips
to help you
manage your
menopause
naturally...**

Tip 1

Have Enough Magnesium



Magnesium is the 4th most common mineral in our bodies.

It is needed for so many things including hormones, sleep, and a balanced thyroid. It is also a mood balancer.

A lack of enough Magnesium in your body can create symptoms such as insomnia, feeling low, fatigue and headaches.

The best way to get enough Magnesium is through diet. Foods, such as nuts, seeds, avocados, leafy vegetables, whole grains and dark chocolate contain Magnesium.

Besides getting Magnesium through diet, it is a good idea to have Epsom Salts (made of Magnesium Sulphate) baths or by massaging Magnesium lotion onto your skin.

Tip 2

Take Probiotics or Eat Fermented Food



Probiotics are good bacteria and are an important consideration when thinking about natural health during menopause.

It is thought there is a relationship between microbiota (the microbes that live in the human body) and oestrogen.

Stress and antibiotics can also interfere with good bacteria levels in the gut.

Taking high-quality probiotics can help keep levels of good bacteria in the gut elevated.

Good bacteria can also be obtained from fermented food. Fermented food includes sauerkraut, kefir, kimchi, and miso.

Tip 3

Support Your Liver



The liver is a very important organ in your body and is especially so during menopause.

The liver helps to:

- maintain blood glucose levels
- store fuel for times when you need more energy
- removes toxins
- stores certain vitamins
- helps synthesize hormones

There are a lot of things that can be done to support the liver.

These include:

- having a well-balanced diet, and drinking a lot of water
- avoiding things that are bad for your liver including sugary and processed foods
- taking homeopathic remedies such as *Carduus marianus*, and *Chelidonium majus*

Tip 4

Support Adrenal Glands



The ease of transition during menopause depends partly upon the strength of the adrenal glands.

The adrenal glands should gradually be able to take over hormonal production from the ovaries.

If the adrenals are depleted from chronic overproduction of the stress hormones noradrenaline and cortisol, then you are much more likely to suffer from fatigue and menopausal symptoms.

Ways to improve adrenal gland function:

- Have a lot of rest and relaxation
- Practice self-care every day
- Take Vitamin B
- Have a consultation with a homeopath as homeopathy can strength the adrenal glands

Tip 5

Do Different Types of Exercise



Exercise can help relieve stress, and keep weight gain and loss of muscle mass at bay.

An exercise plan should include:

- cardio (such as walking, dancing, cycling or swimming)
- strength training (slow exercises targeting specific muscle groups with light weights)
- restorative exercise (such as yoga or pilates)

The exercise you do should be enjoyable rather than a chore. It will then contribute to overall happiness as well as lower stress.

Tip 6

Practice Self-care



Do a bit of self-care every day.

The definition of self-care is 'The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.'

Self-care includes so many things. Do something you enjoy, something just for you.

I have a [5-week email course](#) to help you to create new self-care habits. It takes at least 21 days to create a new habit.

Further help



If you would like support through menopause please contact naziana@naturalhealthsurrey.co.uk

We can arrange a time to have a free 30 minute call. We will talk about you and your symptoms and discuss how homeopathy can help you through the transition.



Alternative medicine tailored to you.

I am a qualified professional homeopath, who has helped many women manage their menopausal symptoms naturally, and without the need for HRT.

www.naturalhealthsurrey.co.uk