

MENOPAUSE

THRIVE THROUGH EVERY STAGE

*Menopause is not the end of your vitality.
It's a natural transition—and with the right support,
you can feel strong, balanced and well.*



WHAT IS MENOPAUSE?

Menopause is a natural stage in a woman's life when periods permanently stop.

It is confirmed after 12 consecutive months without a period.

It is not a disease. It is a biological transition.

THE MENOPAUSE TRANSITION A JOURNEY, NOT AN EVENT



PERIMENOPAUSE (THE TRANSITION)

Can start in your 40s (or earlier).
Hormone levels rise and fall unpredictably. Symptoms may begin months or years before periods stop.



MENOPAUSE (THE CHANGE)

You have gone 12 months without a period.



POSTMENOPAUSE (BEYOND MENOPAUSE)

Life after menopause. Hormone levels stabilise at a lower level. Focus shifts to long-term health & wellbeing.

COMMON SYMPTOMS

- Hot flushes & night sweats
- Poor sleep
- Mood changes
- Irritability & anxiety
- Brain fog & forgetfulness
- Fatigue
- Weight gain (especially around the middle)
- Bloating
- Joint & muscle aches
- Headaches
- Low libido
- Vaginal dryness

Every woman's experience is unique. You are not alone.

WHAT'S HAPPENING IN YOUR BODY?

During perimenopause and menopause, the ovaries gradually produce less:

OESTROGEN

- Regulates mood & memory
- Supports bone density
- Protects heart health
- Supports skin, hair & vaginal health
- Helps regulate blood sugar & cholesterol



PROGESTERONE

- Supports calm & sleep
- Helps balance oestrogen
- Supports mood
- Supports breast health



Lower levels of these hormones can affect many systems in the body.



DID YOU KNOW?

Oestrogen helps protect your heart, brain, bones, muscles and metabolism.

After menopause, the risk of heart disease, osteoporosis and insulin resistance increases.

Small daily choices make a big long-term difference.

MENOPAUSE & YOUR HEALTH: KEY AREAS TO SUPPORT



BONE HEALTH

Oestrogen helps maintain bone density. After menopause, bone loss can increase.

Focus on: strength training, calcium, vitamin D & K2.



HEART HEALTH

After menopause, heart disease risk increases.

Focus on: movement, healthy fats, fibre, blood sugar balance & stress management.



BRAIN HEALTH

Hormone changes can affect memory, mood & focus.

Focus on: sleep, omega-3s, movement, connection & stress reduction.



MUSCLE MASS

Muscle naturally declines with age—but more so after menopause.

Focus on: protein, strength training & adequate recovery.



BLOOD SUGAR

Insulin resistance risk increases after menopause.

Focus on: whole foods, protein, fibre, balanced meals & regular movement.



VAGINAL HEALTH

Lower oestrogen can cause dryness, discomfort & changes in tissue.

Focus on: hydration, gentle movement, lubrication & professional support.

SUPPORT YOUR BODY. SUPPORT YOURSELF.



NOURISH YOUR BODY



- Eat a variety of whole foods.
- Prioritise protein at each meal.
- Include healthy fats (omega-3s, olive oil, avocado, nuts).
- Enjoy plenty of colourful vegetables & fibre.
- Limit ultra-processed foods, excess sugar & alcohol.



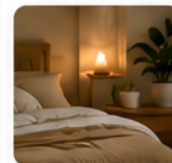
MOVE YOUR BODY



- Aim for movement you enjoy.
- Combine cardio, strength & flexibility.
- Strength training 2-3 times per week supports bones, muscles & metabolism.
- Daily movement boosts mood, energy & sleep.



SLEEP DEEPLY



- Quality sleep is essential.
- Create a calming bedtime routine.
- Keep your bedroom dark, cool & quiet.
- Limit screens & caffeine late in the day.



MANAGE STRESS



- Chronic stress can worsen symptoms.
- Try breathwork, meditation, journaling or time in nature.
- Protect your time and energy.



BUILD CONNECTION



- Strong relationships support mental wellbeing.
- Talk, laugh, connect.
- You don't have to do this alone.

NUTRIENTS THAT MATTER MOST

CALCIUM



Supports bones, muscles & nerve function.

Sources: dairy, leafy greens, almonds, sardines, tofu.

VITAMIN D



Helps calcium absorption & immune function.

Sources: sunlight, fatty fish, eggs, mushrooms.

MAGNESIUM



Supports sleep, mood, muscles & energy.

Sources: nuts, seeds, legumes, dark chocolate, leafy greens.

OMEGA-3 FATS



Supports brain, mood & joint health.

Sources: fatty fish, chia seeds, flaxseeds, walnuts.

VITAMIN B6, B12 & FOLATE



Support energy, mood & hormone metabolism.

Sources: whole grains, greens, legumes, eggs, fish.

ZINC



Supports immune function, mood & hormone balance.

Sources: seeds, legumes, nuts, seafood.

FIBRE



Supports oestrogen elimination, gut health & blood sugar balance.

Sources: vegetables, fruit, whole grains, legumes, seeds.

A varied, whole-food diet provides the best foundation for hormonal health.

LIFESTYLE HABITS THAT MAKE A DIFFERENCE

- Get morning daylight (supports mood & circadian rhythm).
- Drink enough water.
- Limit alcohol.
- Quit smoking.
- Keep a healthy weight.
- Prioritise self-care and do things that bring you joy.
- Listen to your body and rest when needed.
- Celebrate progress, not perfection.



WHEN TO SEEK SUPPORT

Professional support can help you navigate symptoms and improve quality of life.

Seek help if symptoms are:

- Severe
- Disrupting daily life
- Affecting your sleep, mood or relationships

You deserve support.
You deserve to feel well.



REMEMBER

Menopause is a powerful new chapter, not the end of your story.

With the right support, you can feel vibrant, confident and strong at every age.



DID YOU KNOW?



Hot flushes are caused by changes in the body's temperature regulation.



Brain fog is common but can improve with sleep, nutrition, stress management & movement.



Weight gain is often related to muscle loss, stress, sleep and blood sugar changes—not just hormones.



Strength training is one of the most effective ways to protect bones, muscles & metabolism.



Sleep disruption can worsen symptoms—small changes to your routine can make a big difference.

