

**Hello
I'm Tish
Menopause Body and Mind**

**Whistlestop Tour of the
Menopause**



MENOPAUSE BODY & MIND

MENOPAUSE SYMPTOMS

- Hot flushes
- Night sweats
- Sweating
- Mood swings
- More emotional
- Wanting to be alone
- Depression
- Stress
- Anxiety
- Brain fog
- Memory loss
- Headaches
- Sleep deprivation
- Decrease in energy levels
- Heart palpitations
- Overwhelm - achieving less than used to
- Weight gain
- Joint pain
- Muscle pain
- Lower back ache
- Hair thinning/loss
- Incontinence
- Low sex drive
- Dry vagina



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MENOPAUSE BODY AND MIND

WAYS OF TAKING HRT

APPLICATION:

- Oral
- Patches
- Gel
- Spray
- Merina Coil

FROM A SPECIALIST INITIALLY:

- Testosterone



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MENOPAUSE BODY AND MIND HOLISTIC METHODS

- Nutrition
- Exercise
- Stress Management



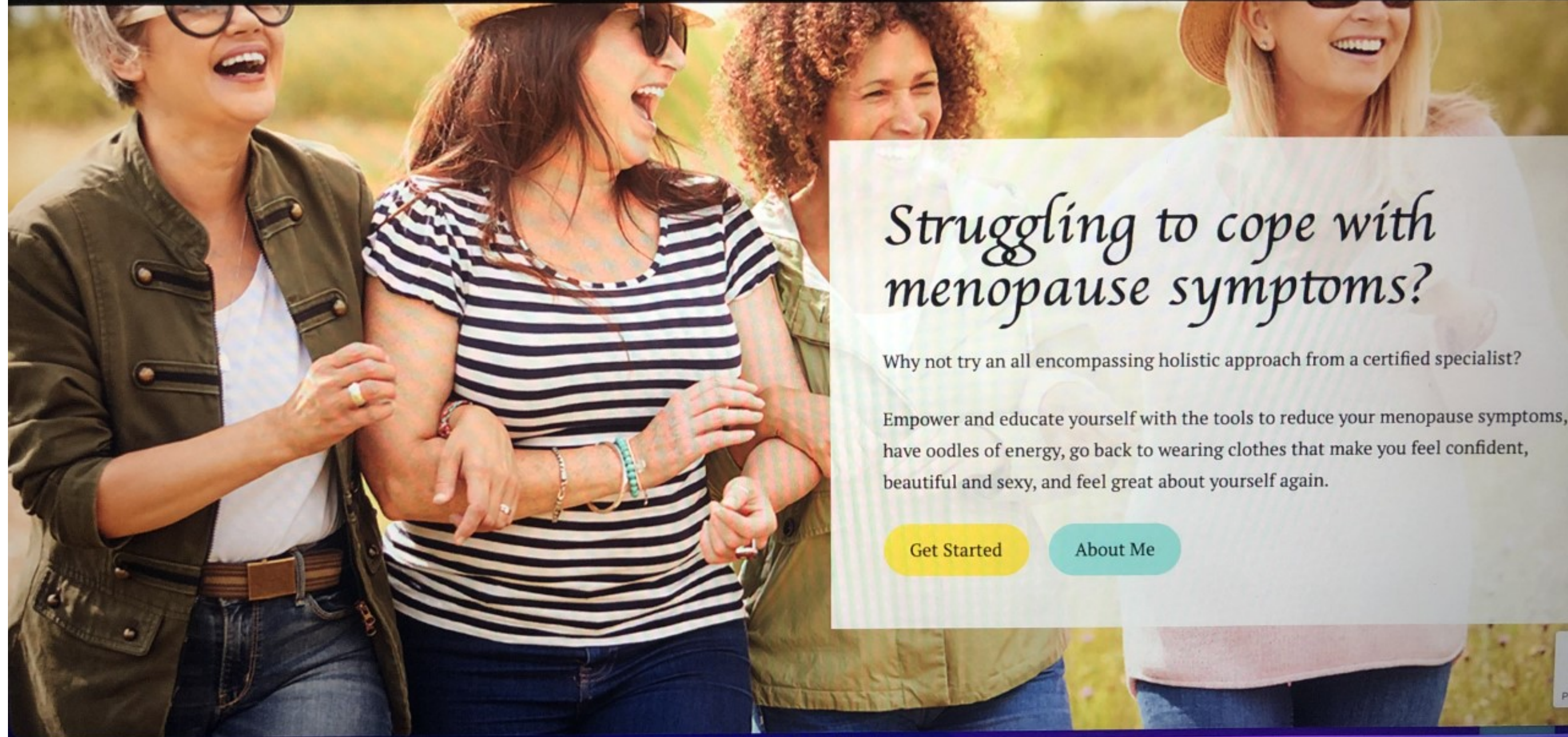
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MENOPAUSE BODY AND MIND ALTERNATIVE RESOURCES:

- NHS website
- Trekstock (support group for young adults with cancer)
- Calm App (to assist with relaxation)



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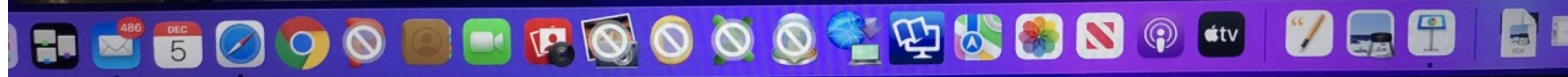
Struggling to cope with menopause symptoms?

Why not try an all encompassing holistic approach from a certified specialist?

Empower and educate yourself with the tools to reduce your menopause symptoms, have oodles of energy, go back to wearing clothes that make you feel confident, beautiful and sexy, and feel great about yourself again.

Get Started

About Me



MacBook Air

<https://www.menopausebodyandmind.com/>

Private womens facebook support group:

<https://www.facebook.com/groups/menopausebodyandmindsupportgroup/>

Linked In: Tish Fisher



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