

Menopause 101

A complete guide to
understanding Midlife.



www.theyogaroom120.com



ALL ABOUT **THIS E-BOOK**

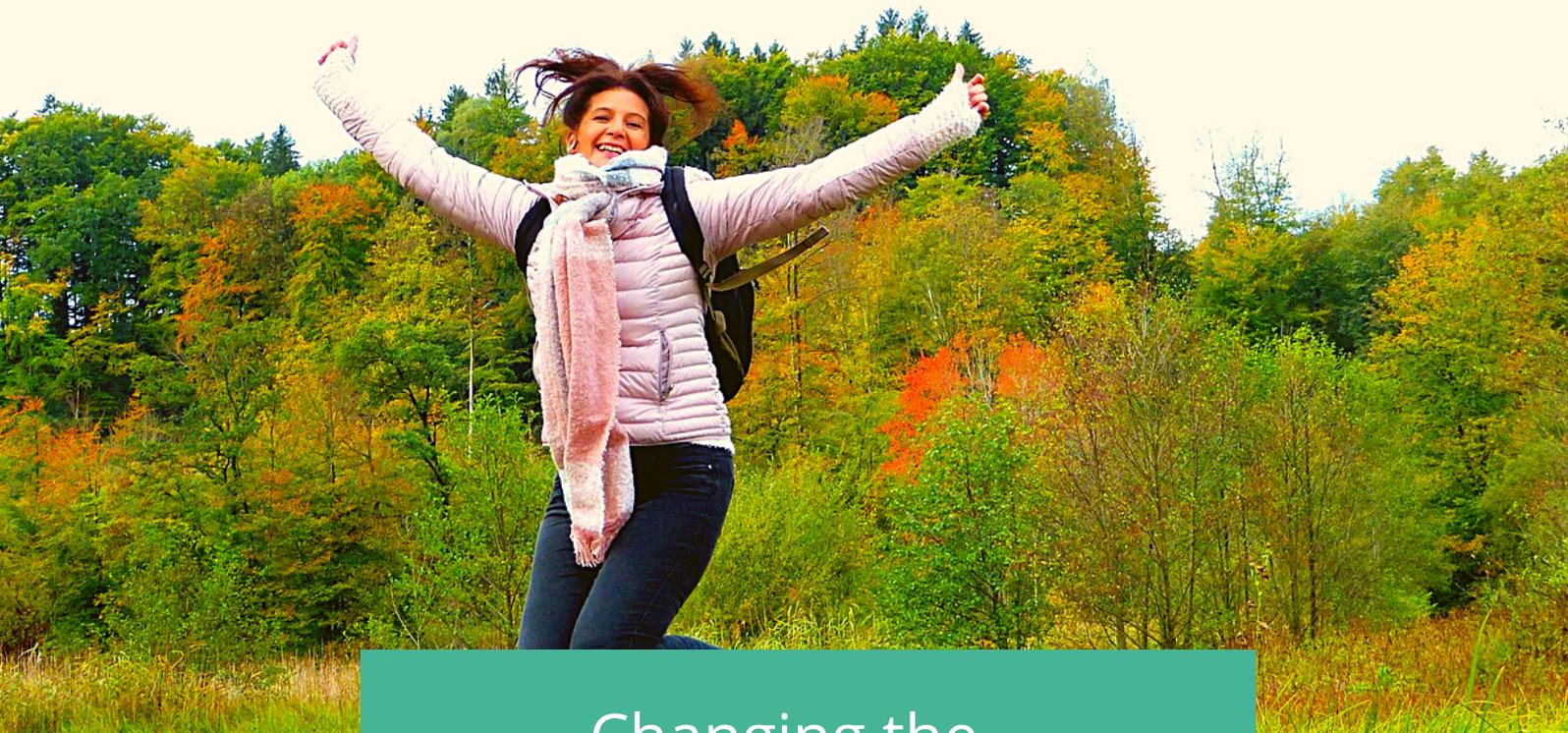
Menopause is a natural, normal stage of a woman's life cycle.

However from the confusion, lack of clear information and struggle that so many women go through in their mid-life years, you would think it was something totally unique and unexpected.

This e-book is my gift to every woman who wants to know what to expect, understand what she is going through and how to be prepared for this natural transition.

My mission is to support you to navigate your menopause journey with ease, joy and confidence, and to set you up for a fabulous post-menopause life.

ENJOY!
Jacqueline



Changing the Conversation

The Menopause conversation is changing.

Women in the media, in the workplace, and with their friends are engaging about the new modern menopause story. It is informed, it is empowering, it supports women to understand what they are experiencing and why. It enables women to make educated decisions about their own health and wellbeing.

From facebook groups, podcasts, books and articles, women are getting proactive to decide how they want to manage their menopause years and choosing how they want to step into the next stage of their lives.

I am so happy to be part of this changing conversation and to share it together with you!



The Three Myths

When you hear the word "Menopause" what are your initial thoughts and feelings? What does this word trigger for you?

I will assume that your thoughts and emotions are mostly negative, feelings of denial and not being ready. You may have an image in your head of what a menopausal woman looks or acts like.

Here I want to BUST all those assumptions or images that have been reinforced through our culture and media, and support you as you begin to embrace your menopause journey in a different way!



The Three Myths

1

Menopause is the beginning of the end.

Menopause is not a disease. It is a natural stage in your life journey. It is the bookend to puberty. It allows you to transition into the next stage of your life. Post-menopause is full of opportunities, adventures and wisdom.

2

Menopause means suffering.

Suffering is NOT a pre-requisite for your menopause experience.

There are a multitude of potential side effects, (physical, emotional, mental) but if you understand what is going on in your body and prepare for it, then you can find many ways to manage, treat and even prevent many of the menopausal side-effects and improve your health and wellbeing.

3

Menopause is only for old women.

Menopause does NOT mean you have hit old age. The average age for menopause is 51 years old, but you can begin to experience symptoms in your early 40's. And with women living so much longer, menopause is just another milestone in your life's journey.

WHAT IS

YOUR BIGGEST MENOPAUSE MYTH?





The Three Stages

Most women don't realise that they are on their menopause journey until it's too late. The health changes and challenges that they have been experiencing for years, have either been ignored, explained away or mis-diagnosed.

Instead of being empowered to take control and make small changes to improve their health and wellbeing, women have been left to fend for themselves, leaving them feeling frustrated, confused, often in pain and suffering.

Understanding the three key stages of menopause journey is crucial to identifying where you are on the journey and what you can do to navigate each stage with ease, joy and confidence.



The Three Stage

1

Peri-Menopause.

This is the first stage of menopause which occurs between 42-47 years (approx). During these years you begin to experience changes to your health and wellbeing, you may not feel like yourself, but you may not realise it is menopause related. Your period may still be regular during these years.

2

Menopause.

This is the main stage of your journey, which occurs between 48-53 years (approx). The average for "official menopause" is 51.

During these years, your symptoms can be experienced to varying degrees and intensity. You may experience a range of health and wellbeing challenges and feel frustrated at the lack of solutions to help you navigate this time. Your period will eventually stop.

3

Post-Menopause.

You enter post-menopause after 12 period-free months. Your symptoms may still persist for a number of years after this time. Eventually they will become more manageable as your hormones balance out.

Slowly you become more confident to step into your truest, most authentic self and embrace the next stage of your life with wisdom, confidence and excitement at what the future holds.

WHAT STAGE

ARE YOU AT?





The Three Symptoms

There is a lot of mis-information regarding menopause symptoms. Many just think of hot flashes, night sweats and disappearing periods.

Unfortunately it's not that simple. There are potentially up to 75 different menopause symptoms and women can experience a range of them to varying degrees. For many women they appear in mild forms and can be managed. For others, they can be extreme and adversely affect daily life and functioning.

Understanding how menopause symptoms show up is the first step to identifying them and finding the best ways to manage, treat and even prevent them! Suffering with menopause symptoms is not a requirement during this time of life!



The Three Symptoms

1

Physical Symptoms.

You can experience your menopause journey with a range of physical side affects. They can include:

- hot flashes - night sweats - vaginal dryness - loss of libido
- stiff joints - heart palpitations - fluctuating periods - weight gain
- sleep fluctuations - low energy.

2

Emotional Symptoms.

Menopause journey is defined by fluctuating hormones. This creates a lot of emotional instability which can be difficult for you and those around you. It can show up as:

- mood swings - anxiety - feeling vulnerable - depression
- loss of identity - low energy - feeling more stressed
- unmotivated.

3

Cognitive Symptoms.

Cognitive (brain function) changes are very common during menopause journey. You may be fearful that you are experiencing early on-set dementia. Common symptoms include:

- foggy brain - lack of focus or concentration - short term memory loss - forgetfulness - confusion.

WHAT IS

YOUR
BIGGEST
MENOPAUSE
CHALLENGE?



MENOPAUSE 101 E-book



NOW WHAT? How do I move forward.

If you have read through the 3 sections in this e-book, you probably realise that the traditional messages about menopause and mid-life living are not relevant to the 21st Century woman! They are negative, dis-empowering and re-inforce negative stereotypes.

And that means two things:

1. You can now **share this with your female friends and family.** I want to make sure that as many women know what is REALLY happening to their bodies during menopause years so that they can be prepared, get empowered and take control.
2. You are now perfectly positioned to take the NEXT step and **learn the practical strategies** you need to manage, treat and even prevent your menopause symptoms. These strategies will also set you up to live a fabulous post-menopause life.

Want more support and to start putting strategies in place?

Email me to book your VIP 1:1 Session
theyogaroom120@gmail.com

I'm Jacqueline

Let me introduce myself.

I am a Yoga for Women's Health teacher, Menopause Coach, Women's Health advocate and Hormonal Balance specialist.

I am passionate about educating women about what is really going on in their body throughout their life cycle, empowering them to improve their own health and wellbeing, and learning how to create balance that works for them, with their personal needs and lifestyle.

Creating the awareness and understanding of what is going on in your body is especially important during your menopause years, when things are naturally changing. If you arrive at your menopause years hormonally, physically and emotionally depleted you will not have the resources to manage your symptoms.

That's why I am committed to supporting YOU during this stage of life to implement practical strategies that allow you to embrace your menopause journey and navigate these years with ease, joy and confidence.



**For more information about my
programs email me
theyogaroom120@gmail.com**

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TAKE A SNEAK-PEAK

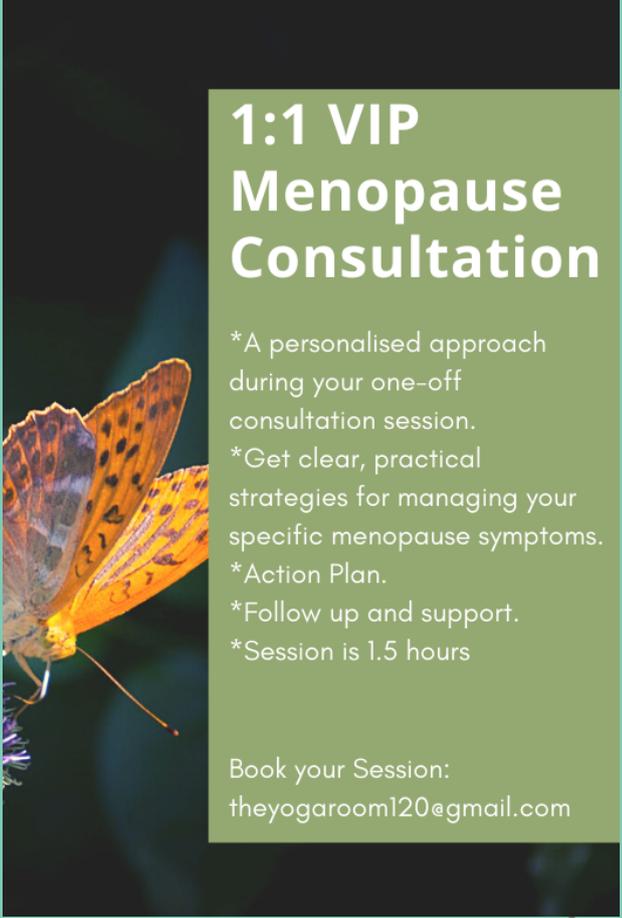
AT HOW
I CAN
SUPPORT YOU



**Menopause
Starter
Program**

- *Personalised 6 week program to meet you wherever you are on your menopause journey.
- *Menopause Health Assessment
- *4 Yoga for Women's Health sessions.
- *4 Menopause Coaching implementation sessions for mentoring and support.
- *Personalised Action Plan.

To start the Program:
theyogaroom120@gmail.com



**1:1 VIP
Menopause
Consultation**

- *A personalised approach during your one-off consultation session.
- *Get clear, practical strategies for managing your specific menopause symptoms.
- *Action Plan.
- *Follow up and support.
- *Session is 1.5 hours

Book your Session:
theyogaroom120@gmail.com

**Email me to start your journey to navigating menopause with
ease, joy and confidence.
theyogaroom120@gmail.com**
