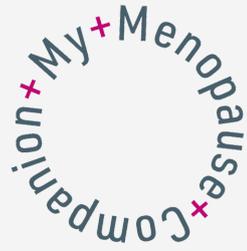


MY MENOPAUSE COMPANION



NEWSLETTER MAY 2022



YES! YOU CAN HAVE A GOOD MENOPAUSE

WRITTEN BY LORRAINE NICOLLE

Irritability, anger, anxiety, mood swings, body aches, migraine, low libido, urinary tract infections, loss of energy, insomnia, hot flushes, night sweats, genital discomfort...the menopause transition brings a rollercoaster of hormones and a whole host of debilitating symptoms that hamper the day-to-day life of sufferers and their family, friends and colleagues.

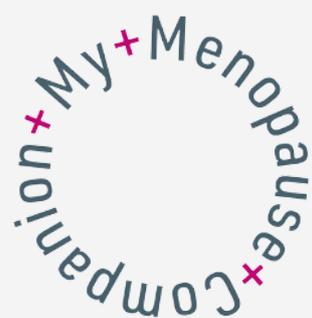
Do you recognise this? In yourself, or in anyone you know? Do you want to find out about the many different options you can take to make things better? And would you like to share your experiences with others going through the same journey?

And what about health and mood/memory issues that get worse after the menopause, even once you're through the transitional years? Problems affecting the skin, urinary tract, vagina, muscles, bones, heart, brain and emotions can continue to worsen after the menopause because of ongoing lack of sex hormones. Do you have an action plan in place to keep your body and mind healthy for those decades of life post-menopause?

My Menopause Companion is an expert advice and support group founded and run by four menopause specialists to help every individual tackle these issues. Issues that need facing both during the hormonal transition, and for the years beyond.

Our 6-week online programme covers the crucial medical, nutritional, lifestyle and exercise interventions that you can consider if you want to make your mid-life years and beyond the best years of your life. And by joining us you automatically become part of our community that gives you an ongoing opportunity to connect with others in your situation.

And given that half the population will be journeying through the menopause at some point in life, that's a lot of potential for sharing and for learning from each other!



Courage | Knowledge | Community

GIVING YOU THE TOOLS TO MANAGE YOUR MENOPAUSE

www.mymenopausecompanion.co.uk