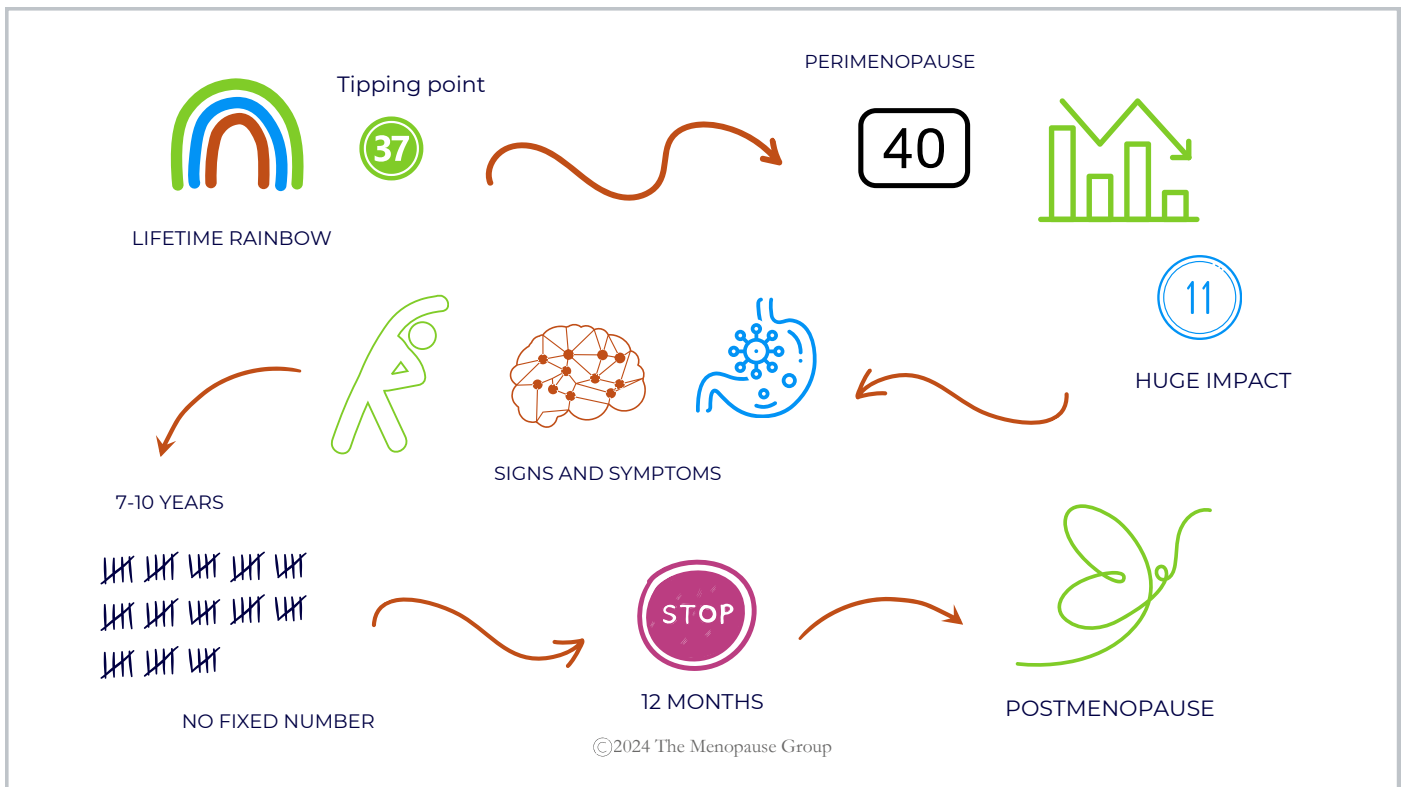


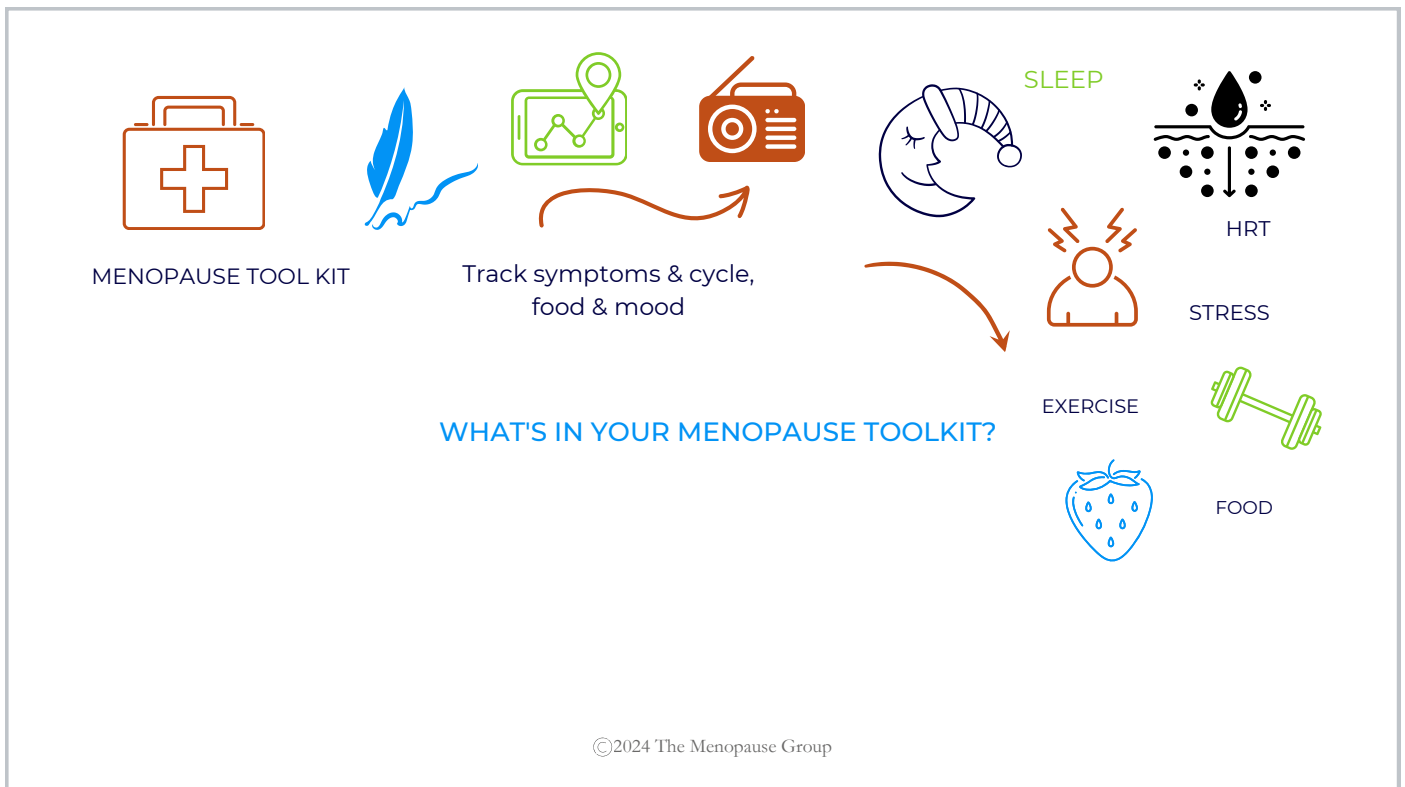
From the top of the rainbow moving forward this is called perimenopause when the ovaries start to operate in a different way. The sex hormone levels change and things may start to feel a bit different around the age of 40



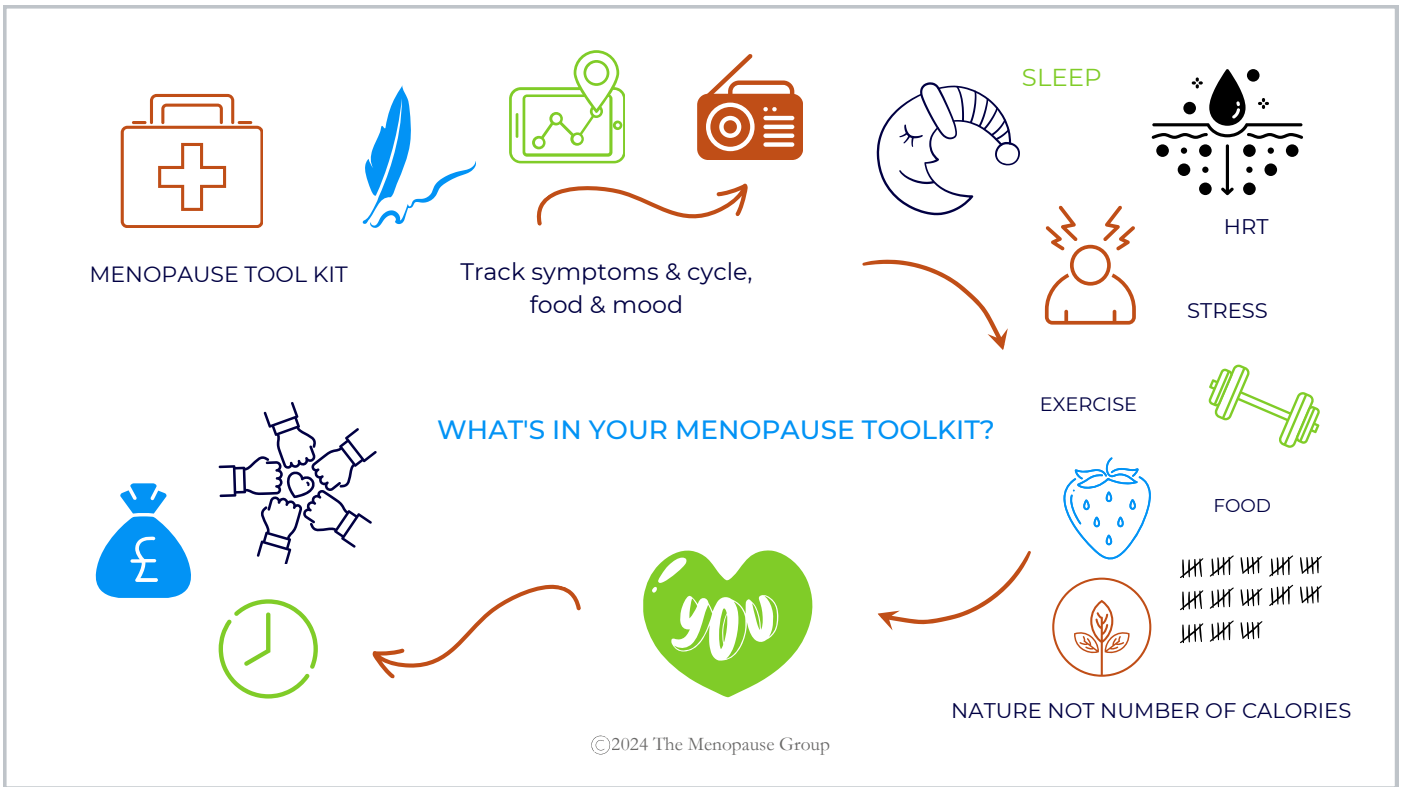
We use the term signs and symptoms to note how these shifts appear, physically and emotionally.

Periods and cycles continue to change in a chaotic way as you move along the timeline, until they finally stop.

The day after you are classed as postmenopause.

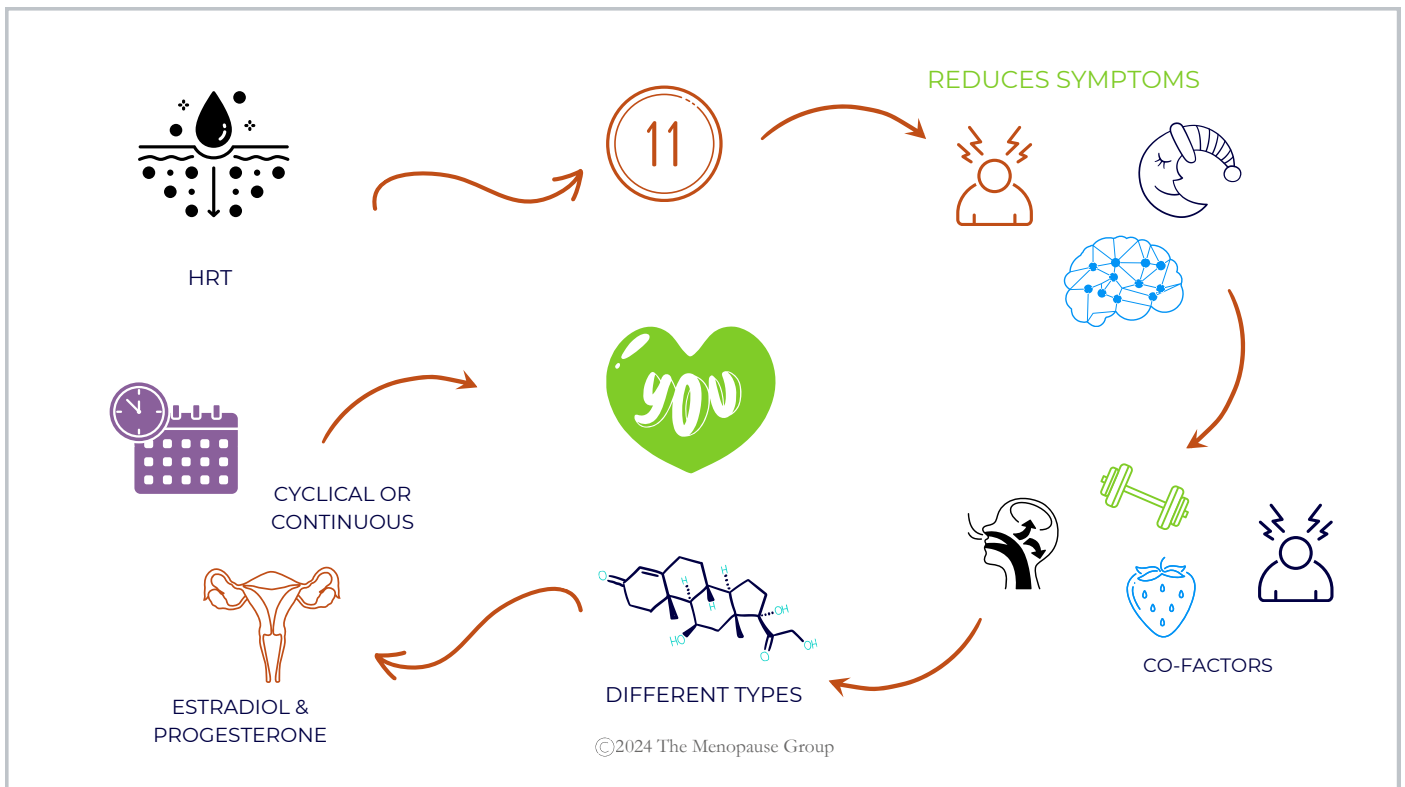


To build a really great menopause toolkit first, write down any symptoms, and menstrual cycle patterns, then keep a food and mood diary and note down things like:  
 What do you eat and how does it make you feel?  
 Are you getting good quality sleep?  
 How are your stress levels and what movement do you do?  
 Become your own hormone detective.

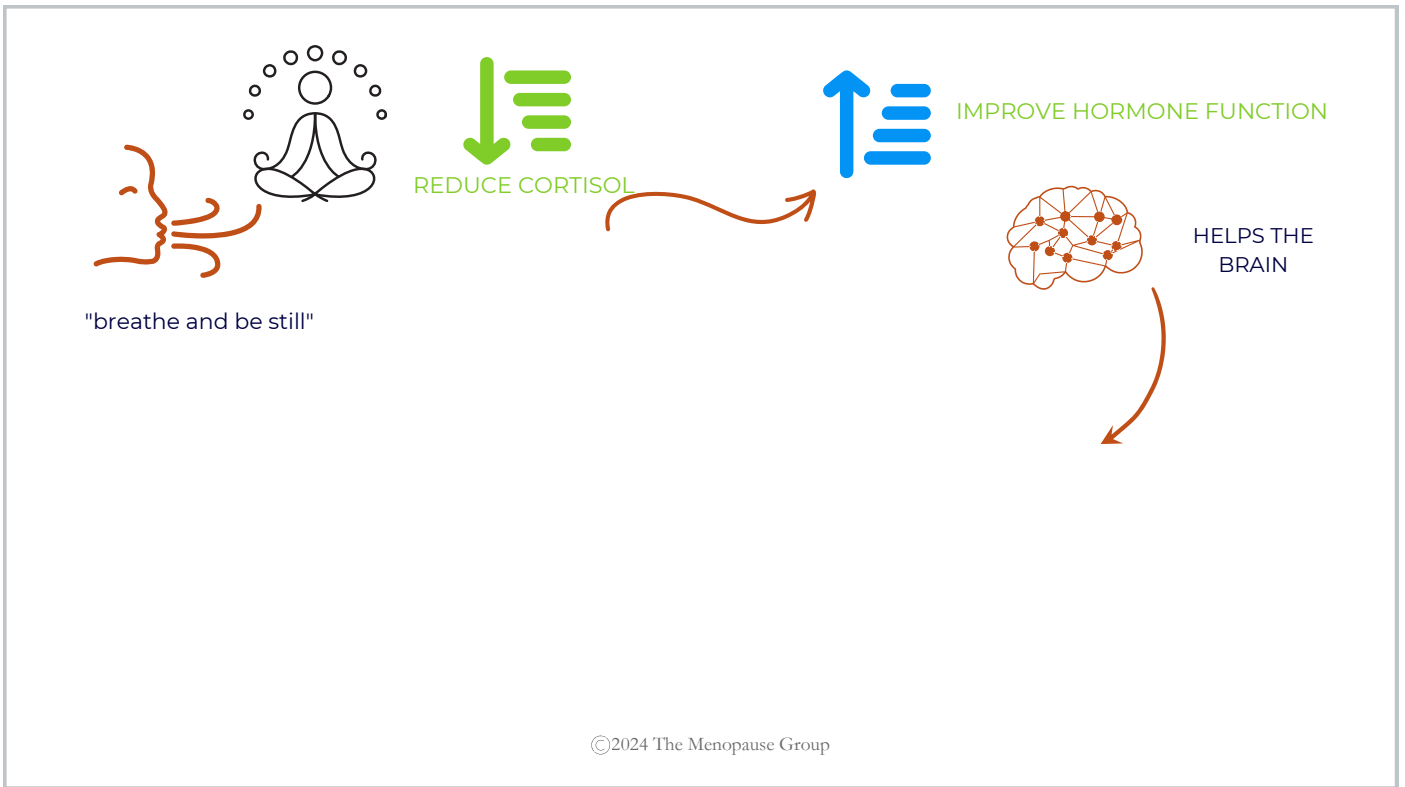


By journaling these things, you can make changes that work for you.

But before you make any changes you need to ensure they are doable in terms of time, budget, and support to make them ongoing and sustainable.



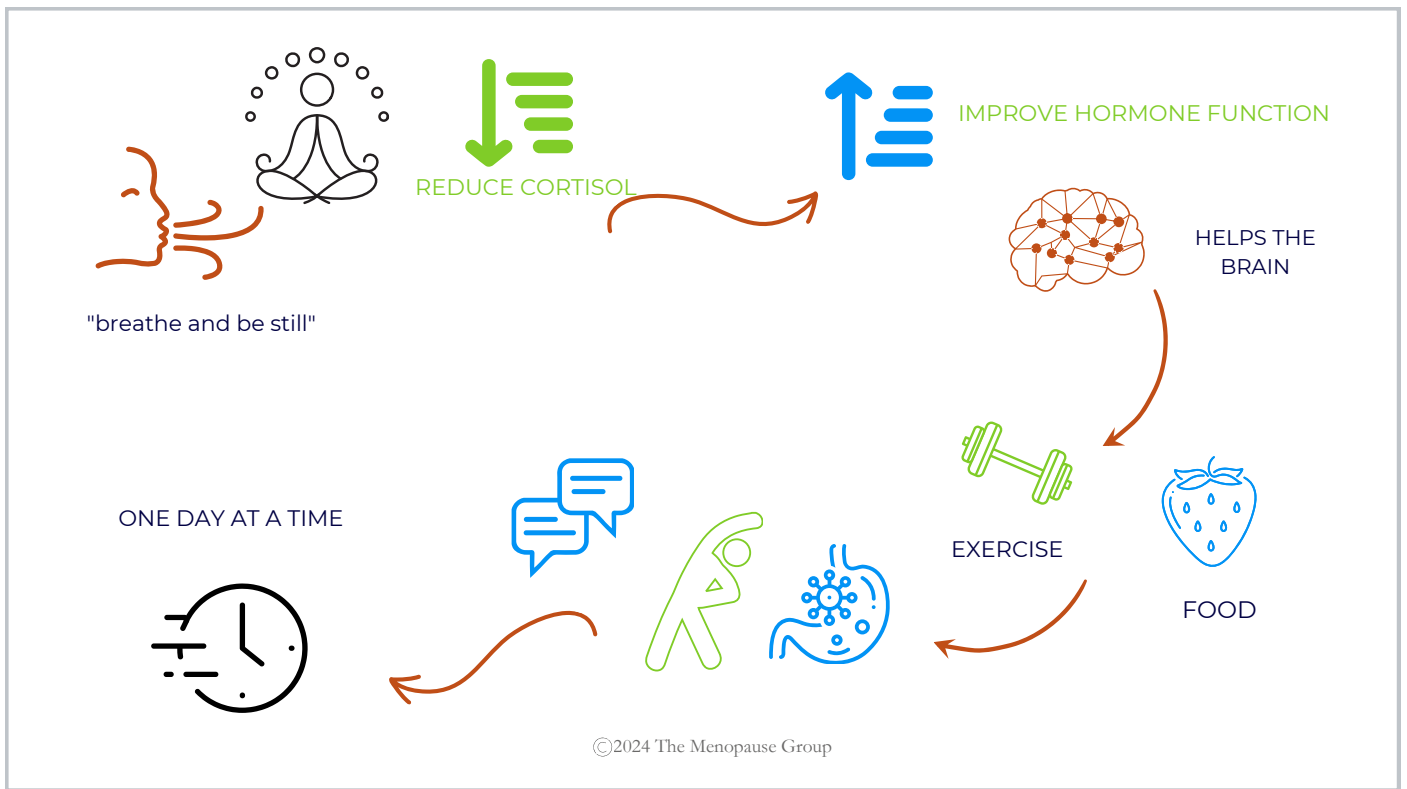
HRT can be a great addition to the menopause toolkit. It contains the hormones that support the 11 systems. When you add them to the toolkit it's like smoothing the irregular hormone curve, to a level that reduces symptoms. There are lots of things to consider before choosing them and a good conversation with your healthcare practitioner is advised.



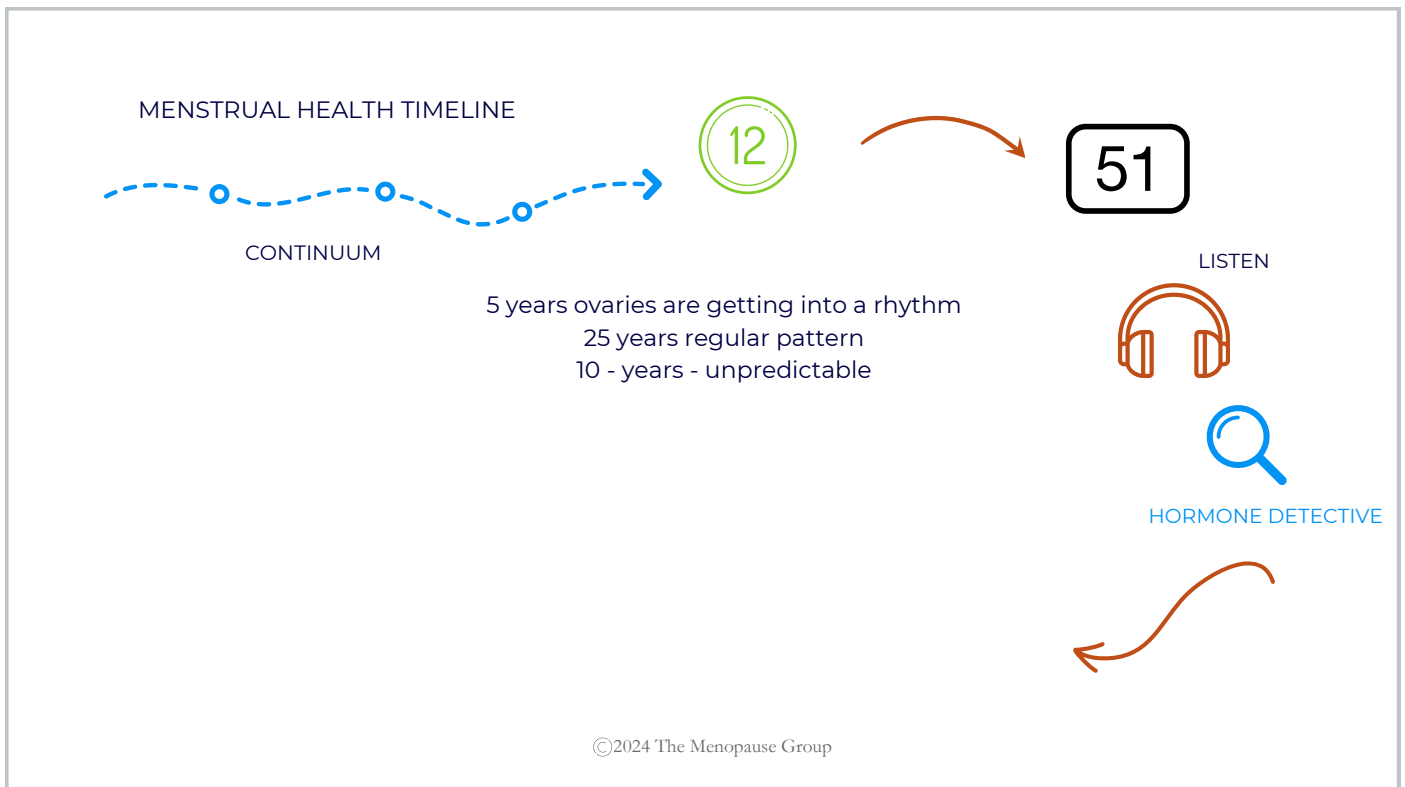
Other things that you can do yourself are:

Breathing well, which helps to keep stress levels moderate. This step improves hormone production and function.

It particularly helps the brain, which helps with everything.



Tools like food and movement are very powerful in supporting the whole mind and body. Talking and sharing help too. But remember to take all of this one day at a time.

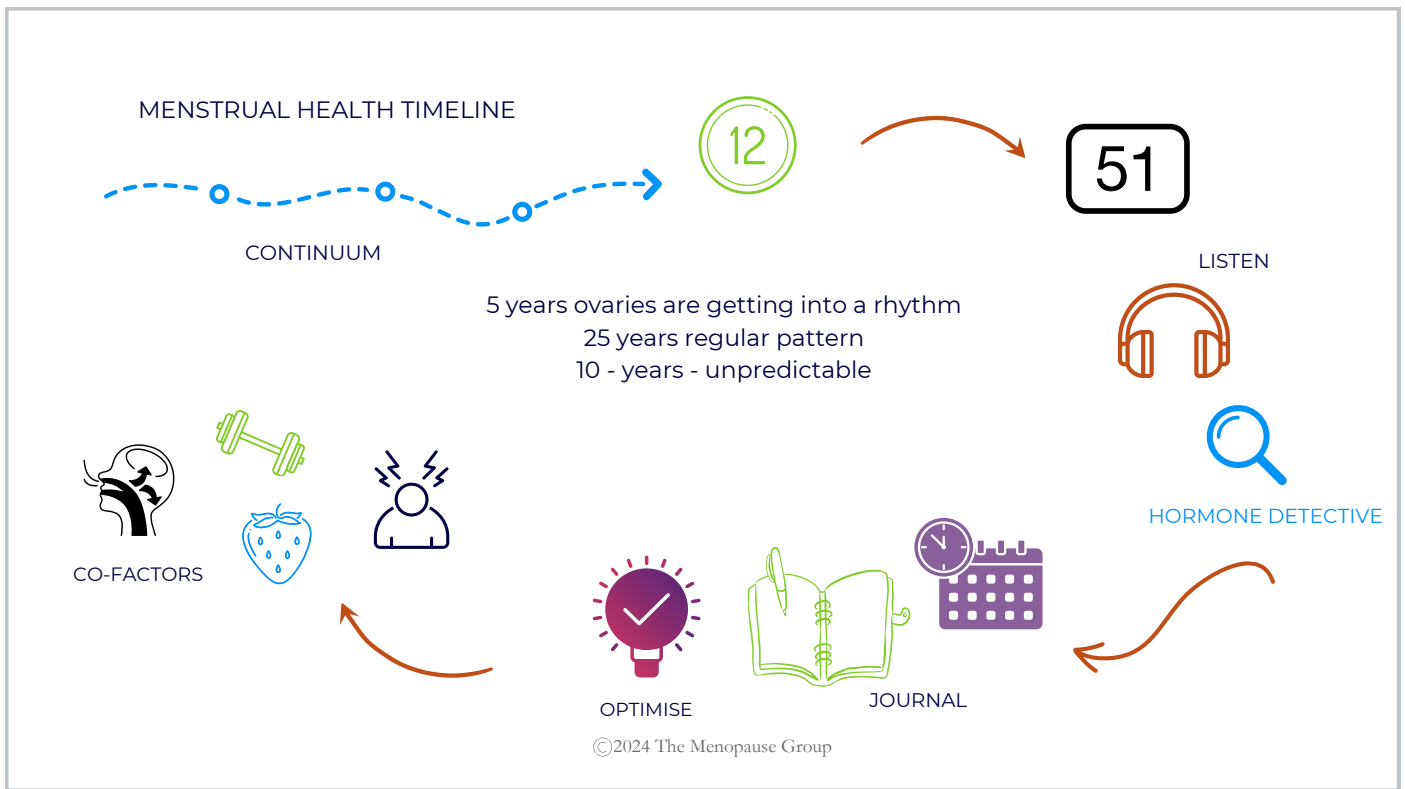


Remember, this is a menstrual health timeline.

A continuum of events that are traveling in a one-way direction, from the age of 12 to 51 and beyond.

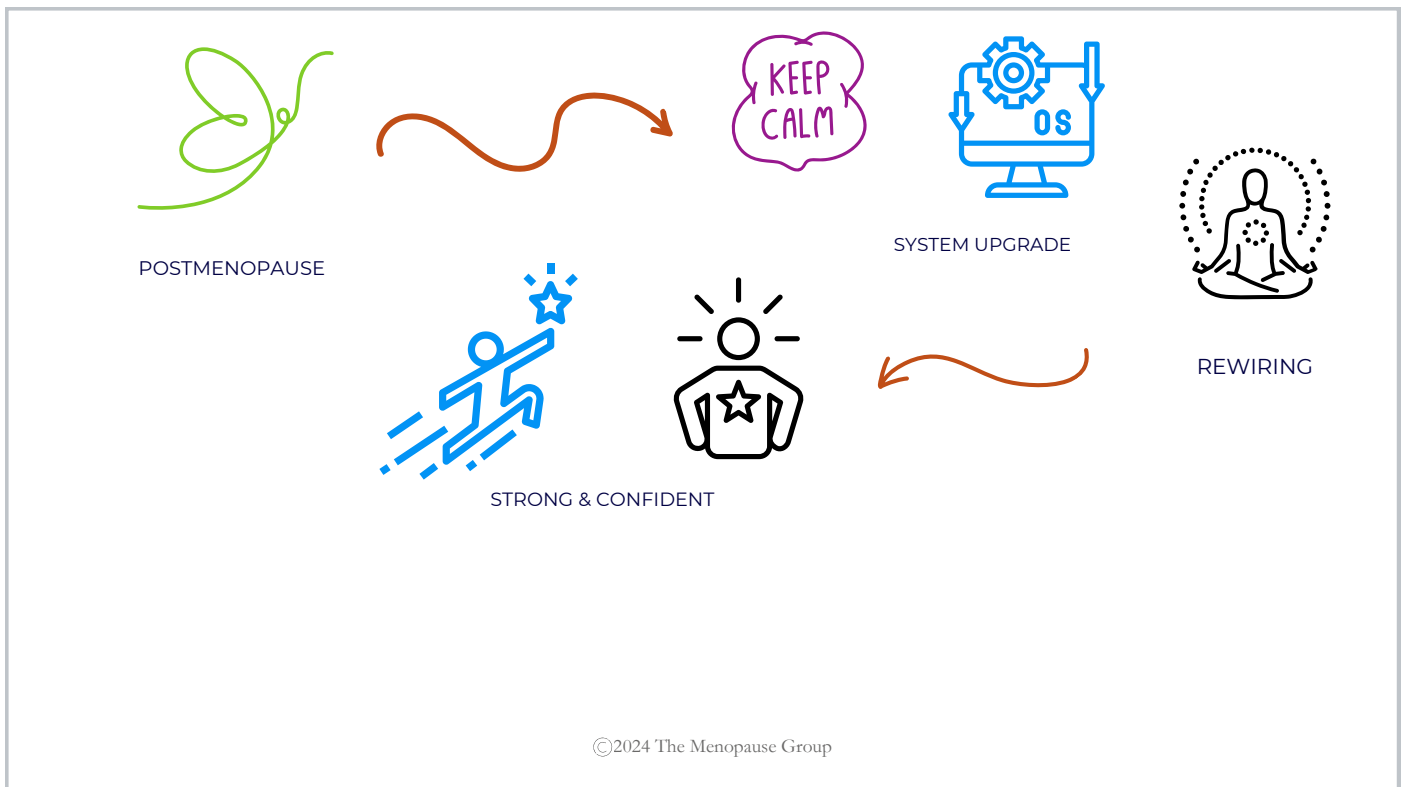
We can make the experience more positive if we listen to our bodies and become hormone detectives.



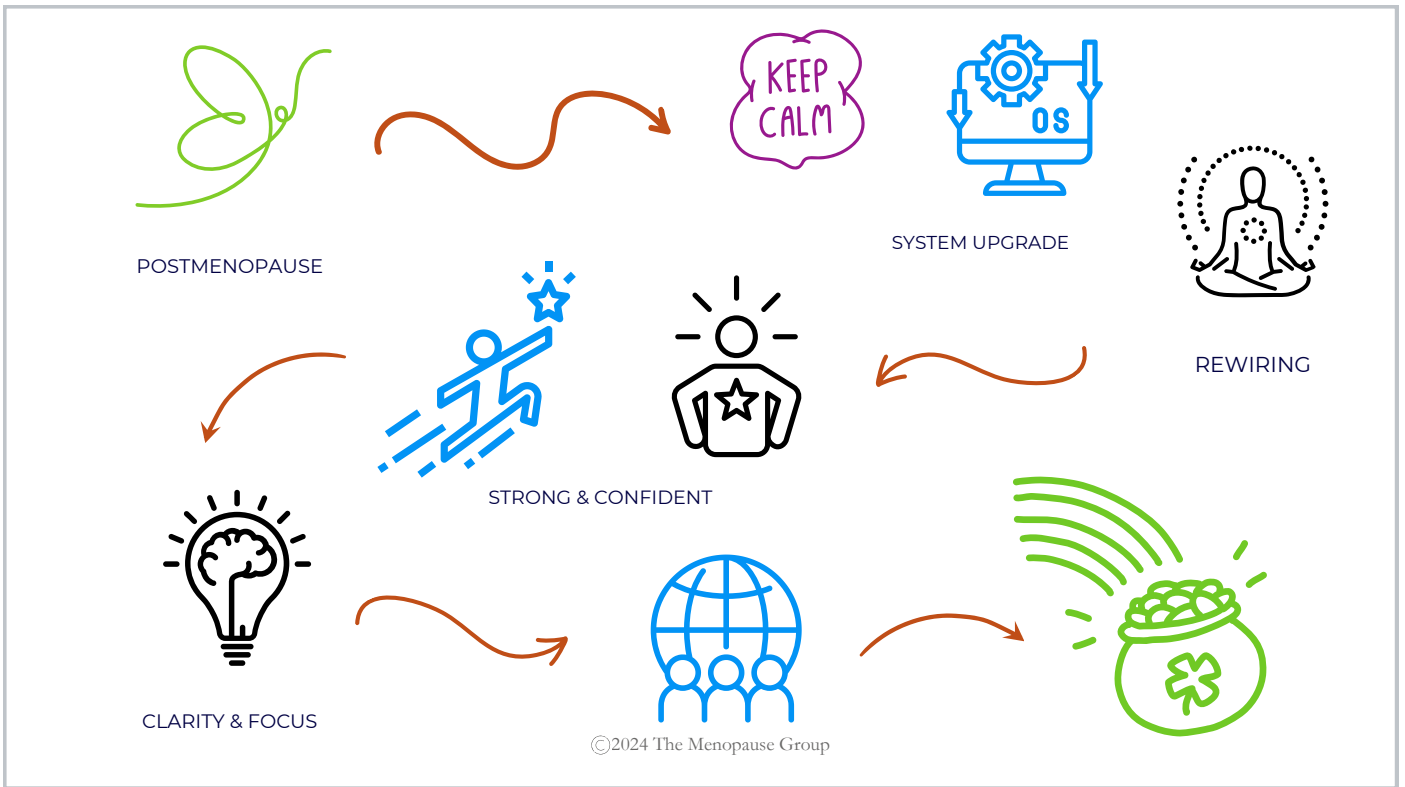


Now that you know more about the language of menstrual health, you can tune in and journal what is happening by tracking your cycle and learning how to optimise it using the co-factors.

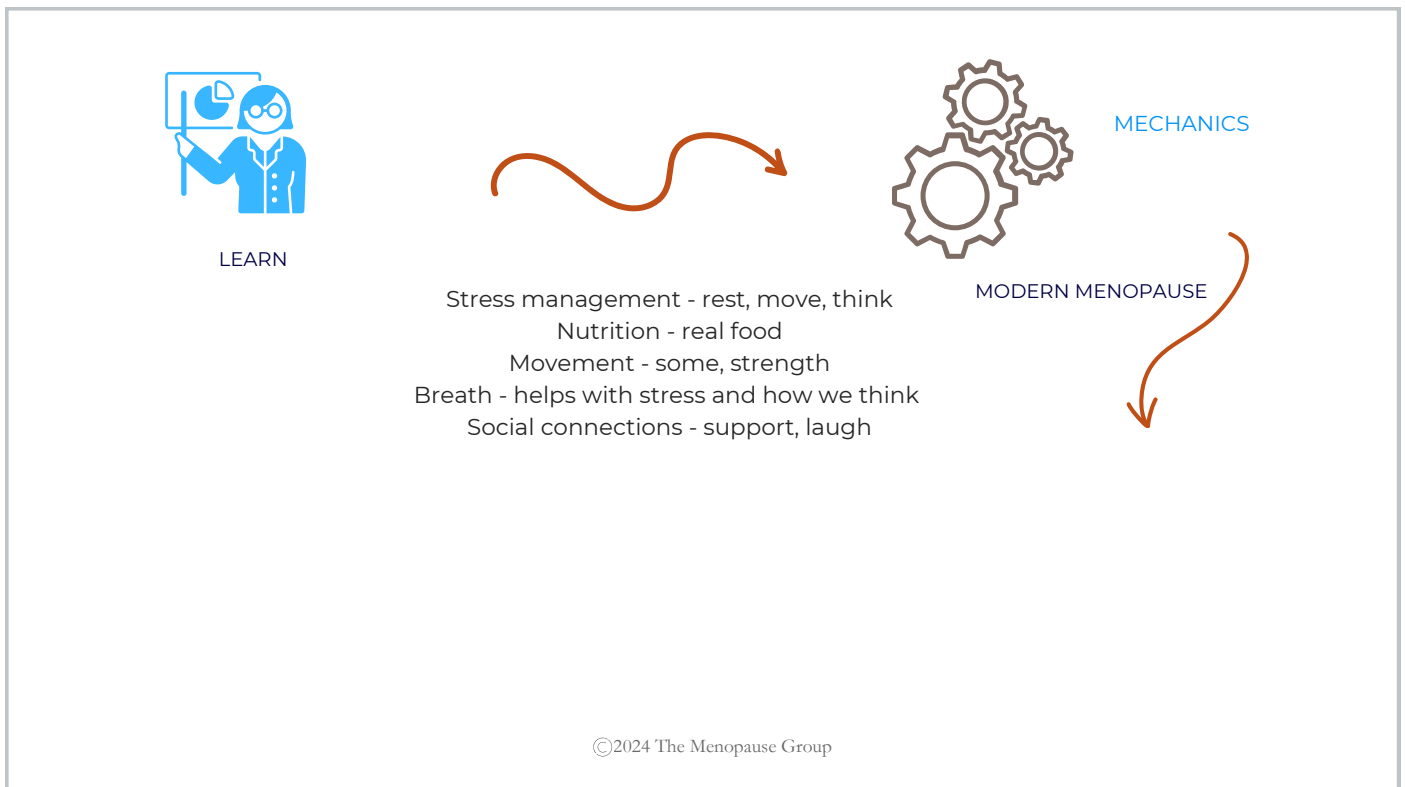
This is particularly important when we reach perimenopause.



Postmenopause is a curious thing, we rarely have time to consider.  
En route stay calm at all costs, this is a system upgrade like no other and involves a rewiring of all systems, mostly the brain.  
The new version of you tends to feel strong and confident.



It brings with it a new awareness of the world and the community around you. We would love to see more people embrace postmenopause, and view it as reaching a positive space on the hormone rainbow, just like reaching the pot of gold.

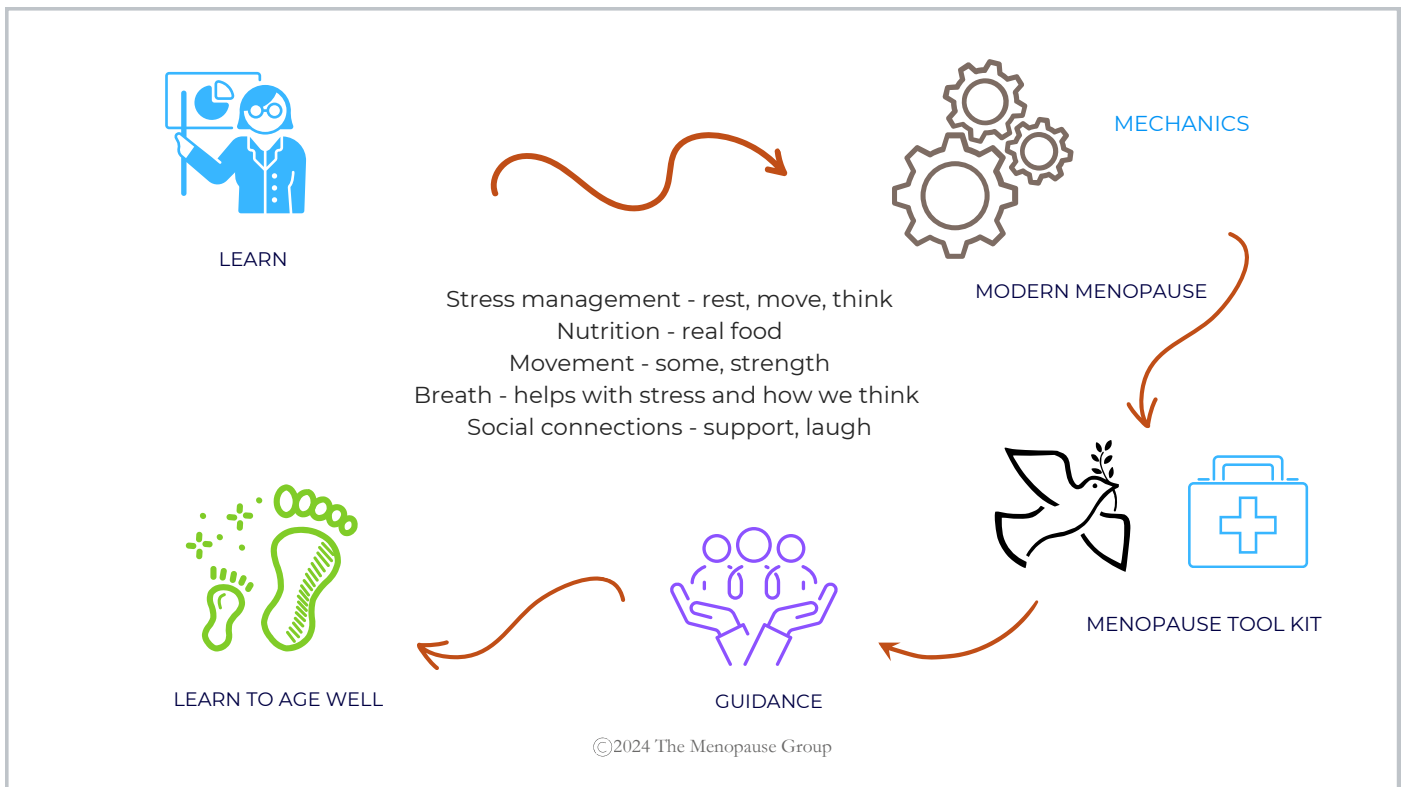


We know that lack of information creates overwhelm.

We have to remember that the mechanics of menopause are the same as they have always been, but the way we live our lives has changed.

This is what we call the modern menopause.

We need to build a toolkit that fits us as individuals.



We also need to be at peace with the process and address what may be stopping us from doing this.

A sense of community and commonsense guidance make a difference in what and how we learn about aging well.

[www.MenopauseGroup.org](http://www.MenopauseGroup.org)