

What is Menopause?

The time that marks the end of your menstrual cycles defined as occurring 12 months after the last menstrual period

Common symptoms of Menopause

Poor Sleep

night sweats, insomnia, sleep-disordered breathing, and other mood and sleep disorders

Weight Gain

hormonal changes, aging, lifestyle and genetic factors can all influence weight gain

Vaginal Dryness

a hallmark sign of the genitourinary syndrome of menopause, also known as atrophic vaginitis or vaginal atrophy. Vaginal tissues become thinner and more easily irritated — resulting from the natural decline in your body's oestrogen levels

Mood Changes

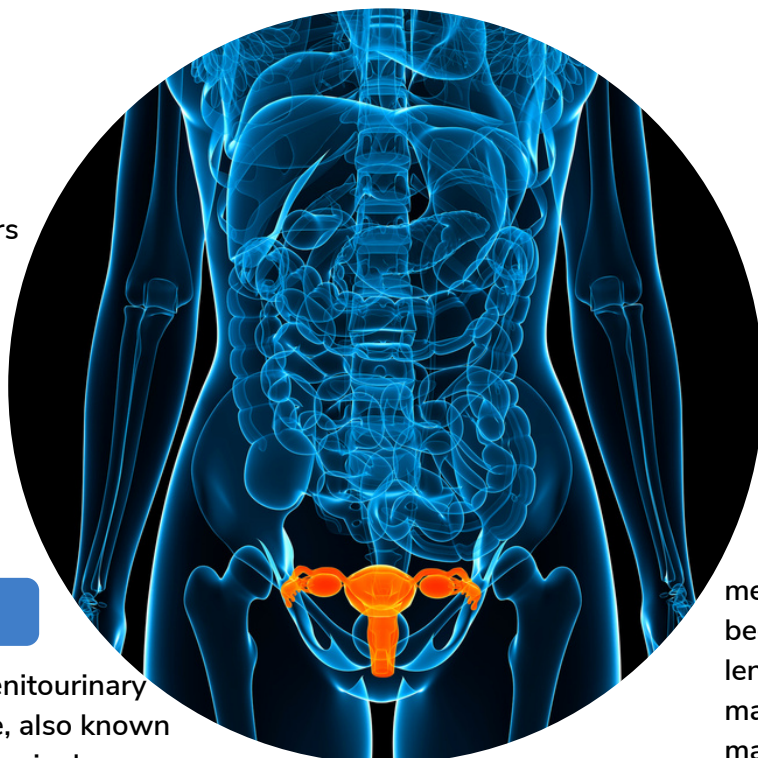
Fluctuating oestrogen, progesterone levels, plus other hormone changes can disrupt mood

Hot Flashes

the sudden feeling of warmth in the upper body, which is usually most intense over the face, neck and chest. Skin may redden, as if blushing and it can also cause sweating both day and night

Irregular Periods

perimenopause occurs before menopause when ovulation becomes more unpredictable, the length of time between periods may be longer or shorter, flow may be lighter or heavier, and you may skip periods altogether



Other Symptoms

There are over 30+ different symptoms linked to menopause

Every woman will experience different symptoms during menopause and these may also vary in severity and frequency. In addition to the most common symptoms above, hormonal fluctuations can cause loss of libido and breast soreness, some suffer increased headaches, burning mouth and changes in taste, tingling extremities, increased fatigue, joint pain, muscle tension and aches, thinning hair, brittle nails, memory lapses and difficulty concentrating, stress incontinence, body odour, anxiety, panic and increased heart rate.

Diet & Nutrition

Diet and Lifestyle support during Menopause

There are many ways to support menopause symptoms with a personalised nutrition and lifestyle approach. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms. Combined with lifestyle recommendations to aid sleep, support stress, promote adequate physical activity and more, nutrition can help individuals introduce multiple health protocols to help manage the frequency and severity of symptoms.

