

menome

3 WAYS TO HELP
*support your body
through menopause*





1. Support Yourself Nutritionally

Food is one of our most powerful allies when it comes to feeling good and balancing our hormones. Ensure you eat good fats and lots of green leafy vegetables.

Minimised refined and processed foods and opt for fats such as olive oil, coconut oil, avocado, nuts and seeds with lean meat and fish such as salmon.

Rx: flood your body with nutrients.



2. Schedule Some Me-Time

Even if it's just 10 minutes, you-time spent walking, meditating, deep breathing or journaling can reduce the levels of the stress hormone cortisol in your body.

Constantly elevated cortisol can lead to premature ageing, weight gain, chronic disease and exacerbated menopausal symptoms.

Rx: diarise some chill time.

Try this: breathe in slowly for seven counts, hold for four and release rapidly for eight. Repeat half a dozen times.



3. Move Your Body

Aside from good nutrition, one of the most beneficial habits to get into is to exercise. It doesn't have to be long or hard. In fact, gentle walking for 30 minutes will do the trick.

It will help with weight management, reduce cortisol levels, encourage better sleep, keep the oxygen flowing through your body and keep you calm and relaxed.

Rx: Whatever the weather book in for 30 minutes a day.

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to live a life you love.*



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