

Menopause & Self-Care

As Women age and transition through **Peri-Menopause and Menopause**, they may begin to experience sudden inexplicable weight gain and other symptoms such as low energy, anxiety, depression, irregular cycles, heavy cycles, hot flashes, night sweats, insomnia and more.

As our weight and body shape shifts, we can become disheartened and our self- image suffers. Our hormones become unbalanced, and our body shows the effects. Our metabolism may slow down, and our age begins to catch up with us. We find ourselves beginning to put on weight around the middle, our skin and hair become dryer, our nails and bones may become more brittle and our joint pain increases. Our moods may fluctuate, and our energy levels drop.

Many women exercise regularly, eat clean with little to no success in releasing unwanted weight and little to no control over every 10 lbs that magically appears. Unbalanced Cortisol and poor sleep only complicate our sudden weight gain even more.

If only we knew how to plan for this transition, we would seek answers prior in preparation for balancing hormones instead of blindly hoping for the best.

My life changed dramatically in my late 40s. I started to struggle in my marriage. Having 4 children, I never put myself first, always leaving my needs last. My goals and well-being were always an afterthought. With relationship changes, I started to struggle with self-esteem and self-confidence. Menopause



Kelly- Pharmacist

was close by and body image was an issue.

Divorce and Menopause often occur simultaneously yet both are a completely natural process. We can go a long way in supporting this natural process by balancing our hormones through healthy eating, joining an accountable weight loss system, getting proper sleep, drinking plenty of water, gentle exercise and daily meditation. Even simply completing a Saliva Hormone Test can send us on the pathway of success with a guided program to balance all our hormones.

Investing in your health is key. This however requires self-awareness, accountability and commitment. For many, we tend to always put our needs last. When you lack focus, it prevents you from accomplishing all your goals including health, wellness and perhaps even hormone balance. It all begins by envisioning our success and creating our own daily success habits. My morning always begins with meditation, 30 minutes of reading and 30 minutes of light exercise. I write in my gratitude book and shift my mind-set to positive.

Menopause is a transition. Spend more quality time with family, create daily success habits and set our intentions for reaching those health goals that we have not yet reached.

Start now by committing to invest in your health. Create a community of accountability and challenge yourself to be your best!

Lets get started...Call NOW or TEXT 416-884-8444 to book your **Complimentary Consultation** or email Kelly, kelly@avitaintegrativehealth.ca

Avita Specialty Weight Loss Clinic

The Menopause Diet

Supervised by a Pharmacist & Nutritionist

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