

Restore

Kelly Nolan's new book *Restore Your Life*
Helping women find answers during menopause, and even earlier

by Laurie Wallace-Lynch

Although Kelly Nolan's new book *Restore Your Life: Powerful Life Strategies to Navigate Menopause*, focuses on helping women going through menopause, Nolan said the book contains key health strategies to mentor women of all ages.

"There are four pillars affecting the health of women of all ages: stress management, nutrition, exercise and hormone balance," explained Nolan. "If one or more of these are not in balance it will be very challenging to achieve optimal health."

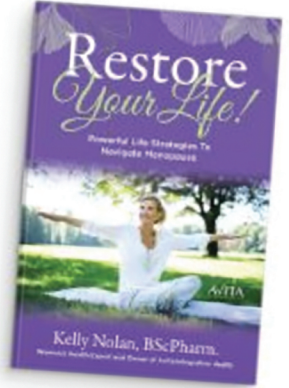
As a pharmacist for more than 30 years and Clinic Director of Avita Integrative Health since 2009, Nolan is a women's health expert who has made it her mission to guide women to reach optimal health, with a focus on supporting their journey through menopause and peri-menopause. Her extensive training in Pharmacotherapeutic Hormone Restoration Therapy guided her career for more than a decade. For 25 years, she has treated clients with Integrative Medicine and pharmaceutical grade natural supplements to provide a strong foundation to support their hormone imbalance in addition to addressing a variety of health concerns. Her 'Secret Blueprint' the Saliva Hormone Test provides clients with a roadmap or blueprint of their unique chemistry. With the template of the Saliva Test married with a health assessment, Nolan can prescribe tailored solutions of pharmaceutical grade natural supplements to support everything from hormone imbalances during menopause to customized weight loss solutions.

Her book is intended to reach a broad audience of women both nationally and globally.

"The book allowed me to unleash my years of expertise," she said. "The takeaway is a step-by-step guide complete with tools and strategies, to successfully navigate a client's journey through menopause. My message is that menopause is a natural phase of life, it is not a disease state that requires us to suffer with unwanted symptoms. Many women struggle with low self esteem or low self image, feeling very unhappy when they look in the mirror and see how their body has changed. In fact, their body is often unrecognizable. The top symptoms women may experience during menopause include hot flashes, night sweats, insomnia, weight gain, low energy, joint pain and low libido. The issue is their hormones are shifting. As a pharmacist and having worked in integrative health, I am able to prescribe customized natural solutions. The Avita System incorporates Saliva Hormone Testing, more accurate than blood work and therapeutic dosing of supplements to bring their hormones back into balance. The program also includes 1:1 coaching and structured self care—again it goes back to aligning your four pillars."

Nolan has gone through menopause, so she can relate to what women are experiencing.

Restore Your Life: Powerful Life Strategies to Navigate Menopause is available through the Avita Integrative Health website at, avitaintegrativehealth.ca Or, hormonetesting.ca and will be available soon on Amazon.



"My 'Secret Blueprint' is the Saliva Hormone Test," she says. "It's a powerful tool which provides the template to develop customized solutions to balance hormones and resolve women's worst menopausal symptoms. I have been working with the hormone test since 2017 and it always seemed like such a secret. I didn't want it to be a secret anymore. Women are experiencing such great results that I wanted to share my method and knowledge to a much broader community. Clients often see some degree of change within two weeks. For example, Judy had struggled with hot flashes for 10 years and after treatment, saw her hot flashes fairly reduced after only two weeks. Women are often surprised with their saliva test results and discovering that the 20 or 30 pounds of stored body fat could be the result of high estrogen or high cortisol as an example. Hence the muffin-top."

The Saliva Hormone Test is a home kit shipped directly to the client's door. Once completed and couriered to the medical lab the results are sent to Nolan in about 10 business days for evaluation. Her expertise also extends to guiding men experiencing symptoms of male andropause (the male version of menopause).

"It's wonderful to treat couples together. It makes so much sense."

Anyone around the world can contact her for a consultation.

"I currently have clients across Canada and the U.S.A. Locally clients can access my services in person at Headwaters Fitness & Racquet Club in Orangeville, Dufferin County. When I hit 49, I was not prepared for menopause and didn't know what to expect, hoping for the best. Women lead busy lives, distracted with life's responsibilities. Often our self care gets pushed to the bottom of our priority list. This book pushes self care to the forefront. My vision is to reach a wider audience online who are seeking answers frustrated with their physical and emotional changes, deteriorating health and low self esteem. My goal is to help more women find their true answers and to never excuse menopause as part of aging."