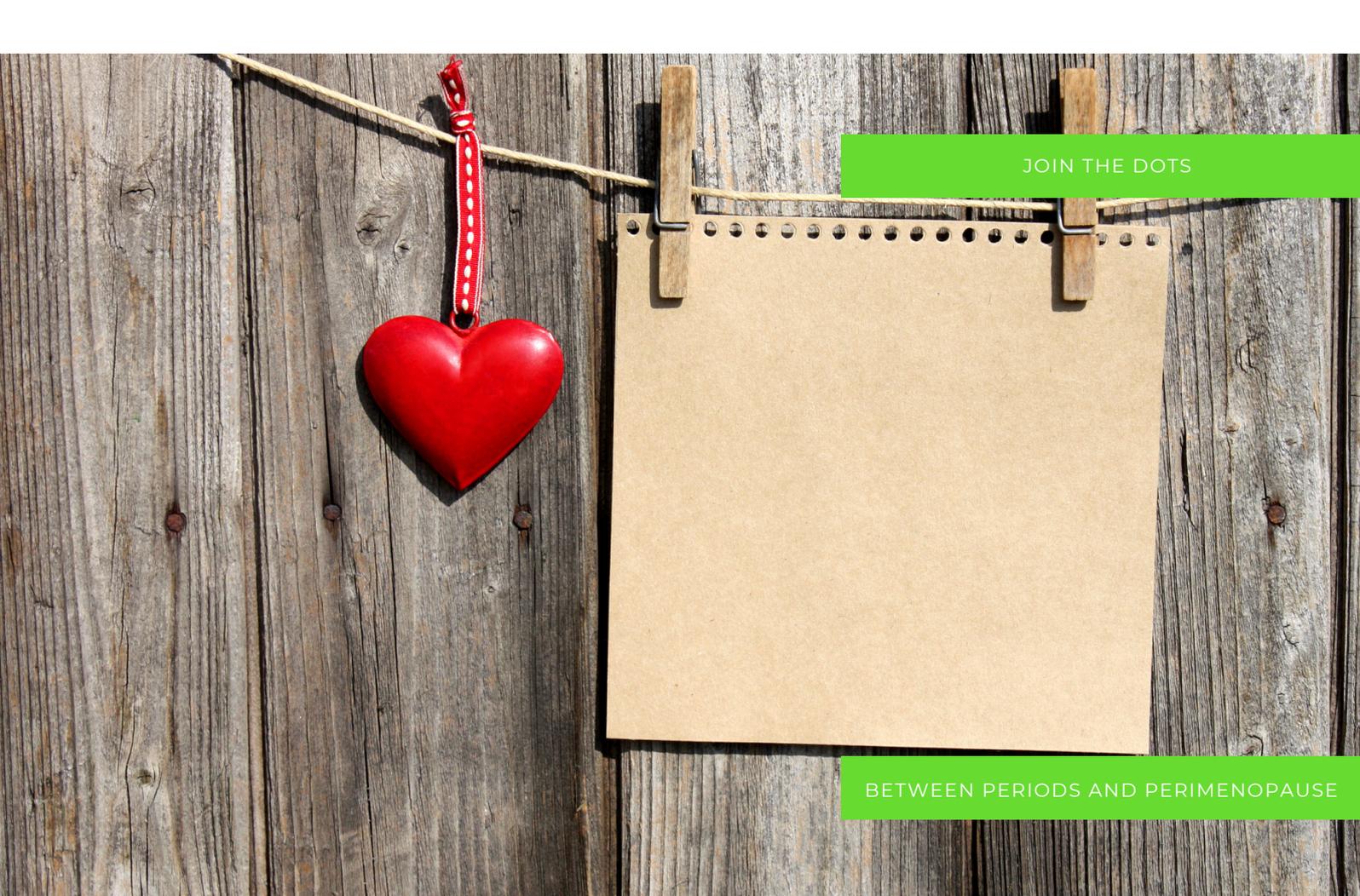


The  *A 360 APPROACH*
Menopause
School



MENSTRUATION ... THE MISSING MENOPAUSE MEMO



JOIN THE DOTS

BETWEEN PERIODS AND PERIMENOPAUSE

MENSTRUATION AND WHY IT MATTERS

THE 5TH VITAL SIGN

We don't talk about menopause because we don't talk about menstruation. We don't talk about menstruation, because we weren't taught how to.

It seems that we can only solve this puzzle and completely preach the gospel of menopause with confidence, if we clear up the **mystery of menstruation.**

We are taught the simple facts about menstruation at school. Such as the 4 hormones involved, the wiggles and lines these hormones follow, and the principle of a regular pattern that revolves around ovulating, pregnancy or a week of bleeding. We may receive some advice on managing the mechanics of the bleeding with various resources and also the pain of menstrual cramps. The conversation is often then attached to fertility and how, or how not, to become pregnant.

When we are young the perception of menstruation builds up that it is not something we talk about, we should be discreet when talking about the tools we need to collect the blood and hide the fact we bleed for 7 days and don't die.

The unanswered questions we just work out for ourselves over time.

We bleed for
7 days &
don't die!

**“The story of
menopause
starts with the
story of
menstruation”**

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If we are in pain then take ibuprofen, if we bleed a lot use more pads/tampons. When someone jokes about Aunt Flo, the time of the month, the builders are in, crimson tide etc. we all know what they mean, but why the negativity? These terms are actually global and each language has its own version.

WHY IS MENSTRUATION A MYSTERY?



“We don’t talk about menstruation and no one asks how is it going? ”.

Periods can be scary and painful, no matter how many years you’ve been doing it. From the point of periods starting we are taught nothing about the impact of the changing hormones on every part of our being. For some reason it’s a secret. As the body moves toward perimenopause, no wonder it’s such a shock when the changes become irregular and strange. If we don’t know what a normal pattern is how will we know when it changes?

If we uplift the conversation and tone on menstruation, engage in a constructive dialogue, we can then look at how we optimise the experience and celebrate the positives of the menstrual cycle, including:

- Times of increased creativity.
- Opportunities for expanded thinking.
- Bursts of energy and productivity.
- Allows tuning into emotions and other sensations.

... HOW CAN WE IMPROVE THE MENSTRUATION EXPERIENCE?

1. Learn about the role of the hormones in the menstrual cycle - Oestrogen, Progesterone and Testosterone are produced in different glands and tissues; one of them is the ovaries. Those 3 hormones play a huge role in our overall health and well-being, not just periods and pregnancy.

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How hormones create change affects our decisions, and vice versa.

Joining the dots between periods and perimenopause is a fundamental learning experience, and this new knowledge will support you along the Hormone Highway of life.

WHAT IS YOUR NORMAL?



“Menstruation is the missing menopause memo.”

2. Gain an understanding of the whole body, mind experience that takes place each cycle, the similarities and the differences. The small changes, collectively, create large scale change over time.

3. Track your cycles, collect data – type of bleed, pain, length and frequency. Also #coppafeel of your boobs. Be more #HormoneDetective. Changing hormone levels hold the key to our long-term health and well-being and the menstrual cycle can be considered the 5th Vital Sign.

4. Keep a ‘food & mood’ diary to monitor your environment and the role it is playing on your hormone activity. How you feel – tired, happy or sad is directly linked to your whole environment, which influences your hormone effectiveness, which may affect your behaviour. You may need to modify what you are doing in order to mend your menstrual cycle and manage the process more effectively.

... WHAT PRACTICAL THINGS CAN WE DO?

- Take steps to reduce inflammation in our personal environment.
- Inflammation makes it harder for hormones to do their job.
- Inflammation is caused by stress, food, lack of movement and lifestyle choices.

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FOR EXAMPLE ...

START YOUR MENSTRUAL AWARENESS

- Eat real food – humans were not designed to metabolise non-real foods, no matter how little or largely they may be processed.
- Move well and often – humans were not designed to be still for long times.
- Rest and digest – breathe, sleep and be mindful.
- Make wise lifestyle choices such as positive social interactions, relationships with others, whether you smoke and drink alcohol in quantities above guidelines.

How hormones create change affects our decisions, and vice versa.

Joining the dots between periods and perimenopause is a fundamental learning experience and will support you along the Hormone Highway of life. Healthy ageing is directly related to healthy menopause and menstruation is the missing menopause memo.

If you are forward thinking and would like to be a part of the Evolution of Menopause please get in contact today.

email: fiona@themenopause.school tel: 07591 427130

**“How's your menopause going?
... asked no one ever!”**

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