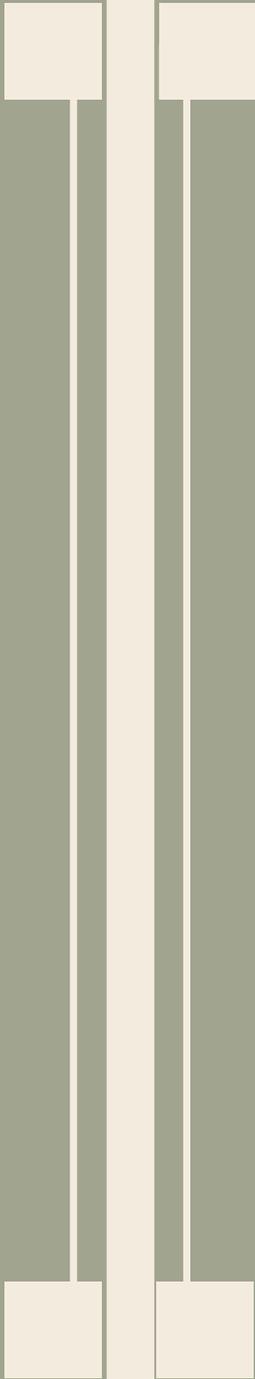


How to get your life back on track and start to feel fabulous again

The ultimate guide to
a Symptom Free and
Happy Life





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HELLO AND WELCOME TO THE ULTIMATE GUIDE ON A SYMPTOM FREE HAPPY LIFE...

This is a three step system - It's not a faddy diet - just sensible stuff that works. And it's all about you.

It will get you back to feeling lighter and brighter, more energised and happy!

And by the end, you will be able to flourish and not just survive as you go about your daily business.

Along the way, expect to be encouraged, educated and inspired as we go on this journey together. I've got your back and will be there every step of the way.

Everything that I do is focused on getting you results. And my 3 point plan is designed with this in mind. At the same time, it is realistic, achievable and sets you up for midlife and beyond. We explore what is going on, then set about restoring & balancing you so that you can leave the programme feeling energised, inspired and confident about your future.

So what's the overview?

Together we explore what has been going on in your body. I use advanced hormone, nutrient and diagnostic testing to find out where your imbalances are.





This gives me a very good picture of what the root cause of your symptoms are and the areas to focus on.

And when we have done this analysis, we can start to plan.

I can cut through all the info that is out there and work with you on the nutrition and lifestyle changes that will have the greatest impact on you.

Just feeling ok is not good enough. We can start work on restoring the foundations to good health and getting your hormones balanced. And ultimately we can reach a point where you move from just functioning to flourishing. You become energised. Your future is bright and your opportunities are endless.

BUT BEFORE WE START

I'd like to ask you a few questions, just to make sure you're in the right place!

Have you had enough? Is it time to do something about it and get rid of those horrid symptoms for good?

Do you want to achieve a healthy weight, have more energy and enjoy some really good sleep?

Do you want to look and feel fabulous?

CHAPTER 1



EXPLORE

EVERYTHING STARTS WITH STEP 1

If you're tuning in right now, you are probably a female who is over 40 and just feels crappy.

You are probably exhausted but can't sleep.

You may have put on weight and can't get rid of it.

You are quite possibly feeling stressed, anxious and moody.

And sometimes you just want to cry with frustration because you feel rubbish and just don't know where to turn for support.

But it really doesn't have to be this way and I would like to tell you about my three step plan.

It's not a faddy diet - just proven sensible stuff that works

My three steps to a happy, symptom free life is based around: explore, restore & balance and energise.

We start with Step 1 which I call - explore - And for me this is the most important part of your journey back to health.

If you are suffering and experiencing symptoms, your body is trying to tell you something. In a way, it's a cry for help. And it isn't something that you should ignore.

So in step 1, we roll up our sleeves and together we dig deep to unveil what is happening.

We take off the sticky plaster and analyse what has been going on in your body. And here I am talking about stuff that has been going on for years. And then we work with the latest advanced hormone, nutrient and diagnostic tests to understand why, so that no stone is left unturned.



We want to be sure that we get to the root cause.

And by doing this we can start work on a plan that will deliver you the results and the outcome that you so desperately need.

Sticky plasters don't work! You may feel better temporarily but symptoms will re-emerge with a vengeance.

So, step one is about casting aside everything that you have tried so far. It doesn't work. All you have been doing is putting a bandaid on your symptoms and this is not the right approach.



It's time to say goodbye to your coping strategies and adopt a sustainable approach that works for life.

It's time to say goodbye to caffeine and sugary snacks to fight off the exhaustion.

It's time to bin the sleeping tablets at night and the endless diets that just make you feel hungry, grumpy and fatter than you would like.

No more shouting and screaming at your loved ones and drinking wine to de-stress.

Instead, It's time to dig deep, really understand what is going on and address the root cause.

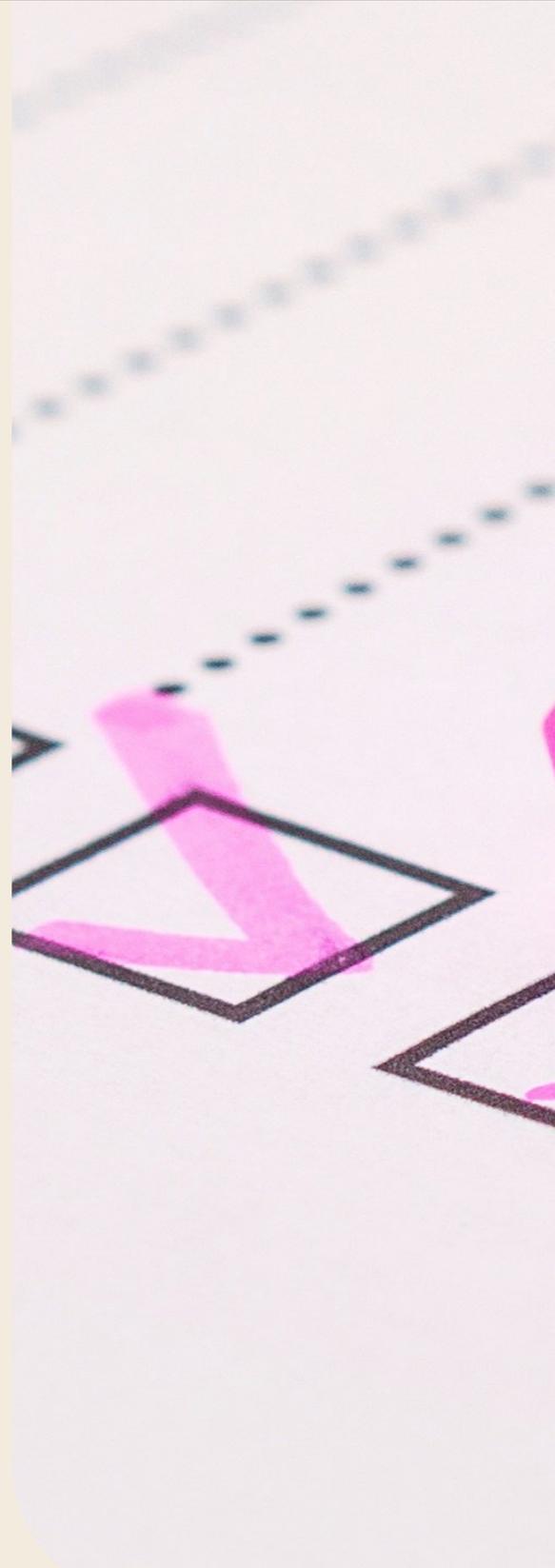
To start the process, we ask you to complete a full and detailed health questionnaire so we can better understand your health.

For many people, it's difficult to grasp that there is one underlying cause for all the symptoms which show up when you are over 40. And I get that. There are over 30 symptoms (and quite possibly a lot more) associated with the peri and menopause. How on earth could all of them be linked to the same thing?

Well, actually they are. And here's the thing:

When you are over 40, your body starts to go through some very big hormonal changes. In addition, it is likely that you have built up a lot of stress in your life. Your diet choices may not be the best. You have probably put your liver under a lot of pressure and you are probably quite toxic. Your metabolism may be becoming sluggish.

The list goes on.





But at the heart of this is the fact that you have become “out of balance” and a little bit neglected.

So, for me, step 1 is the most important one. And it is all about getting to the root cause. Because when we know where the imbalances are, well then it's easier to do something about it.

So how does step 1 work?

Firstly, we talk. I want to really understand how you have been living your life. I want to know all about your symptoms. This is not a one size fits all approach. It's just about you. This will immediately give me a good idea of what is going on and where the imbalances are.

But for me this is not enough. If you are really serious about investing in your health and getting results, the best thing to do is some testing.

Even if just one of your main hormones is out of balance, it can have a flow-on effect to all your other hormones. And it's not until you get them all working at an optimal level that you feel that you are living again.

So testing takes out all the guesswork. It allows for clarity and gives you a clear sense of direction. It delivers fast effective results as it is able to really target the root cause.

So typically, in testing I would be looking at the key sex hormones (oestrogen, progesterone, testosterone) as well as the thyroid hormones and cortisol to see how they are behaving in the body.

The beauty of these tests is that they are quick and easy to do. And all from the comfort of your own home. They are not the blood tests that you get at your GP surgery, but the best diagnostic scientific tests available today. And they are an invaluable tool in identifying why you are struggling and where the imbalances may be.

Let me give you some examples:

We know that fluctuating oestrogen can cause hot flushes, brain fog, insomnia, mood swings, low libido, PMS, bloating, headaches and achy joints.



So, it's really important to know levels. Are they too high or too low and how are they actually being processed and metabolised in the body?

We know that stress has a huge impact on health and so seeing cortisol (your stress hormone) patterns is another important marker.

Identifying nutrient deficiencies is also invaluable as these can feed into hormonal imbalances and be at the heart of a whole host of symptoms.

And for some, it may be relevant to evaluate gut health which is also linked to hormonal health.

So step 1 is all about unearthing the root cause through talking and listening to you, evaluating your health questionnaire, and investing in some testing.

At this point, we can move to the rest of the plan. And this is where the magic begins.



Now that we have explored and dug deep, the root cause of your struggles has started to emerge. The testing we have done has taken this one stage further by taking out the guesswork. We have shone a spotlight on where the imbalances are. And now we can deal with them.

This all means that we can create the perfect plan of action - It's time for you and your body to be restored and balanced.

When it comes to testing this is the fastrack solution - it gives you everything - which means we can create a detailed plan and get you feeling better faster.

I work with the best companies that offer the most up to date scientific tests. Blood tests are done in the comfort of your home. I will arrange a nurse to visit. Other hormone and diagnostic tests involve taking urine samples which again are quick and easy to do. And the beauty of these is that we see how your hormones are behaving over the course of the day. It is not just a snapshot in time as this would not be giving us the full picture.





And once the results are back, it enables me to give you a personalised and targeted plan which gets to the heart of your problems and accelerates impact and results.

And from experience, when you see your results in black and white and see where your problems are, it is actually really motivating. There is nothing like seeing a lab result on paper to encourage a change in approach. It really does help with compliance and sticking to the plan.

And of course, it gives a benchmark from which to measure progress.

A photograph of a hand holding a pen over a document. The text 'HORMONAL IMBALANCE' is overlaid in large, white, bold letters on an orange background. The document has some text, including 'siso' and 'sis' visible.

**HORMONAL
IMBALANCE**

Without exploring and unearthing the root cause, the drudgery of a life where you just get by continues. The sticky plasters accumulate as more and more symptoms develop. You continue to be frustrated, the stress increases, the pounds continue to creep on, and the sleepless nights get worse.



And of course, the plan doesn't involve any guesswork as the testing has shown in black and white where the focus needs to be. Life begins to look rosier as the plan to get you back to feeling fabulous can start to take shape.



Life is just not fun and you feel less optimistic about the future. But once you embrace step 1, it's as if a whole new world is waiting for you. You know where the imbalances are. You are empowered, you have the knowledge and you have my support to really get to work on a plan.



So what happens next?

The real magic can begin. This is when we can start to see results and you start to feel so much better.

We start to work with food and supplements! And I am there to demystify the good from the bad and the ugly! And the right foods and supplements chosen specifically for you can start to turn things around pretty quickly

We focus on getting the foundations sorted. Without good gut health and a liver that functions well, there's no point. With the right nutrients and supplements for you, I can get this sorted.

You learn how to balance those pesky hormones. We need to get them at the right levels - not too much, not too little. And when balanced, they promote a balanced mood, healthy weight and good energy levels.

This is the part of the plan when things start to look up and we can focus on you and start to prioritise self care.

How would you feel if you knew exactly how to fix all the stuff which is making you feel so rubbish?



CHAPTER 2



RESTORE
AND
BALANCE

ONCE WE COMPLETE STEP 1
WE MOVE ONTO STEP 2

Let's have a closer look at Step 2 which is all about restore and balance.

This is where we focus on laying down some good solid foundations from which you can start to rebuild your health and reduce those unwanted symptoms. We focus on you and learn how to put you on the top of the “to do” list.

So when I talk about the importance of restore and balance, what do I really mean? What needs to be restored and where are the imbalances? They are pretty much everywhere!

Firstly, the modern hectic lives that we all lead means that you are a little out of kilter.

Your busy lifestyle means that your body is not in harmony. How often do you really relax and de-stress?

Secondly, the way you have been eating and drinking for many years, generally means that your basic fundamental systems in your body have potentially been pushed a little too hard. And here I am really thinking about your liver and your gut. If these are not working well and if you don't focus on restoring these functions, it's going to be very difficult to absorb the nutrients you need, get rid of toxins from your body and restore your body to full health.





And lastly, it's all about the importance of hormonal balance.

Your body is pretty complex, but there is one overriding fundamental principle that applies. We like to be in balance - when hormones are too high or too low - we have a problem. But when harmony has been restored and your hormones are balanced you will start to see some real differences in how you feel.

A good solid foundation and balanced hormones give you a better mood, healthy weight, clarity of thought, restorative sleep and amazing energy. And this is what you want!

So step 2 is all about restoring and balancing your body And this is where the fun begins. It's where we get down to the nitty gritty and results start to emerge. Together we work on laying down some good solid foundations. You will learn how to balance your hormones. And we start to focus on prioritising YOU.

And we do all this through the power of a good targeted nutrition plan

This includes well chosen supplements and foods as well as focusing on lifestyle techniques to relax and distress.

By doing this we are supporting a healthy foundation as well as generating and sustaining the right levels of hormones.

With the right supplements, we can really kick start your journey back to health. And although supplements are not for the long term, by choosing the right ones at the start of your journey can really make a difference and deliver faster results.



Supplements can be a mind field...

Choosing the wrong ones or taking the wrong amount at the wrong time can be very unhelpful. This is where my support and guidance is invaluable. It's not a case of just taking a certain supplement because your mate does. Everyone is unique. And remember, we already have your test results to provide guidance so we are in a position to give your body exactly what it needs.

But there is no substitute for getting the right foods into your body. Food can either support or disrupt your hormonal health. It can hinder you or nourish you. It can strengthen you or weaken you. And so getting this bit right is the real biggie when it comes to step 2.

Digestive health is essential for your hormones and overall health and is pretty much determined by the foods you choose to eat.

We want to choose the right nutrients which allow your beneficial gut bacteria to flourish and crowd out the bad guys.

We want to choose foods that support your liver and help you to break down and get rid of hormones when they are no longer needed.

As a general principle, we want to flood your body with purposeful nutrients (and here we are talking about both supplements and foods).

The food which you choose to eat can influence how your body works and eating the right nutrients will have a positive effect on your health, making you more resistant to illness, more energetic and just so much happier with your life.

And what's more, what you eat affects the production of hormones and their signalling pathways. And so in this step, you will learn which foods your hormones love!

Remember that there are over 200 hormones in your body and they are all closely linked to things like your metabolism and your mood.

So feeding them a hormone friendly diet is really going to show a huge reduction in some of your menopausal symptoms such as resistance to weight loss, low mood, insomnia, hot flushes, night sweats and brain fog to name a few.

For example, fat and cholesterol are the building blocks of hormones. You need enough cholesterol to make sex hormones like oestrogen and testosterone. Healthy fats also have a pivotal role in how your hormones communicate. For example, your endocrine system uses hormones to communicate with your brain which therefore impacts your mood and can help to alleviate brain fog.

And at the same time, we want to take out the lazy foods - these are the ones that disrupt your hormones and make you feel rubbish.

We also focus on reducing your exposure to toxins that can cause havoc to your hormones.

And the good thing is that when you get this bit right, your body responds really quickly and you are on your way to seeing and feeling a real difference



But none of this is any good, if we don't focus on you and your lifestyle.

And so in step 2, you will learn to listen to your body and learn techniques to really switch off and relax. Relaxing is often one of the toughest parts to crack because generally, we are often too busy to prioritise it.

And there in itself lies the irony. So in this step, you will learn to shift your mindset. Relaxation becomes an essential part of your day rather than an indulgence. You may not be able to control the stress in your life, but you can certainly learn strategies to help manage it.

And guess what??

When you learn to switch off, your cortisol levels come down. You start to burn fat and lose weight. Your digestion improves, your energy improves and your mood improves!

So where are we so far? You have done all the groundwork. We have dug deep and discovered the root cause. We have put a plan in place and you have delivered on it. You have got your nutrients working for you.

Your foundations are solid, your hormones are balanced and you have strategies in place to put yourself on the top of the agenda and really switch off even if it is for just a few minutes every day. And now you are seeing the benefits.

Harmony has been restored and you can really start to live your life in the way which you have been wanting to. This is your time. And it's time to add the finishing touches: With your renewed energy and joie de vivre you can start to prepare for the rest of your life.



So what's the key takeaway from step 2? The one biggie that will really deliver you the results?

When it comes to restoring and balancing your body, choosing the right nutrients and avoiding the wrong ones has to be the top priority.

And this is because your body responds so quickly to being nourished in the right way.

Just some simple changes can make a real difference.



And the best thing is that because of all the explorative work we have done and the diagnostic testing, these changes are actionable right now.

You now know what nutrients your body needs and with a personalised and targeted plan that is designed just for you, you can make sure that you are properly nourished and supported during this time in your life. And when you have implemented step 2, your whole world starts to look so much rosier.

By balancing your oestrogen levels, your mood will improve and you will start to feel happy, positive and optimistic.

By getting on top of your cortisol levels, your body will be back into fat burning mode and you will start to lose resistant weight gain

And by learning how to manage your insulin levels and balance your blood sugars, your sugar cravings will melt away, you will feel less irritable and your sleep will improve.

And so by eating the right foods for you and avoiding those that are disruptive, your hormone levels become regulated.

Your hot flushes and night sweats reduce. Your joints stop aching and your brain fog seems so much better. Your sleep improves, your libido returns and your weight starts to stabilise.

And of course, now that you have coping mechanisms for stress and have learnt how to switch off, your body starts to work more efficiently and you start to feel more like your old self. You are on the path to looking and feeling fabulous.

But this isn't the end of the road. It's time to be energised! Now it's your chance to really thrive and not just survive. You are only two thirds of the way through your life. So now is the time to set yourself up for midlife which is full of endless opportunities.

Let me show you how you can really recharge and start living a full life again.

The internet is full of advice on energy and vitality, but most of it is not designed for women over 40 who are transitioning through menopause.

At this time in your life, you need to do things differently as your body has changed. What you used to do in your twenties and thirties may not be the right approach anymore.

So how would you feel if you were really shown how to get energised and live a life full of energy and joy?

Nothing faddy, just a good sensible approach that will work for you.

CHAPTER 3



ENERGISE

ONCE WE COMPLETE STEP 2
WE MOVE ONTO STEP 3



THIS IS ALL ABOUT BEING ENERGISED AND FOR ME, IT'S THE FINAL PIECE IN THE JIGSAW PUZZLE. AND THIS IS WHERE WE SEE THE REAL BENEFITS. YOU WILL NO LONGER BE JUST GETTING BY. THIS IS THE TIME WHEN YOU START TO REALLY THRIVE IN LIFE.

This is where you become one of those people that you have always admired because of the energy they have, the way they look and the way they just have an aura of healthiness around them. This is no longer a distant possibility.

Looking and feeling fabulous is now within your reach.

It's a time to take up new hobbies, keep up with your teenagers, run around with your grandchildren, explore the world.

Whatever you have felt was impossible is now within reach.

So step 3 is all about setting you up for midlife and beyond. It's the drive to complete wellness.

It's where you get back to feeling your best. So in this step, we want to set you up for midlife and beyond.

You've done all the hard work and now you have the mindset to start to focus on how you live your life. It's time to generate the best environment you possibly can so that all the hard work can start to pay off. Here we want boundless energy throughout the day.

But before we get to the end game and start to really live, there is one more important focus area that must not be overlooked. **And this is SLEEP**

You can have the most perfect diet and take all the right supplements, but without good quality sleep, all the good work is undone. When you sleep well, your hormones have the best chance of staying in balance.

Sleep is the time when your body repairs itself and energy levels are restored. It basically sets you up for the day!

Your hormones thrive with good quality sleep! You feel happy, refreshed and are raring to go!

So this step is all about developing good sleep practices so that you can recharge your batteries.

And it's also about movement and choosing the right exercise for your body so that you can get joy back into your life. Remember hormone changes have been underway in your body for a number of years. And it may be that you need a different approach to exercise. So in this step, we learn about SMART exercise. Exercise that is right for this time in your life. And variety is key here.

So a little bit of resistance training, cardio and flexibility are what you need right now.

You can choose from a whole range of different activities to suit you and your preferences. And the good thing is this. When you reach this part of the plan - you really will be raring to go!

It may take a little time to find the exercise you enjoy, but once you do, you will be fully motivated and keen to fully emerge yourself in this step.

Exercise will become part of your daily routine and something that you will start to crave. And why?

Because you have the energy to do it and it will leave you feeling energised and just raring to go.

So your journey has come such a long way.

You have made such positive impacts on your health through adopting this three step plan. We have dug deep and examined the root cause.

You have made some big changes to your diet and lifestyle and now you have more control over your overall health.

Your sleep has been restored and you wake feeling refreshed. Your hormones are happy, your weight has stabilised, your energy levels are good and your mood is improved.

Your future is now bright. And now is the time to reflect on your journey so far and start planning the next stages of your life. With renewed energy and a spring in your step, the possibilities are endless.



So the biggest win in step 3 is the realisation that sleep really does matter.

In your younger years, it wasn't the big deal. But for women over 40, getting this bit right is the most important step in your overall health if you want to transition through menopause in a seamless way.

Sleep and poor health are intertwined. The consequences of poor sleep are far reaching.

But for many of us getting to sleep, staying asleep and waking refreshed is pretty difficult to achieve.

So the biggest take away here is understanding the importance of sleep and getting to grips with how you can achieve good quality sleep each and every day.

We know that you can't get missed sleep back so getting the basic strategies in place is so important. And here I am talking about managing your sleep wake cycle, keeping your blood sugars balanced throughout the day, supporting your hormones involved in sleep such as melatonin and putting good sleep hygiene practices in place.

And once that is sorted, then your body will be fully rested, recharged and repaired.

Getting to step three is really the icing on the cake.

With a smart exercise routine, you will feel lighter and brighter. You will want to be more active and you will just feel so much more motivated in life.

Your muscles will strengthen and the risk of osteoporosis will reduce.

Your mental well being will improve

And you will just feel so much more optimistic as the old you starts to re-emerge, both in how you look and feel.

And when you nail good quality sleep, what a difference it will make. You will have that energy to be present with your kids, play with your grandchildren and take an active role in their life.

No more feeling tired all the time. You will be happy and look and feel younger (both inside and out). Your memory will improve and your weight will be under control.



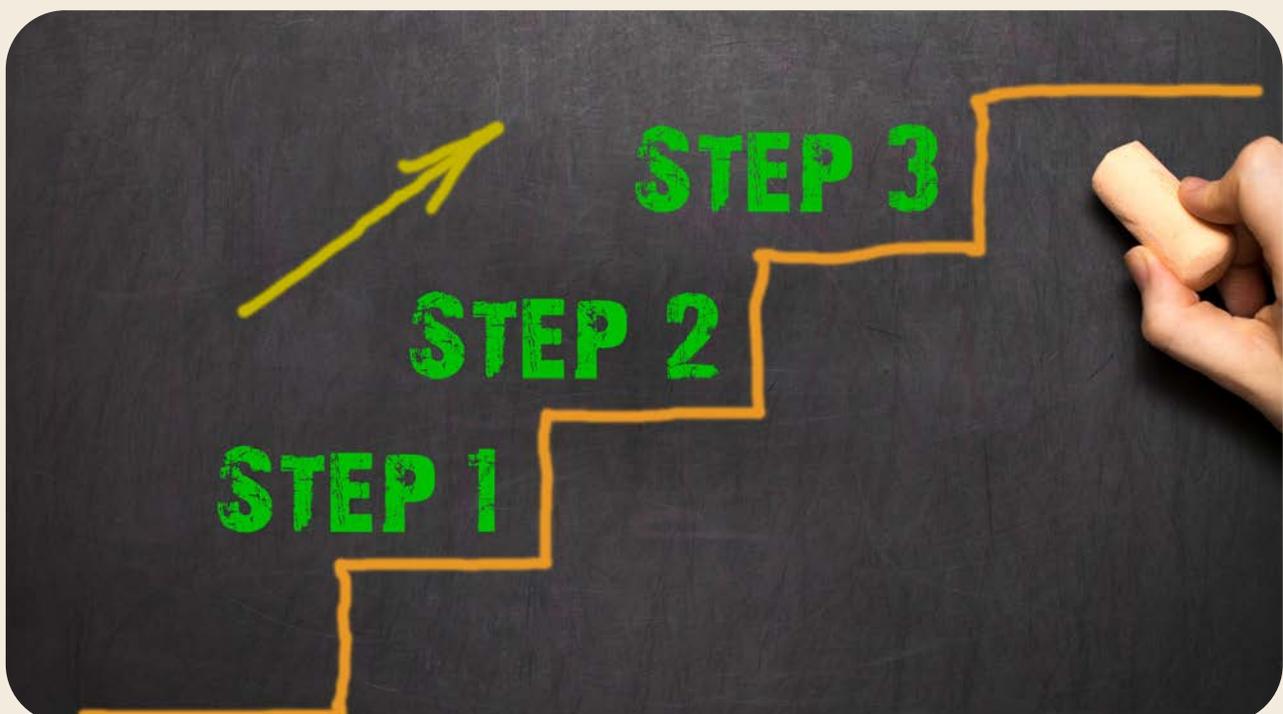
So you now understand the basic principles of the three step plan. But of course, this is just an overview. And now I want to start getting into the details.

At the beginning, I talked about exploring to understand what is actually going on in your body. I talked about how your body is talking to you.

I said that your body is screaming out for help. So tune in to find out what these common cries for help are telling you.

What are the top symptoms which women experience during this time in their life? How do these actually connect with the imbalances we see? And more importantly what is it that has caused them in the first place? You may be surprised by what you learn.

Do you want to know how to unpick those cries for help, understand what they are telling you and learn how to do something about them?



CHAPTER 4

THE 9 FOCUS
AREAS YOU
MUST DISCOVER
FOR A
SYMPTOM FREE
HAPPY LIFE

FOLLOW THESE 9 FOCUS AREAS

“**FOCUS AREA 1:** *Your symptoms are talking to you*”



When you reach your 40s, things suddenly seem very different. It's as if a switch has been turned on and you can no longer get away with things which you used to be able to. How you used to eat and drink in your twenties is no longer working for you. You don't feel quite right.

You start to feel that you are trapped in someone else's body and as time passes a list of confusing symptoms starts to emerge. Amongst other things, you may be experiencing weight gain, mood issues, extreme fatigue, low libido and brain fog.

If this describes you, you are probably feeling frustrated by what you have become and don't know where to turn for support.

But, the symptoms which you are experiencing are linked to a fluctuation and decline in your hormones.

And your hormones are pretty much in control of your body and all its functions. They send signals to your tissues and organs to tell them what to do. But when too many or too few hormones are produced, which is what happens in your peri and menopause years, they start a chain reaction in your body resulting in a wide variety of symptoms.

And when your hormones are not functioning as they should, they can't communicate with the organs in your body in the way that they should.

This has a knock on effect on your overall health and this is why you really do feel a bit rubbish.



In addition, we need to overlay another blocker that is impacting how you feel. And this blocker is lifestyle. Life is very different to how it was a few decades ago. These days you are exposed to so many more toxins and stressors in your life. And all of this puts added pressure on your body and in particular your hormones.

Of course, hormone decline, as part of the ageing process, is a totally natural process, but these days your hormone decline is compounded by modern day stressors linked to your diet and lifestyle as well as exposure to environmental toxins.

And this, in essence, is the problem which we need to address and resolve for you.

And this is all about your body talking to you and you listening - rather than just ignoring it.

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“**FOCUS AREA 2:**
***Analysing your symptoms - Analysing your
peri and menopause symptoms is an
important first step***”



Everyone's journey through life is unique. And this is super critical. Understanding how you got to where you are today is a fundamental step in building your own unique profile, understanding where your imbalances are and being able to do something about it.

It is perhaps the most important part of creating your personalised plan as it enables the reasons why your symptoms are as they are to be uncovered. At this stage, we need to understand, establish and uncover what your unique blockers to good health actually are.

And the key word here is “unique”. We know that there are so many different experiences of the menopause. And current research now suggests that your health history and lifestyle plays a big role in how well or not you actually transition through the menopause.

For this reason, it’s important to build up and not ignore your own personal history with a focus on your diet and lifestyle, both past and present. This is not a quick 10 min chat with your GP, but the time to understand what has been going on in your life.

And the problem is that most of us have not been able to live an “uncontaminated” and stress free life.

Most of us have not been able to avoid endocrine disruptors, medications, junk food and stress throughout our lives.



And all of these things impact our health.

But how much of each one we have been exposed to varies from individual to individual. And of course not everyone will be impacted in the same way. Some lucky people sail through regardless. Others experience more of a bumpy ride.

So it would be wrong to make any assumptions on the best way forward without taking a full medical history and digging deep into your personal circumstances. This is not a one size fits all approach.

This is why we analyse you in order to understand your life, so we have the foundation and framework to start our work on restoring your health.

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“**FOCUS AREA 3:** *diagnostic and functional testing*”



For anyone that's serious about getting to the root cause of their symptoms, diagnostic functional testing is an invaluable investment into your health. It allows for informed choices to be made regarding the best protocol for you. And this is the one that will give you the quickest and best results.

With testing, there is no guesswork. Instead, you will get a personalised plan to address the imbalances in your body.

And by investing in your health in this way, your journey to a symptom free life can begin.

But focusing on the right sort of testing is important. Tests that you may have been offered by your GP will only give you a picture of your health at any given point in time.

In contrast, the tests that I offer will show your hormone metabolites and how they are functioning, not just how much of each particular one you have. And this is important as many of your symptoms result from how your hormones are actually behaving in your body. Remember hormone balance is not just about how much of a hormone you have, but how well or not it is doing its job in your body.

By getting your hormones tested, you are on your way to getting your health on track. But, there are even more benefits to testing. For many women, it is that light bulb moment when they see the root cause of all their issues written down.

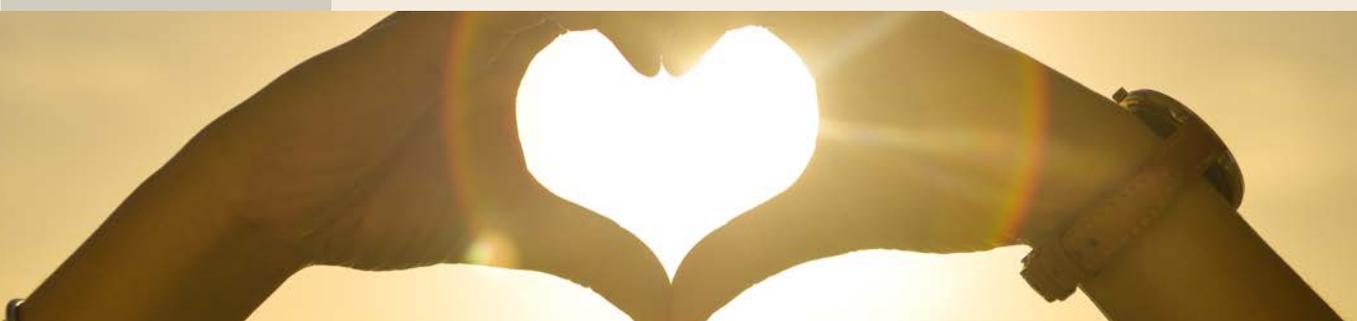


And this can be incredibly powerful. It's almost as if their frustrations are lifted there and then as they can start to see a way out back to a happier symptom free life.

And of course, it's amazing how seeing your results written down can help with your own compliance and commitment to getting your problems resolved for once and all.

At this point in your journey, you understand that your symptoms are a way of your body talking to you and you now know that sticky plasters don't work. You have seen the importance of analysing and testing and you are now ready to be supported with a personalised plan. It's time to move on and start restoring harmony to your body.

[<< Contact Me >>](#)



“**FOCUS AREA 4:** *Supplements to restore key functions*”



Once testing has been completed, it's as if your body has had a full MOT like you do with your car. And it may well have failed! But the good news is that we now know where the advisories are, which parts are broken and we can start to support these and correct them with a targeted nutrition and supplement plan. It may be that we need to restore your thyroid health, your adrenals or your sex hormones. This is the time where we support your body to regain homeostasis and correct any deficiencies.

Supplements are not for the long term, but they have an invaluable role in restoring some of the sources of your dysfunction. It's a way to kickstart your journey back to health and correct a problem that has been identified.

Getting your supplements right can make such a difference to how you feel physically and emotionally, but to get it right, it does need guidance and support from a professional.

Alongside supplementation, taking the time to restore key functions in your body is also a priority. The foundations within your body need to be working efficiently before you can start to rebalance your hormones. It's the classic scenario of don't try and run before you can walk.

One of the key areas of focus is your digestive system.





This needs to be in tip top condition so that the food you eat can be absorbed and used correctly, and so that all the waste and toxins can be eliminated properly. Because, if this is not working well, your hormones will suffer and your symptoms will be exacerbated.

Key areas that can go wrong include the balance of your gut microbiome, low stomach acid, food intolerances and a leaky gut. All of this needs to be corrected before moving on. If left unchecked, you haven't extinguished the fire and it will just re ignite. And this just leads to more unwanted symptoms.

And the other main area is your liver. Your liver performs over 200 functions in your body which are vital to your health. The liver has a role in making, secreting and breaking down many of your hormones. It detoxifies the blood.

It builds proteins. It excretes drugs and cholesterol and it produces bile, to name a few.

This means that if you do not look after it, then your hormonal health will suffer. Your hormones will be imbalanced and hey presto, your symptoms will continue.

These days your liver is working harder than ever and this step is all about learning how to love your liver, get it working for you and not putting it under excessive strain.

And once you have a targeted supplement plan in place, alongside some good solid measures to restore the foundations of your digestive system and liver, your body is restored and ready to be balanced.

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“**FOCUS AREA 5:** ***Nourish your hormones***”



Without a doubt, during your menopause transition, your body goes through some of its biggest hormonal changes. And it is these changes that give rise to a whole host of unwanted symptoms.

Your hormones are made from what you eat and it therefore goes without saying that nourishing your body with the right nutrients is one of the best ways to look after your hormonal health.

You have put down the foundations and now you can really start to get your hormones working for you, by introducing “purposeful” nutrients.

And these are the ones that provide the building blocks for your hormones and allow them to work efficiently. And they will be chosen according to your individual requirements.

For example, if your test results indicate unbalanced levels of oestrogen, phytoestrogens may be added to your personalised plan to help regulate this hormone. Or you may be asked to increase your protein and healthy fat intake to help you with your hormone production and transportation.

Remember your hormones flourish and your symptoms reduce when you give them the nutrients they need and this is where you start to learn how to do this.

In contrast, there is a whole lot of food that just disrupts your hormones and exacerbates all of your symptoms.

So it is important to understand what to avoid and why.



HORMONES



Our typical western diets provide very little in the way of nutrition and many of the processed foods we grab for convenience are really just giving your body a whole load of chemicals. And this of course just wreaks havoc with your hormonal health.

It's also important to learn how to minimise your exposure to toxins. Endocrine disruptors are everywhere in our environment. They are in your kitchen, in your cosmetics and in the food you eat. They mimic oestrogen and behave like oestrogen in your body resulting in a host of unwanted symptoms. So by focusing on how to reduce your exposure by controlling the pollution in your own home and what you put in and on your body can make a huge difference.

Many women seeking help for menopausal symptoms end up at the GP surgery and are given HRT.

Whilst HRT is brilliant in certain circumstances, it doesn't address the root cause of ALL of the symptoms which you may be experiencing as the role of HRT is to regulate just your sex hormones.

And what we know is that as you start to get a little older, many other hormones can start to become unbalanced.

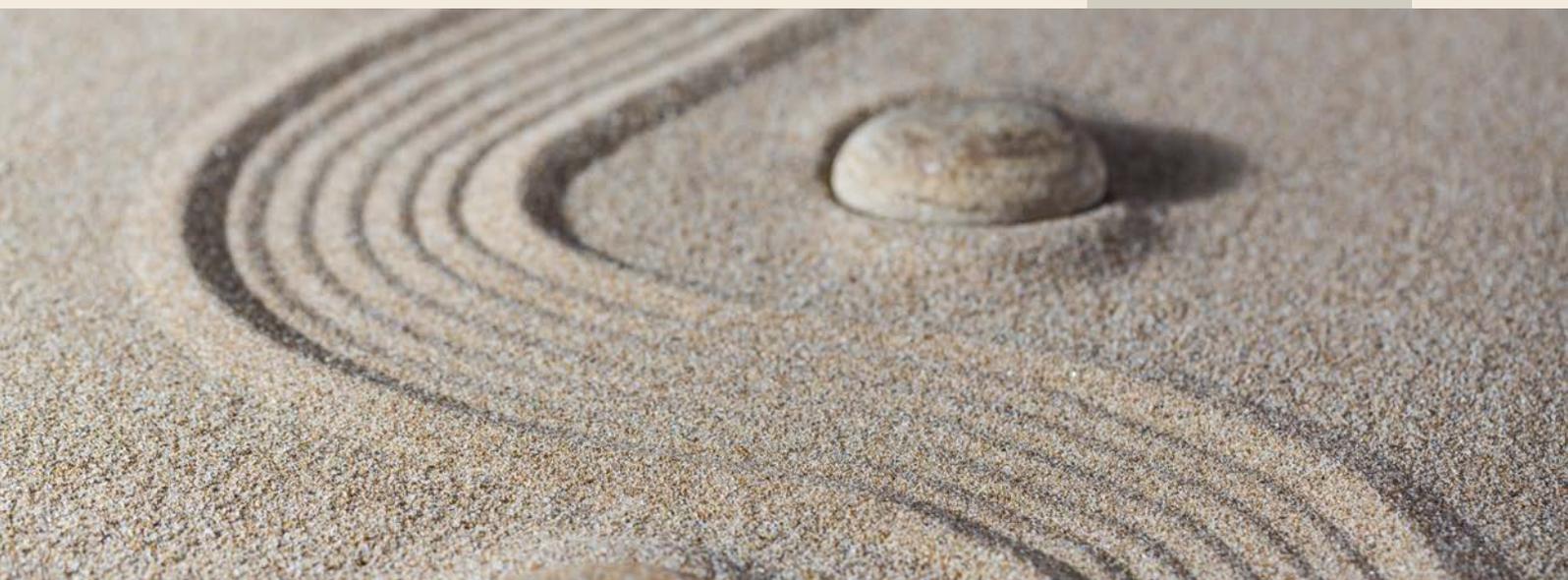
As you age, you may become resistant to insulin, your appetite hormones can start to send out the wrong messages and constant stresses in your life will cause a constant release of cortisol.



All of these can exacerbate common symptoms such as tiredness, sleep disturbances, weight gain, brain fog, libido, PMS and hot flushes.

And so in this step, we will take a holistic approach and focus on ALL your hormones which need to be put back in balance in order to restore the whole body. And this is done by nourishing all of your hormones with purposeful nutrients and avoiding those that are disruptive to your health.

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“**FOCUS AREA 6:** *Learn to relax*”



Although it is not always possible to remove all stress from your life, it is important to learn how to put mechanisms in place to manage it effectively.

And this is key because stress can damage your health in so many ways if you let it go on unchecked.

Amongst other things, chronic stress means that you burn through key nutrients, such as vitamin C, B vitamins and magnesium and you need all of these for hormone function and energy production.

In a previous step, we have already looked at removing foods and toxins which stress your body.

So this next step is all about your lifestyle.

Here, you learn how to really dial up how you rest and relax. And by doing this, you are better placed to cope with all the stuff that life throws at you and build up your resilience to stress.

Cortisol is the hormone that you produce in your adrenal glands when you are stressed. In the short term, it is helpful and helps to protect you from danger.

However, consistently elevated cortisol levels are damaging to your health and can make it difficult to lose weight, can make you tired and grumpy and generally have a negative impact on your mood.





Elevated chronic cortisol also impacts your digestive function, sleep, makes you anxious and can cause brain fog and memory loss.

But the important thing here is this.

When you reach your menopause your adrenals take over from your ovaries in the production of your sex hormones. But this can't happen if your stress levels are high as your adrenals will not be able to cope. And this will result in common symptoms such as hot flushes and night sweats which are linked to an imbalance in oestrogen levels.

So in this step, you will learn how to support your adrenals and reduce your cortisol levels.

Putting yourself on the top of the "to do" list may sound like a luxury, but is critical for your hormonal health and in turn a reduction in menopause symptoms.

You have already been given an insight into the impact of stress on the body. You have learnt how to support your adrenals to keep your body balanced.

But there is more that can be done and this step focuses on lifestyle techniques that can be introduced to support your own self care. It's time to learn how you can really switch off and prioritise you, even if it is just for a few minutes every day.

And when you have put down a solid foundation to support your internal systems, introduced supplements and nutrients to restore hormonal harmony and focused on your own self care, your body is restored and balanced and you are now ready to be energised.

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“**FOCUS AREA 7:** *Recharge your batteries*”



Sleep is one of the most important things you can do for your health. During sleep, your body repairs its cells and recharges its batteries.

But, all the hard work that you have done so far will be wasted without a commitment to adopting good sleep practices. And getting good quality sleep can be incredibly powerful for your overall health.

In this step, you will learn how to sleep well by focusing on both quality and quantity. But first, it's important to understand the issues that you are experiencing.

Are you tired all the time?

Do night sweats keep you up all night?

Do you wake with a start at 3 am?

Do you wake up tired and unrefreshed?

All of this needs to be analysed to understand the root cause so that a plan can be implemented for you.

To break this vicious cycle, we need to first understand all of the causes and then address each of them in turn. This is a process that may require time and patience but will be worth the investment.

For many people, sleep becomes more difficult as you get older. There are a number of reasons for this.

And you've guessed it - an imbalance in hormones is at the heart of the problem!



Melatonin and cortisol are invaluable hormones for sleep as they control your circadian rhythm. When functioning properly, melatonin rises in the evening to prepare you for sleep. At the same time, cortisol levels drop so that your body can relax and sleep. Cortisol will then increase in the morning to get you going for the day.

When these hormones are not balanced, you may find going to sleep particularly difficult and experience extreme fatigue in the morning. You have probably heard the expression tired but wired!

The good news is that we already know if your melatonin levels are low and how your cortisol is behaving from the comprehensive hormone testing we have already done.





And because we have done this, we can put in practical steps to ensure that you get a good night's sleep and wake refreshed and energised for the day.

One of the main ways to improve your sleep is to concentrate on balancing your blood sugars during the day.

This will ensure that your blood sugars do not drop too low at night. And because of this you will not be woken up in the middle of the night.

In addition to this, balancing your blood sugars is key to giving you sustained energy throughout the day and saying goodbye to common afternoon energy slumps.

So by focusing on good sleep hygiene practices, balancing your sleep hormones and controlling your blood sugars, you will recharge your batteries, be fully energised during the day and sleep like a baby at night.

And cracking this goal is pretty priceless for all women transitioning through the menopause.

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“**FOCUS AREA 8:** ***Feel alive / Smart exercise***”



Exercise is very important as you approach and go through the menopause. And choosing the right sort of exercise is key as it can definitely help to reduce some of the symptoms.

The key here is choosing the right sort of exercise for you at this time of life.

Your hormones love you to exercise! But, as is the case with everything, you need to get the balance right

By exercising you help your hormones to get the nutrients they need to flourish.

Exercise will also help your body to get rid of waste including excess hormones. And of course, the right exercise helps to reduce stress levels and helps you to sleep.

And the benefits continue. When you move, it helps with fat burning and resistant weight loss and increases energy levels, all of which are common symptoms of the menopause.

So in this step, we look at the various options in order to create a personalised plan for you. And the important thing here is we are looking for the right sort of exercise to keep your hormones balanced and this can vary from individual to individual according to their personal health profile.

It is also important to keep your body flexible and your mind strong. Exercise like yoga, t'ai chi and pilates not only keep you fully stretched but can help your coordination and balance too.



And for all of us, these forms of exercise help you to breathe better and practice mindfulness, all of which help to reduce stress, improve your mood and set yourself up for the day.

The risk of Osteoporosis increases as you transition towards and out of the menopause. This is linked to a lack of oestrogen and testosterone in the body as this leads to a reduction in muscle mass and bone strength.

You have come so far in your programme and you are now moving towards your midlife and beyond and we don't want anything to scupper your future.



And so in order to keep your bones and muscles strong and reduce the risk of osteoporosis, we focus here on all the beneficial exercises that you can do to future proof your life and keep your body strong

By establishing a smart exercise routine, you start to feel alive, energised and ready to go out there and conquer the world. Just surviving is no longer an option. You are ready to thrive.

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“**FOCUS AREA 9:** *Regain joy in your life*”



So what happens now? With $\frac{1}{3}$ of your life left to go, it's time to live!

But it would be foolish to think that you no longer need to take care of yourself.

So in this step, we do some future proofing. We explore the best nutrition and lifestyle practices to ensure that you continue to thrive in your midlife and beyond

We focus on how to reduce your risk of breast cancer and look at how to protect your heart health as the risk of these all increase with age.

And you learn to become an authority on diet and lifestyle as you grow older!

But in this step, we also focus on the day to day maintenance of your successes so far.

You have come such a long way! And you are enjoying the benefits. Your body has responded to all the hard work you have put in and everything is now more aligned. You are in tune with your body and you are able to recognise what it needs.

So it's important to maintain all this good stuff. You are no longer suffering and you now have the opportunity to harness this positivity and continue with a maintenance plan that keeps you in tip top condition

And you've reached the final step. It's time to rejoice and live your life to the full.



All those aches and pains, brain fog, night sweats and mood swings are in the past.

Your weight is stable, shopping for clothes is fun and you like the way you look!

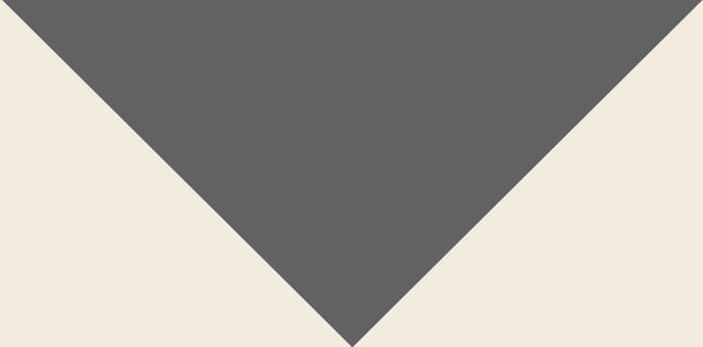
Your energy levels have returned. You can keep up with your children and even give your grandchildren a run for their money.

And you positively glow with health and vitality.

It's been worth the effort and now is the time to reflect on your journey, enjoy your time right now and look forward to the future.

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Testimonials: Don't just listen to ME look at what MY clients say

I started working with Nikki when I was experiencing all the typical menopausal symptoms. I felt fat, cranky, desperate and angry. Nikki ran some tests so that she could pinpoint what was really going on in my body. I am so pleased that she did as I now feel amazing. I genuinely believe that getting myself sorted was the best decision I have made in a while. I just wished I had done it earlier!

Ayesha Nauth

I feel so much better! I now have a much better appreciation of the food I eat and the impact it is having on my body. I really feel that going on this programme was the key to my success. You gave me such clarity, had my back and were supportive throughout. You brought a great balance of reality, discipline and a sense of humour!

Helen Pearson

I started with Nikki as I was struggling with fatigue and weight gain. Nikki's approach was great. She took the time to unpick where my underlying issues were and explained clearly her recommendations. This really helped my understanding and motivation. I am now back to living life to the full! I am confident in how I look and feel energised throughout the day.

Anna Konglova