



10 common questions and answers about menopause

1. How can I help my hot flushes?

- Eat a Balanced Diet Eating a balanced, healthy diet is vital in overcoming hot flushes. Increase your intake of vitamins B, C, D, and E, and consume more soy, which will help to balance hormone levels.
- Keep Hydrated, you need water to transport nutrients around your body and to eliminate toxins.
- Exercise Regularly, a healthy weight can help to reduce hot flushes. Take control of your diet and exercise.
- Avoid caffeine and alcohol these stimulants can worsen menopause symptoms, so try to limit your intake, or stop completely.
- Stress can worsen all menopause symptoms. Take time for yourself to reduce stress, practise breathing exercises and try meditation.

2. How can I reduce my belly fat?

- Regular exercise is an excellent way to promote weight loss and overall physical health. Aerobic exercise, resistance and strength training are good choices. Aim for 150 minutes a week
- Make sleep a priority getting enough high-quality sleep is vital for maintaining a healthy weight and overall health. Low-quality sleep can lead to weight gain.
- Manage stress with relaxation techniques such as yoga, mindfulness, and meditation can all help.
- Avoid excess consumption, especially unhealthy snacks, nuts, and alcohol.

3. How do I deal with vaginal dryness?

- Ensure that you are eating plenty of foods that supply healthy fats and vitamin E, such as oily fish, nuts, seeds and olive oil. These can help to restore moisture to the vaginal tissues. There are also some very good lubricants on the market that can help, especially if sex is painful for you.

4. How to combat night sweats?

- Keep your bedroom as cool as possible.
- Have a fan to hand, especially during the summer months when the weather is warmer.
- Choose materials like cotton or bamboo that allow your skin to breathe.
- Have a glass of water to hand so that you can take a sip to replace the fluids that you have lost.

5. How can I ease my muscle and joint aches and pains?

- Eat more anti-Inflammatory Foods, in an effort to fight off inflammation, eat more foods that are both rich in antioxidants (i.e., broccoli, avocados, spinach, berries,



and green tea) as well as anti-inflammatory foods (i.e., fatty fish, cherries, lentils, chia seeds, and dark chocolate).

- Exercise is an important strategy in joint pain treatment, focus on low-impact aerobics, such as walking, with gentle muscle-strengthening exercises, like stretches, yoga, or Pilates.

6. How can I manage my menopause headaches and migraines?

- Sleep and eat at regular times.
- Consider your posture, especially when sitting at your desk.
- Try to reduce stress in your life.
- Stay well hydrated and limit caffeine and other stimulants.
- Consider alternative therapies that can help relax you.

7. How can I beat the bloat?

- Avoid foods like beans, cabbage, onions, or anything that gives you excessive wind.
- Include prebiotics and probiotics daily in your diet such as sauerkraut, kimchi, tempeh, and kefir.
- Also, make sure you include anti-inflammatory foods like turmeric, ginger, and cinnamon in your diet.

8. How can I lift my mood?

- Get exposure to sunlight, especially first thing in the morning, Exposure to sun rays helps our skin cells to make vitamin D, which helps the brain to produce serotonin (the happy hormone!).
- Make time for yourself each day, even if it is only for 15-20 minutes.
- Getting out in nature is proven to lift our mood and help us be more in the moment.

9. How can I help my weak bladder?

- You should pay attention to your pelvic floor and do exercises every day and prevent further problems. See my blog here that will help understand the correct way to do them. [How can Pelvic Floor Exercises help with Menopause? \(dontpauseformenopause.com\)](https://dontpauseformenopause.com)

10. How can I help my dry and itchy skin?

- Protect yourself from the sun, you should always use a high protection factor sunscreen.
- Stay hydrated, drink two to three litres a day and avoid coffee, soft drinks and alcohol.
- Adopt a good skin hygiene regime, use a natural soap that will keep the pH of your skin slightly alkaline and not alter the hydro-lipid barrier.
- Eat a balanced diet that is full of vitamins, minerals and antioxidants like the ones recommended in the Menopause Band Aid programme.