

THE MENOPAUSE BIBLE

Nobody Warned Me

The Complete Perimenopause & Menopause Solution Handbook



LIONESS
— WELLNESS —
COLLECTION



THE MENOPAUSE BIBLE

Nobody Warned Me



THE COMPLETE PERIMENOPAUSE &
MENOPAUSE SOLUTION HANDBOOK



UNDERSTAND
YOUR BODY



BUILD STRENGTH
& ENERGY



BALANCE YOUR
MIND & MOOD



SLEEP BETTER,
RECOVER DEEPER



FEEL LIKE
YOU AGAIN



BE SEEN. BE HEARD. BE EMPOWERED.
THIS IS YOUR NEW CHAPTER

LIANA TAIAPA

WELLNESS ADVOCATE

Liana Taiapa
Founder, Lioness Wellness

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Medical Disclaimer

This book is intended for educational purposes only and should not replace medical advice from a qualified healthcare professional.

Always consult your doctor, GP, nurse practitioner, healthcare provider, or qualified health professional before making changes to medications, supplements, exercise, or nutrition programs.

DEDICATION

To every woman who has ever laid awake at 3am wondering what was wrong with her.

To every woman who has looked in the mirror and not recognised herself.

To every woman who has felt exhausted, overwhelmed, anxious, emotional, frustrated, invisible, or completely unlike the person she used to be.

To every woman who has been told:

"It's just part of getting older."

To every woman who has silently struggled while continuing to care for everyone around her.

This book is for you.

May these pages help you understand what is happening inside your body.

May they help you stop blaming yourself.

May they help you find answers.

May they help you find hope.

And most importantly, may they remind you that you are not alone.

ACKNOWLEDGEMENTS

I would like to thank every woman who has shared her story, asked tough questions, and trusted me with her experiences.

Your courage, honesty, and resilience helped shape this book.

Thank you to the researchers, healthcare professionals, educators, and advocates working to improve menopause awareness and support for women around the world.

Most importantly, thank you to the women reading these pages.

You inspired this book.

ABOUT THE AUTHOR

Liana Taiapa

Liana Taiapa is the founder of Lioness Wellness and a passionate advocate for helping women navigate perimenopause and menopause with confidence, knowledge, and practical support.

After experiencing her own menopause journey and discovering how little information and support were available, she became committed to helping women understand what is happening in their bodies and what they can do about it.

Her mission is simple:

To ensure women no longer feel confused, dismissed, or alone during one of the most significant transitions of their lives.

Through education, practical solutions, and compassionate support, she helps women move from confusion to confidence.

HOW TO USE THIS BOOK

This book is designed to be both a guide and a reference resource.

You can read it from beginning to end, or you can jump directly to the chapters and symptoms that are most relevant to you.

Inside these pages you will learn:

- What is happening inside your body?
- How hormones influence your symptoms
- Why menopause affects women differently.
- Practical strategies to support your health.
- Medical options that may be available
- Questions to ask your healthcare provider.
- Lifestyle approaches that support long-term wellbeing

You do not need to remember everything at once.

Take what you need.

Return to the sections that resonate with you.

Most importantly, remember that knowledge is power.

The more you understand what is happening, the better equipped you are to make informed decisions about your health.

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Dedication

How to Use This Book

Welcome to the Club Nobody Asked to Join

CHAPTER 1

Understanding What Is Happening to Your Body

The Changes Nobody Explained

If you have been feeling tired, emotional, forgetful, anxious, overwhelmed, or simply unlike yourself, I want you to know something right away:

There is a reason.

Too many women spend years blaming themselves for symptoms they do not understand.

They tell themselves they are stressed.

They think they are not coping well enough.

They wonder whether they are becoming lazy, forgetful, emotional, or somehow losing control.

Many women begin questioning themselves long before they ever consider that hormones may be involved.

I know this because I have been there too.

The truth is that perimenopause and menopause can affect every area of your life, yet most of us were never properly taught what to expect.

Instead, we are often left trying to piece together the puzzle on our own.

Your Body Is Not Broken

If there is one message I want you to remember throughout this entire book, it is this:

Your body is not broken.

Your body is not failing.

Your body is changing.

Just as puberty is a major hormonal transition, menopause is another significant stage of life.

The difference is that when we were younger, people talked about puberty.

We expected changes.

We were told what was happening.

With menopause, many women receive little guidance at all.

As a result, symptoms can feel confusing, frightening, and completely unexpected.

But understanding what is happening changes everything.

When you understand the "why" behind your symptoms, you can stop blaming yourself and start supporting yourself.

What Is Perimenopause?

Perimenopause is the transition phase leading up to menopause.

During this time, hormone levels begin to fluctuate, particularly estrogen and progesterone.

These hormonal shifts can affect many systems throughout the body, including:

- Sleep
- Mood
- Energy levels
- Memory and concentration
- Weight management
- Stress resilience
- Confidence
- Sexual health
- Body temperature regulation

For some women, the changes are subtle.

For others, they can feel life changing.

Perimenopause may begin several years before menopause officially occurs, and symptoms can vary significantly from one woman to another.

There is no single "normal" experience.

What Is Menopause?

Menopause is officially defined as the point at which you have gone twelve consecutive months without a menstrual period.

The average age of menopause is around fifty-one, but every woman's journey is unique.

Some women experience menopause earlier.

Others experience it later.

Menopause itself is not a disease.

It is a natural biological transition.

However, the hormonal changes that accompany it can create symptoms that affect quality of life, health, relationships, confidence, and wellbeing.

Understanding these changes allows you to make informed decisions about how best to support your body.

What Is Post menopause?

Post menopause is the stage that follows menopause.

While some symptoms improve over time, this phase also presents an important opportunity to focus on long-term health.

Areas that deserve particular attention include:

- Bone health
- Muscle strength
- Heart health
- Metabolic health
- Brain health
- Emotional wellbeing

Many women discover that post menopause becomes a powerful chapter of self-care, growth, and renewed focus on their own health needs.

Why So Many Women Feel Confused

One of the most frustrating aspects of perimenopause is that symptoms often seem unrelated.

You might experience:

- | | |
|------------------|----------------|
| • Anxiety | • Mood changes |
| • Sleep problems | • Joint pain |
| • Weight gain | • Low libido |
| • Brain fog | • Fatigue |

Because these symptoms can appear gradually and at various times, many women never realise they may share a common hormonal connection.

Instead, they assume they are dealing with separate issues.

The reality is that fluctuating hormones can influence every system in the body.

This is why menopause can feel so confusing.

And it is also why education is so powerful.

The Most Important Thing to Remember

The strategies that worked for your body ten years ago may not work the same way today.

That does not mean you have failed.

It does not mean you have lost your willpower.

And it certainly does not mean there is something wrong with you.

It simply means your body now requires a different kind of support.

The sooner you stop fighting your body and start understanding it, the sooner things begin to make sense.

Lioness Reflection

As you read this chapter, consider the following questions:

- Which symptoms have surprised you the most?
- How long have you been blaming yourself for changes that may be hormone-related?
- What would change if you approached your body with greater understanding and less criticism?

Take a moment to reflect.

Awareness is often the first step toward empowerment.

Lioness Affirmation

My body is not broken.

My body is changing, adapting, and communicating with me.

I choose understanding over self-criticism.

I am learning how to support myself with knowledge, compassion, and confidence.

CHAPTER 2

The Hormones That Shape Your Menopause Journey

Understanding Your Body's Internal Team

By now, you know that menopause is not simply about your periods stopping.

It is a complex hormonal transition that affects multiple systems throughout your body.

The challenge is that most women are never taught how these hormones work or why changing hormone levels can create such a wide range of symptoms.

Let us change that.

I promise to keep this simple.

You do not need a medical degree to understand what is happening inside your body.

In fact, the more simply we explain it, the more powerful it becomes.

Think of Your Hormones as a Management Team

Imagine your body is a successful business.

Every day, a team of managers works behind the scenes to keep everything running smoothly.

One manager oversees communication.

Another manages energy.

Another looks after sleep.

Another helps regulate mood.

Another supports metabolism.

When everyone is doing their job, the business runs efficiently.

But what happens if several managers suddenly begin working fewer hours?

What if communication breaks down?

What if instructions stop arriving when they should?

The business would still operate, but problems would start appearing.

Deadlines would be missed.

Confusion would increase.

Systems would stop working as efficiently.

This is an uncomplicated way to understand what happens during perimenopause and menopause.

Your body is still functioning.

But some of the key hormones that have supported you for decades are changing.

And those changes can affect every area of your life.

Why Understanding Hormones Matters

Many women experience symptoms without understanding their cause.

They wonder why they are:

- Exhausted
- Gaining weight
- Forgetful
- Struggling to sleep
- Emotional
- Losing confidence
- Anxious

Without understanding hormones, it is easy to blame yourself. With understanding comes relief. Because suddenly the symptoms begin to make sense. And once things make sense, you can begin acting.

ESTROGEN

The Master Support Hormone

If menopause had a lead character, estrogen would be it.

Most people know estrogen as a reproductive hormone.

But estrogen does far more than regulate menstrual cycles.

For decades, estrogen has quietly supported many of the systems that help you feel healthy, energetic, and resilient.

Estrogen helps support:

- Brain function
- Memory
- Mood
- Sleep quality
- Skin health
- Bone strength
- Heart health
- Blood vessel function
- Muscle function
- Fat distribution
- Sexual wellbeing
- Temperature regulation

Most women do not realise how much estrogen does until levels begin to fluctuate.

What Happens When Estrogen Declines?

As estrogen levels begin changing, women may notice:

- Hot flushes (hot flashes)
- Night sweats
- Sleep disturbances
- Weight gain
- Increased abdominal fat.
- Brain fog
- Anxiety
- Mood changes
- Joint pain
- Dry skin
- Hair thinning
- Vaginal dryness
- Reduced libido

Not every symptom is caused by estrogen alone.

However, declining estrogen is often a major contributor.

Think of estrogen as the oil that helps keep many parts of the engine running smoothly.

When levels decline, things may not operate quite as efficiently as they once did.

PROGESTERONE

Your Natural Calming Hormone

Progesterone is often called the body's calming hormone.

If estrogen is the accelerator, progesterone is often the brake pedal.

It helps create balance.

Progesterone supports:

- Relaxation
- Sleep
- Emotional stability
- Stress resilience
- Calmness

One of the earliest hormonal shifts many women experience is a decline in progesterone.

This is why symptoms such as anxiety and sleep disturbances often appear before menopause itself.

What Happens When Progesterone Declines?

Women commonly report:

- Difficulty falling asleep.
- Waking during the night
- Racing thoughts
- Feeling overwhelmed
- Increased anxiety
- Emotional sensitivity
- Reduced stress tolerance

If this sounds familiar, it is important to understand that there may be a biological reason behind these changes.

You are not imagining them.

And you are certainly not weak.

TESTOSTERONE

The Forgotten Female Hormone

Many women are surprised to learn they produce testosterone.

You absolutely do.

Although men produce much higher levels, testosterone plays a vital role in women's health too.

Testosterone helps support:

- Energy
- Confidence
- Motivation
- Muscle strength
- Muscle maintenance
- Libido
- Exercise recovery

What Happens When Testosterone Declines?

Women may notice:

- Lower energy
- Reduced confidence
- Decreased motivation
- Reduced libido
- Difficulty building muscle.
- Slower recovery from exercise
- Increased fatigue

This is one reason strength training becomes increasingly important during midlife.

Maintaining muscle becomes one of the most powerful investments you can make in your future health.

CORTISOL

Your Stress Hormone

Cortisol often gets a bad reputation. But cortisol is not the enemy. In fact, it is essential for life. Cortisol helps regulate:

- Energy
- Blood pressure
- Blood sugar
- Stress response
- Wakefulness

Problems occur when stress becomes chronic. And let us be honest.

Many women in midlife are carrying a lot.

You may be balancing:

- A career
- Family responsibilities
- Teenagers
- Adult children
- Aging parents
- Financial pressures
- Health concerns
- Relationship challenges

All while trying to function on interrupted sleep.

That is a significant load.

When Cortisol Becomes Disrupted

Women may experience:

- Increased belly fat
- Sugar cravings
- Poor sleep
- Anxiety
- Fatigue
- Irritability
- Reduced recovery

This is why stress management is not a luxury during menopause.

It is a health strategy.

INSULIN

The Blood Sugar Manager

Insulin helps move sugar from the bloodstream into your cells, where it can be used for energy.

As women age, the body may become less sensitive to insulin.

This is known as insulin resistance.

Signs of Insulin Resistance May Include:

- Increased hunger
- Energy crashes
- Sugar cravings
- Difficulty losing weight.
- Weight gain around the abdomen

This is one reason protein, movement, strength training, and blood sugar awareness become increasingly important after 40.

LEPTIN & GHRELIN

The Hunger and Fullness Hormones

These two hormones help regulate appetite.

Leptin

Leptin helps tell your brain:

"I've had enough food."

When leptin functions properly, you feel satisfied after eating.

GHRELIN

Ghrelin tells your brain:

"I'm hungry."

Poor sleep can increase ghrelin levels.

This means a bad night's sleep can leave you feeling:

- Hungrier
- More likely to crave sugar.
- Less satisfied after meals

Suddenly those snack cravings make a lot more sense.

THYROID HORMONES

The Metabolism Managers

Your thyroid plays a vital role in regulating:

- Energy
- Metabolism
- Body temperature
- Hair growth
- Mood
- Weight

Because thyroid symptoms often overlap with menopause symptoms, it is important not to assume everything is hormonal.

Fatigue.

Brain fog.

Weight gain.

Hair loss.

These symptoms can sometimes be linked to thyroid function and deserve appropriate medical assessment.

WHY DO I FEEL LIKE A DIFFERENT PERSON?

This is one of the most frequent questions women ask.

And it is understandable.

When multiple systems are changing at the same time, life can feel quite different.

You may be experiencing:

- Poor sleep
- Increased stress
- Hormonal fluctuations
- Weight changes
- Reduced confidence
- Lower energy

When all these factors occur together, it is easy to feel disconnected from yourself.

But I want you to remember something important. You have not disappeared.

You are still you. You are simply navigating one of the most significant transitions of your life. And understanding that transition is the first step toward feeling empowered again.

THE GOOD NEWS

While hormonal changes can feel overwhelming, there is a tremendous amount you can do to support your body.

Throughout this book, we will explore:

- Nutrition
- Protein
- Strength training
- Sleep strategies
- Stress management
- Supplements
- Medical options
- Practical lifestyle solutions

The goal is not to fight your body.

The goal is to work with it.

Because when you understand what your body needs, everything becomes easier.

LIONESS REFLECTION

Take a moment to consider:

- Which hormone explanation resonated most with you?
- Which symptoms now make more sense?
- How would your experience change if you viewed your body with greater understanding and less frustration?

Awareness is often the beginning of transformation.

LIONESS AFFIRMATION

My body is communicating with me.

I choose curiosity over criticism.

I am learning how to support my hormones, my health, and my future.

Every day I am becoming stronger, wiser, and more empowered.

CHAPTER 3

Is This Menopause?

The Menopause Symptom Bible

- Sleep Problems
 - Hot Flashes
 - Night Sweats
 - Weight Gain
- Joint Pain & Aches
- Heart Palpitations
 - Brain Fog
 - Anxiety
- Panic Attacks
 - Fatigue
 - Low Libido
- Vaginal Dryness & Painful Intimacy
- Rage, Irritability & Mood Changes

- Depression, Sadness & Feeling Flat
 - Dry Skin
 - Dry Mouth
 - Tinnitus
 - Hair Loss
 - Vertigo
- Histamine Intolerance
 - Digestive Issues
- Burning Mouth Syndrome
 - Frozen Shoulder
- Electric Shock Sensations
- Formication (Skin Crawling)
 - Osteoporosis
 - Urinary Issues
- Loss of Confidence
- Social Withdrawal

A Guide to Understanding the Symptoms Nobody Warned You About

INTRODUCTION

If you have ever found yourself awake at 3 a.m. searching online:

"Is this normal?"

"Could this be menopause?"

"Am I the only one experiencing this?"

Please know you are not alone.

Millions of women around the world have asked those exact same questions.

One of the most frustrating aspects of perimenopause and menopause is that the symptoms often seem completely unrelated. One woman experiences anxiety. Another gains weight. Another struggles with insomnia. Another develops heart palpitations. Many experience several symptoms all at once.

It is no wonder so many women spend years searching for answers.

The reality is that fluctuating and declining hormones can affect every system in the body. What feels like a collection of random problems is often part of a much larger hormonal transition.

This chapter is designed to help you:

- Understand common menopause symptoms.
- Learn why they occur.
- Discover practical strategies that may help.
- Know when to seek medical support.
- Feel reassured that what you are experiencing is real.

Most importantly, this chapter is here to remind you that you are not imagining things, you are not failing, and you are certainly not alone.

HOW TO USE THIS CHAPTER

Think of this chapter as your menopause reference guide.

You do not need to read it from beginning to end.

If sleep is your biggest struggle, turn to Sleep Problems.

If anxiety is affecting your daily life, go directly to Anxiety.

If you are experiencing a symptom nobody ever warned you about, you will find it somewhere in these pages.

For each symptom you will discover:

- What it is
- What it feels like
- Why it happens.
- Natural strategies that may help
- Supplements worth discussing with your healthcare provider.
- Medical options to explore.
- Questions to ask your doctor.
- Practical action steps
- A Lioness Hope message
- A Lioness Affirmation

Knowledge reduces fear.

Understanding creates confidence.

And confidence helps you take positive action.

FOUNDATIONS FOR FEELING BETTER

Before diving into individual symptoms, it is important to understand that a small number of habits influence every aspect of menopause.

These foundations will not solve everything, but they can dramatically improve how you feel.

1. Prioritise Sleep

Sleep is the foundation of hormone health, mood, energy, recovery, and weight management.

2. Eat Adequate Protein

Protein supports muscle maintenance, metabolism, blood sugar balance, and recovery.

3. Move Your Body Regularly

Walking and strength training are two of the most powerful tools available during menopause.

4. Manage Stress Daily

Small daily practices often have a bigger impact than occasional dramatic efforts.

5. Stay Hydrated

Hydration supports energy, skin health, digestion, temperature regulation, and overall wellbeing.

6. Seek Medical Support When Needed

You do not have to suffer in silence.

If symptoms are affecting your quality of life, seek help.

SLEEP PROBLEMS

"Why Do I Wake Up at 3 a.m. Every Night?"

What Are Sleep Problems?

Sleep disturbances are among the most common menopause complaints.

Women who have slept well their entire lives often find themselves suddenly:

- Waking between 2 a.m. and 4 a.m.
- Tossing and turning
- Struggling to get back to sleep
- Feeling exhausted despite spending enough time in bed
- Never waking refreshed

If this sounds familiar, you are in particularly good company.

What Does It Feel Like?

Many women describe:

- | | |
|-------------------|---|
| • Broken sleep | • Fatigue |
| • Racing thoughts | • Reliance on caffeine |
| • Night waking | • Feeling exhausted but unable to sleep |
| • Restlessness | |

Common comments include:

"I can fall asleep; I just can't stay asleep."

"My body is exhausted, but my brain won't switch off."

Why Is It Happening?

Several factors may contribute:

Declining Progesterone

Progesterone is often called the body's natural calming hormone.

As levels decline, many women find it harder to relax and stay asleep.

Hot Flushes and Night Sweats

Temperature fluctuations can repeatedly interrupt sleep without you even realising it.

Cortisol Changes

Changes in stress hormone patterns can increase early morning waking.

Blood Sugar Fluctuations

Some women become more sensitive to overnight blood sugar dips.

Stress

Midlife often brings enormous responsibilities and mental load.

Anxiety

Anxiety and poor sleep frequently reinforce one another.

Why Sleep Matters

Poor sleep can contribute to:

- Weight gain
- Sugar cravings
- Brain fog
- Anxiety
- Low mood
- Fatigue
- Reduced motivation
- Poor concentration
- Reduced exercise recovery

Improving sleep often improves multiple symptoms simultaneously.

Natural Strategies

- Keep a consistent sleep schedule.
- Get morning sunlight.
- Walk daily.
- Strength train regularly
- Reduce caffeine after midday.
- Limit alcohol
- Keep your bedroom cool.
- Eat balanced meals with adequate protein.
- Practice stress-management techniques.

Supplements to Discuss

Always speak with your healthcare provider first.

Some women discuss:

- Magnesium glycinate
- Magnesium BI glycinate
- Glycine
- L-theanine
- Melatonin
- Omega-3 fatty acids

Questions to Ask Your Doctor

- Could menopause be contributing to my sleep issues?
- Could hormone therapy help?
- Should I be assessed for sleep apnoea?
- Is another health condition contributing?

Quick Action Steps

Tonight:

- ✓ Cool your bedroom
- ✓ Limit alcohol
- ✓ Avoid scrolling in bed
- ✓ Write down worries before sleep
- ✓ Eat a protein-rich dinner
- ✓ Set a consistent bedtime

Lioness Hope

Sleep problems can improve.

Many women experience significant relief once they begin addressing hormones, stress, sleep habits, and overall health.

You do not need perfect sleep to feel better.

Small improvements often create life-changing results.

Lioness Affirmation

I deserve rest.

I deserve recovery.

My body knows how to sleep.

Each day I am creating habits that support deep, restorative rest.

HOT FLUSHES (HOT FLASHES)

"Why Am I Suddenly So Hot?"

What Are Hot Flushes?

Hot flushes are one of the most recognised menopause symptoms.

They often feel like a sudden wave of heat moving through the body, particularly the face, neck, and chest.

Some last seconds.

Others last several minutes.

What Does It Feel Like?

Women commonly describe:

- Sudden heat
- Flushing
- Sweating
- Rapid heartbeat
- Feeling overheated
- Needing to remove clothing layers
- Embarrassment in public

"It's like someone turned a heater on inside my body."

Why Does It Happen?

Estrogen helps regulate the body's temperature-control system.

As estrogen fluctuates and declines, the brain becomes more sensitive to tiny temperature changes.

Your body's thermostat becomes overly sensitive.

The result:

- Sweating
- Flushing
- Increased blood flow to the skin
- Sudden heat sensations

Common Triggers

Many women notice increased symptoms with:

- Stress
- Anxiety
- Alcohol
- Spicy foods
- Excess caffeine
- Overheated rooms
- Poor sleep

Natural Strategies

- Dress in breathable layers
- Stay hydrated.
- Exercise regularly
- Manage stress.
- Improve sleep quality.
- Identify personal triggers.
- Maintain a healthy weight.

Supplements to Discuss

Some women explore:

- Magnesium
- Omega-3 fatty acids
- Sage
- Black cohosh
- Vitamin D
- Phytoestrogen-rich foods

Questions to Ask Your Doctor

- Are my symptoms menopause-related?
- What treatments are available?
- Would hormone therapy be suitable?
- Are there non-hormonal options?

Quick Action Steps

Today:

- ✓ Carry water
- ✓ Dress in layers
- ✓ Go for a walk
- ✓ Identify triggers
- ✓ Focus on stress reduction
- ✓ Keep your bedroom cool

Lioness Hope

Hot flushes can be disruptive, but they do not last forever.

Many women experience significant improvement through lifestyle strategies, medical treatment, or a combination of both.

Lioness Affirmation

My body is adapting. I am learning what it needs.

I choose patience, understanding and self-compassion as I move through this season of change.

NIGHT SWEATS

"Why Am I Waking Up Drenched in Sweat?"

What Are Night Sweats?

Night sweats are hot flushes that occur during sleep.

They may leave:

- Sleepwear damp
- Bedding soaked
- Sleep repeatedly interrupted.
- You exhausted the next day.

Why Do They Matter?

Night sweats do not just affect comfort.

They can contribute to:

- Sleep deprivation
- Brain fog
- Anxiety
- Fatigue
- Irritability
- Weight gain
- Reduced quality of life

What Can Help?

- Lower bedroom temperature
- Use breathable bedding.
- Wear lightweight sleepwear.
- Stay hydrated.
- Limit evening alcohol.
- Avoid trigger foods.
- Exercise regularly
- Manage stress.

Lioness Hope

Many women find meaningful relief once they understand the cause of their symptoms and begin implementing supportive strategies.

Better sleep can transform every area of life.

Lioness Affirmation

I deserve restful sleep.

I deserve recovery.

I am creating an environment that supports my health and wellbeing.

WEIGHT GAIN

"Why Am I Gaining Weight When Nothing Has Changed?"

What Is Menopause Weight Gain?

One of the most common frustrations during menopause is feeling like your body suddenly changed the rules.

Many women notice:

- Increased belly fat
- Weight gain despite unchanged habits
- More cravings
- Difficulty losing weight.
- Slower results

Why Is It Happening?

Several factors often combine:

Declining Estrogen

Fat distribution commonly shifts toward the abdomen.

Muscle Loss

Less muscle often means a slower metabolism.

Poor Sleep

Sleep influences hunger hormones, cravings, and recovery.

Chronic Stress

Stress can encourage abdominal fat storage.

Insulin Resistance

The body may become less efficient at handling blood sugar.

Reduced Activity

Fatigue, injury, and joint pain often reduce movement levels.

What Works Best?

Instead of focusing solely on eating less, focus on supporting your changing body.

Prioritise Protein

Protein supports:

- Muscle maintenance
- Satiety
- Recovery
- Blood sugar balance

Strength Train

Strength training helps support:

- Metabolism
- Bone health
- Confidence
- Functional strength

Walk Daily

Walking remains one of the most effective forms of movement.

Increase Fibre

Focus on:

- Vegetables
- Fruit
- Legumes
- Whole foods

Improve Sleep

Sleep and weight management are deeply connected.

Manage Stress

Stress management is often weighting management.

Quick Action Steps

Today:

- ✓ Eat protein at every meal
- ✓ Walk for 20 minutes
- ✓ Drink more water
- ✓ Add vegetables to every meal
- ✓ Prioritise sleep
- ✓ Begin strength training if appropriate
- ✓ Stop blaming yourself

Lioness Hope

Menopause weight gain is not a life sentence.

When women focus on strength, protein, sleep, stress management and consistency, remarkable changes are possible.

Lioness Affirmation

My body is changing.

My body is not working against me.

I choose to nourish, strengthen, and support myself one day at a time.

Joint Pain & Aches

“Why Do My Hips, Knees, Shoulders and Back Hurt?”

What Is Menopause-Related Joint Pain?

Many women are surprised to learn that joint pain is one of the most common symptoms of perimenopause and menopause.

Some women even experience joint pain before they experience hot flashes.

Common complaints include:

- Aching hips
- Sore knees
- Stiff shoulders
- Lower back pain
- Foot pain
- Morning stiffness
- Reduced flexibility

What Does It Feel Like?

Women often describe:

- Stiffness when getting out of bed.
- Difficulty standing after sitting.
- Aching hips and knees
- Sore shoulders
- Reduced mobility
- Feeling older than they are
- Longer recovery after exercise

"I feel like I've aged ten years overnight."

Why Is It Happening?

Several factors may contribute:

Declining Estrogen

Estrogen has anti-inflammatory properties and helps support joint health.

Reduced Muscle Mass

Muscles support and protect joints.

Poor Sleep

Sleep is essential for recovery and repair.

Increased Inflammation

Some women become more sensitive to inflammatory foods, stress, and lifestyle factors.

Reduced Activity

Less movement often creates more stiffness.

Weight Gain

Additional weight places extra pressure on hips, knees, and feet.

What Can Help?

- Walk regularly.
- Strength train
- Stretch daily.
- Eat adequate protein.
- Improve sleep.
- Manage stress.
- Maintain a healthy weight.
- Focus on anti-inflammatory foods.

Supplements to Discuss

- Omega-3 fatty acids
- Magnesium
- Vitamin D
- Collagen
- Creatine
- Turmeric (curcumin)

Questions to Ask Your Doctor

- Could my joint pain be related to menopause?
- Could arthritis be contributing?
- Should any testing be performed?
- Would physiotherapy help?
- Would hormone therapy be appropriate?

Quick Action Steps

- ✓ Go for a gentle walk
- ✓ Stretch for 10 minutes
- ✓ Eat a protein-rich meal
- ✓ Drink more water
- ✓ Prioritise sleep
- ✓ Begin strength training if appropriate

Lioness Hope

Many women experience significant improvements when they support their joints through movement, strength training, nutrition, and recovery.

Lioness Affirmation

My body is capable.

My body is resilient.

I choose movement, strength, and self-care.

Every day I am building a stronger future for myself.

HEART PALPITATIONS

“Why Does My Heart Suddenly Feel Like It's Racing?”

What Are Heart Palpitations?

Heart palpitations are sensations that make you suddenly become aware of your heartbeat.

Your heart may feel like it is:

- Racing
- Fluttering
- Pounding
- Skipping beats
- Beating harder than usual

What Does It Feel Like?

Women often describe:

- Fluttering in the chest
- Sudden racing heartbeat
- Skipped beats.
- Pounding in the chest or neck
- Symptoms appearing without warning.

"I thought I was having a heart attack."

Why Is It Happening?

Hormonal Changes

Estrogen helps support cardiovascular function.

Adrenaline Sensitivity

Hormonal changes may increase sensitivity to adrenaline.

Anxiety

Anxiety and palpitations often occur together.

Sleep Deprivation

Poor sleep places additional stress on the body.

Caffeine

Many women become more sensitive to caffeine during menopause.

Stress

Ongoing stress may increase palpitations.

Important

Heart palpitations can occur during menopause, but heart symptoms should never be ignored.

Seek urgent medical attention if symptoms occur alongside:

- Chest pain
- Severe shortness of breath
- Fainting
- Significant dizziness
- Sudden weakness
- Confusion

Natural Strategies

- Reduce caffeine.
- Prioritise sleep.
- Stay hydrated.
- Manage stress.
- Exercise regularly
- Eat balanced meals.

Supplements to Discuss

- Magnesium
- Omega-3 fatty acids
- Electrolytes

Questions to Ask Your Doctor

- Could my palpitations be related to menopause?
- Should my heart be assessed?
- Could thyroid issues be contributing?
- Could anxiety be involved?
- Would hormone therapy help?

Quick Action Steps

- ✓ Drink more water
- ✓ Reduce caffeine
- ✓ Prioritise sleep
- ✓ Keep a symptom diary
- ✓ Schedule a medical review

Lioness Hope

Many women experience heart palpitations during menopause and go on to manage them successfully.

Lioness Affirmation

I listen to my body with awareness and wisdom.

I seek support when I need it.

I trust myself to take positive steps toward better health and wellbeing.

BRAIN FOG

“Why Can't I Remember Anything?”

What Is Brain Fog?

Brain fog is one of the most common and frustrating menopause symptoms.

Women often report:

- Forgetfulness
- Difficulty concentrating
- Losing words mid-sentence
- Reduced mental sharpness.
- Feeling mentally slow

What Does It Feel Like?

Many women describe:

- Walking into a room and forgetting why.
- Forgetting names
- Losing track of conversations
- Trouble focusing
- Difficulty multitasking

"I used to be sharp. Now I can't remember simple things."

Why Is It Happening?

Several factors may contribute:

Declining Estrogen

Estrogen supports memory, learning and cognitive function.

Poor Sleep

Sleep deprivation significantly affects concentration and memory.

Stress

Chronic stress consumes mental resources.

Anxiety

An anxious brain struggles to focus effectively.

Mental Overload

Many women are carrying enormous responsibilities.

What Can Help?

- Improve sleep.
- Exercise regularly
- Strength train
- Manage stress.
- Eat protein-rich meals.
- Stay hydrated.
- Reduce multitasking.
- Write things down.

Supplements to Discuss

- Omega-3 fatty acids
- Vitamin D
- Magnesium
- B-complex vitamins

Questions to Ask Your Doctor

- Could menopause be contributing to my brain fog?
- Should thyroid function be checked?
- Could sleep issues be involved?
- Are there treatment options available?

Quick Action Steps

- ✓ Get more sleep
- ✓ Walk daily
- ✓ Stay hydrated
- ✓ Use reminders and lists
- ✓ Focus on one task at a time

Lioness Hope

Brain fog can feel frightening, but many women notice significant improvement when sleep, hormones, stress, and overall health are addressed.

Lioness Affirmation

My mind is capable.

My brain is adapting.

I give myself patience and grace as I support my health and wellbeing.

ANXIETY

“Why Am I Suddenly So Anxious?”

What Is Menopause Anxiety?

Many women experience anxiety for the first time during perimenopause and menopause.

Others find existing anxiety becomes worse.

What Does It Feel Like?

- Constant worry
- Racing thoughts
- Feeling overwhelmed
- Nervousness
- Restlessness
- Feeling unable to relax
- Catastrophic thinking

Why Is It Happening?

Declining Progesterone

Progesterone supports relaxation and calmness.

Fluctuating Estrogen

Estrogen influences mood-regulating neurotransmitters.

Poor Sleep

Sleep deprivation worsens anxiety.

Stress

Midlife often brings increased responsibilities and pressure.

What Can Help?

- Improve sleep.
- Walk daily.
- Strength train
- Practice breathing exercises.
- Journal worries.
- Reduce caffeine.
- Spend time outdoors.
- Seek support.

Supplements to Discuss

- Magnesium
- Omega-3 fatty acids
- L-theanine
- Vitamin D

Questions to Ask Your Doctor

- Could menopause be contributing to my anxiety?
- Could hormone therapy help?
- Would counselling be beneficial?
- Are there other causes that should be investigated?

Quick Action Steps

- ✓ Take a walk
- ✓ Reduce caffeine
- ✓ Practice deep breathing
- ✓ Prioritise sleep
- ✓ Talk to someone you trust

Lioness Hope

Anxiety is common during menopause, but it is not something you must simply endure.

Support is available.

Lioness Affirmation

I am safe.

I am capable.

I can handle what is in front of me.

I choose calm, confidence, and self-compassion.

PANIC ATTACKS

“Why Does It Feel Like Something Terrible Is About to Happen?”

What Are Panic Attacks?

Panic attacks can be one of the most frightening menopause symptoms.

They may appear suddenly and intensely.

What Does It Feel Like?

Women often describe:

- Racing heart
- Shortness of breath
- Sweating
- Trembling
- Dizziness
- Feeling out of control
- Fear of dying
- Fear of having a medical emergency

Why Is It Happening?

Potential contributors include:

- Hormonal fluctuations
- Stress overload
- Increased anxiety
- Increased sensitivity to adrenaline
- Sleep deprivation

Important

Because panic attacks can resemble serious medical conditions, new symptoms should always be discussed with a healthcare professional.

What Can Help?

- Deep breathing
- Stress management
- Professional support when needed.
- Regular exercise
- Reduced caffeine
- Good sleep habits

Questions to Ask Your Doctor

- Could menopause be contributing?
- Could anxiety be involved?
- Should other conditions be ruled out?
- What treatment options are available?

Quick Action Steps

- ✓ Slow your breathing
- ✓ Sit somewhere safe
- ✓ Remind yourself symptoms will pass
- ✓ Seek medical assessment if symptoms are new

Lioness Hope

Panic attacks can be frightening, but they are treatable and manageable.

Lioness Affirmation

I am safe in this moment.

This feeling will pass.

I trust myself to seek support and care for my wellbeing.

FATIGUE

“Why Am I So Tired All the Time?”

What Is Menopause Fatigue?

Fatigue is one of the most common complaints during perimenopause and menopause.

This is not ordinary tiredness.

Many women describe feeling exhausted despite getting through daily responsibilities.

What Does It Feel Like?

- Low energy
- Reduced motivation
- Feeling drained
- Difficulty exercising
- Needing more recovery time
- Mental exhaustion

Why Is It Happening?

Several factors may contribute:

Poor Sleep

One of the biggest contributors.

Hormonal Changes

Changing hormones can affect energy regulation.

Stress

Chronic stress is exhausting.

Anxiety

Constant mental alertness consumes energy.

Nutritional Factors

Low protein intake and other deficiencies may contribute.

What Can Help?

- Improve sleep quality.
- Eat adequate protein.
- Strength train
- Walk daily.
- Manage stress.
- Stay hydrated.
- Discuss persistent fatigue with your healthcare provider.

Supplements to Discuss

- Magnesium
- Omega-3 fatty acids
- Vitamin D
- Iron (if deficient)
- B vitamins

Questions to Ask Your Doctor

- Could menopause be contributing to my fatigue?
- Should blood tests be performed?
- Could thyroid issues be involved?
- Could sleep problems be causing fatigue?

Quick Action Steps

- ✓ Prioritise sleep tonight
- ✓ Eat protein at every meal
- ✓ Take a short walk
- ✓ Drink more water
- ✓ Ask for help when needed

Lioness Hope

Many women regain energy when they address sleep, nutrition, hormones, stress, and recovery.

Lioness Affirmation

My energy can improve.

I choose to support my body with rest, nourishment, and patience.

Each day I am moving toward better health and vitality.

LOW LIBIDO

“Why Don't I Want Sex Anymore?”

What Is Low Libido?

Libido refers to your interest in sexual intimacy.

Many women notice changes in libido during perimenopause and menopause. For some, desire gradually decreases. For others, it feels as though it disappears overnight.

This can be one of the most confusing and upsetting symptoms of menopause.

The important thing to know is this:

There is nothing wrong with you.

What Does It Feel Like?

Women often describe:

- Less interest in intimacy
- Feeling disconnected from desire
- Difficulty becoming aroused.
- Avoiding intimacy
- Feeling guilty
- Feeling frustrated
- Feeling confused by the change

"I still love my partner, but I just don't feel interested anymore."

Why Is It Happening?

Declining Estrogen

Estrogen helps support vaginal health, comfort, and sexual function.

Declining Testosterone

Testosterone also influences libido, confidence, and desire.

Sleep Deprivation

Exhaustion rarely creates enthusiasm for intimacy.

Stress

A stressed nervous system is not a romantic nervous system.

Relationship Factors

Communication, emotional connection, and relationship satisfaction all influence libido.

Pain During Intimacy

If intimacy becomes uncomfortable, desire often decreases naturally.

What Can Help?

- Prioritise sleep.
- Address vaginal dryness.
- Reduce stress.
- Exercise regularly
- Strength train
- Improve emotional connection.
- Communicate openly with your partner.

Questions to Ask Your Doctor

- Could menopause be affecting my libido?
- Could vaginal dryness be contributing?
- Are treatment options available?
- Would hormone therapy be appropriate?

Lioness Hope

Many women experience significant improvements when they address the factors contributing to low libido.

Lioness Affirmation

I give myself permission to change.

I deserve understanding, compassion, and connection.

My worth is not defined by my libido.

VAGINAL DRYNESS & PAINFUL INTIMACY

“Why Does Sex Suddenly Hurt?”

What Is Vaginal Dryness?

Vaginal dryness is one of the most common menopause symptoms.

As estrogen declines, vaginal tissues may become:

- Drier
- Thinner
- More sensitive
- Less elastic
- More fragile

What Does It Feel Like?

Women often report:

- Dryness
- Burning
- Irritation
- Itching
- Pain during intimacy
- Increased sensitivity

Some women also notice:

- Urinary urgency
- More frequent urinary tract infections
- Discomfort during exercise.

Why Is It Happening?

Estrogen supports:

- Vaginal moisture
- Blood flow
- Tissue thickness
- Elasticity
- Comfort

As estrogen declines, these tissues change.

Unfortunately, many women are never warned this can happen.

What Can Help?

- Vaginal moisturisers
- Lubricants during intimacy
- Staying hydrated
- Regular exercise
- Avoiding harsh products
- Seeking medical advice

Medical Options to Discuss

- Vaginal estrogen
- Menopausal Hormone Therapy (MHT)
- Hormone Replacement Therapy (HRT)
- Prescription moisturisers
- Other vaginal health treatments

Questions to Ask Your Doctor

- Could menopause be causing my symptoms?
- Would vaginal estrogen help?
- What non-hormonal options are available?

Lioness Hope

This is one of the most treatable menopause symptoms.

You do not have to suffer in silence.

Lioness Affirmation

My comfort matters.

My wellbeing matters.

I deserve support, information, and care.

RAGE, IRRITABILITY & MOOD CHANGES

“Why Am I So Angry?”

What Are Menopause Mood Changes?

Many women who have spent decades being patient and accommodating suddenly find themselves feeling:

- Irritable
- Frustrated
- Emotional
- Easily overwhelmed
- Angry
- Less tolerant

What Does It Feel Like?

Women often describe:

- Snapping at loved ones
- Crying more easily
- Feeling emotionally exhausted
- Being triggered by things that never bothered them before
- Feeling guilty after emotional outbursts

"I don't recognise myself anymore."

Why Is It Happening?

Declining Estrogen

Estrogen influences mood-regulating neurotransmitters.

Declining Progesterone

Progesterone supports emotional calmness and resilience.

Sleep Deprivation

Poor sleep reduces patience and emotional regulation.

Stress

Many women are carrying enormous responsibilities during midlife.

Identity Changes

Menopause often causes women to reassess priorities, relationships, and personal needs.

The Hidden Truth About Menopause Rage

Many women are not angry because they are hormonal.

They are angry because they are:

- Exhausted
- Overcommitted
- Sleep deprived
- Carrying too much
- Ignoring their own needs

Menopause often becomes a wake-up call.

What Can Help?

- Improve sleep.
- Move daily.
- Practice boundaries
- Spend time outdoors.
- Ask for help.
- Connect with supportive people.

Questions to Ask Your Doctor

- Could my mood changes be menopause-related?
- Could poor sleep be contributing?
- What treatment options are available?

Lioness Hope

Menopause is not changing who you are.

It is often revealing what you need.

Lioness Affirmation

I give myself grace.

My needs matter.

I am learning to care for myself with compassion and courage.

DEPRESSION, SADNESS & FEELING FLAT

“Why Don't I Feel Like Myself Anymore?”

What Is Menopause-Related Depression?

Many women expect menopause to affect sleep, weight, and periods.

Few expect it to affect emotional wellbeing.

Yet one of the most common statements women make is:

"I don't feel like myself anymore."

What Does It Feel Like?

Women often report:

- Feeling flat
- Loss of joy
- Reduced motivation
- Crying easily
- Emotional exhaustion
- Withdrawal from activities
- Feeling disconnected

Why Is It Happening?

Hormonal Changes

Estrogen influences serotonin and dopamine.

Poor Sleep

Months or years of poor sleep affect emotional wellbeing.

Chronic Stress

Many women are carrying extraordinary responsibilities.

Grief & Life Changes

Menopause often coincides with significant life transitions.

What Can Help?

- Improve sleep.
- Exercise regularly
- Spend time outdoors.
- Stay socially connected.
- Eat nourishing foods.
- Seek support.

Important

Persistent depression should never be ignored.

Please seek professional support if symptoms are affecting your quality of life.

Lioness Hope

This chapter of life will not last forever.

Many women emerge stronger, wiser, and more connected to themselves.

Lioness Affirmation

I am worthy of support.

I am worthy of joy.

I will not carry this alone.

DRY SKIN

“Why Has My Skin Changed So Much?”

What Is Menopause-Related Dry Skin?

Many women notice that their skin suddenly feels:

- Dry
- Tight
- Itchy
- More sensitive
- Less elastic
- Thinner

Why Is It Happening?

Estrogen supports:

- Collagen production
- Hydration
- Elasticity
- Skin thickness

As estrogen declines, skin naturally becomes drier and more fragile.

What Can Help?

- Stay hydrated.
- Eat healthy fats.
- Moisturise daily.
- Wear sunscreen
- Prioritise sleep.
- Manage stress.
- Eat adequate protein.

Lioness Hope

Healthy skin is not about looking twenty-five again.

It is about supporting the skin you are in today.

Lioness Affirmation

I honour the woman I am becoming.

My beauty is not defined by my age.

My confidence comes from within.

DRY MOUTH

“Why Am I Always Thirsty?”

What Is Menopause-Related Dry Mouth?

Many women are surprised to discover that menopause can affect saliva production.

Symptoms may include:

- Constant thirst
- Dry mouth
- Dry lips
- Changes in taste
- Difficulty swallowing dry foods.
- Increased dental issues.

Why Is It Happening?

Declining estrogen may affect saliva production.

Other contributors may include:

- Stress
- Medications
- Dehydration
- Mouth breathing
- Poor sleep

What Can Help?

- Drink water regularly.
- Reduce alcohol.
- Limit excessive caffeine.
- Chew sugar-free gum.
- Focus on oral health.
- Schedule regular dental checks

Lioness Hope

Small daily habits can make a significant difference.

Lioness Affirmation

***I listen to my body with curiosity and compassion.
I support my health one step at a time.***

TINNITUS

“Why Am I Hearing Ringing in My Ears?”

What Is Tinnitus?

Tinnitus is the perception of sound when no external sound exists.

Women commonly report:

- Ringing
- Buzzing
- Humming
- Clicking
- Hissing
- Whooshing sounds

What Does It Feel Like?

Women often describe:

- Ringing that is worse at night.
- Increased awareness in quiet environments
- Difficulty sleeping
- Anxiety about the cause

Why Is It Happening?

The relationship between menopause and tinnitus is still being researched.

Potential contributors include:

- Hormonal changes
- Stress
- Anxiety
- Sleep deprivation
- Hearing changes
- Blood pressure changes

What Can Help?

- Improve sleep.
- Manage stress.
- Reduce caffeine if it worsens symptoms.
- Use background sound at night.

Hair Loss

Few menopause symptoms can impact a woman's confidence quite like hair loss.

One day you notice more hair in the shower drain. Then your ponytail feels thinner. Your part line seems wider. Your once-thick hair suddenly feels fine and lifeless.

It can feel confronting.

For many women, their hair has always been part of their identity, femininity, and self-confidence. Losing it can want to lose a part of yourself.

The good news is that you are not imagining it.

As oestrogen levels decline during perimenopause and menopause, hair growth can slow and hair shedding can increase. Hormonal changes may also make hair finer, drier, and more fragile.

Other factors such as stress, poor sleep, thyroid issues, low iron levels, and nutritional deficiencies can also contribute.

If you are experiencing hair loss, it is worth discussing with your healthcare provider. Blood tests may help identify underlying causes that can be addressed.

Most importantly, remember this:

Hair loss does not define your beauty.

You are still you.

Vertigo

Have you ever stood up and suddenly felt like the room was spinning?

Or experienced a strange sensation of imbalance that seemed to come from nowhere?

Many women are surprised to learn that vertigo and dizziness can occur during perimenopause and menopause.

Hormones influence far more than reproduction. They also affect the brain, blood vessels, nervous system, and inner ear, all of which play a role in balance.

Some women experience:

- Dizziness
- Light-headedness
- Motion sensitivity
- Nausea
- Balance difficulties
- Headaches

Vertigo can be unsettling, particularly when it appears unexpectedly.

If symptoms are persistent, severe, or affecting your daily life, it is important to seek medical advice to rule out other causes.

Histamine Intolerance

Before menopause, you may have been able to eat anything without issue.

Then suddenly certain foods leave you feeling flushed, itchy, anxious, or bloated.

Many women discover that their body becomes more sensitive during the menopausal transition.

One probable reason is histamine.

Histamine is a natural chemical involved in immune function, digestion, and nervous system communication. Hormonal fluctuations may affect how histamine is produced and broken down within the body.

Symptoms may include:

- | | |
|--------------|------------------------|
| • Flushing | • Digestive discomfort |
| • Headaches | • Nasal congestion |
| • Itchy skin | • Increased anxiety |

Not every woman experience histamine intolerance, but for those who do, recognising the connection can be a crucial step towards finding relief.

Digestive Issues

Many women notice that their digestive system suddenly has a mind of its own.

Foods that never caused problems before may suddenly leave you feeling bloated, uncomfortable, or sluggish.

Hormonal changes can influence digestion, gut bacteria, bowel function, and food tolerance.

Common symptoms include:

- Bloating
- Constipation
- Reflux
- Indigestion
- Increased food sensitivities
- Abdominal discomfort

Digestive symptoms can be frustrating, but they are incredibly common.

Supporting your gut with fibre-rich foods, adequate hydration, movement, stress management, and a nutrient-dense diet may help improve symptoms over time.

Burning Mouth Syndrome

Burning Mouth Syndrome is one of the lesser-known menopause symptoms, yet for some women it can be incredibly distressing.

Women often describe a burning, tingling or scalding sensation affecting the tongue, lips, mouth, or throat.

Some describe it as feeling as though they have burned their mouth on a hot drink, despite no obvious cause.

Other symptoms may include:

- Dry mouth
- Altered taste
- Metallic taste
- Oral discomfort

Because the symptom is not widely discussed, many women worry something serious is wrong.

If you are experiencing these sensations, speak with your healthcare provider for assessment and support.

Frozen Shoulder

Many women are surprised to learn there may be a connection between menopause and frozen shoulder.

Frozen shoulder causes pain, stiffness and a gradual loss of shoulder movement that can make everyday activities difficult.

Simple tasks such as reaching into a cupboard, fastening a bra, or lifting groceries can become painful.

Researchers believe hormonal changes may affect connective tissue health, increasing the likelihood of developing this condition during midlife.

Although recovery can take time, treatment options such as physiotherapy, movement therapy and medical support may help improve symptoms.

Electric Shock Sensations

One of the more unusual menopause symptoms is the sensation of sudden electric shocks or buzzing feelings throughout the body.

These sensations can be brief, unpredictable, and difficult to describe.

Some women experience them in the arms, legs, chest, or scalp.

While they can feel alarming, they are thought to be related to hormonal changes affecting the nervous system and nerve signalling pathways.

If symptoms are severe or persistent, seek medical advice to rule out other potential causes.

Formication (Skin Crawling)

Have you ever felt as though insects were crawling on your skin even though nothing was there?

This sensation is known as formication.

Although it sounds unusual, it is a recognised symptom experienced by some women during perimenopause and menopause.

Women may describe:

- Crawling sensations
- Tingling
- Itching
- Prickling feelings
- Increased skin sensitivity

Hormonal fluctuations can affect nerves, skin health, and sensory perception, contributing to these sensations.

While it can feel unsettling, understanding that it may be hormone-related can often provide reassurance.

Osteoporosis

One of the most important health considerations after menopause is bone health.

Oestrogen plays a key role in maintaining bone density throughout a woman's life.

As oestrogen declines, bone loss can accelerate, increasing the risk of osteoporosis.

Osteoporosis develops silently.

Most women do not know they have it until a fracture occurs.

The good news is that there is a great deal you can do to support your bones.

Regular strength training, weight-bearing exercise, adequate protein intake, vitamin D, calcium, and ongoing health monitoring can all play a key role in maintaining bone strength.

Your future self will thank you for the actions you take today.

Urinary Issues

Many women feel embarrassed talking about bladder symptoms.

The truth is that urinary issues are extremely common during menopause.

Declining oestrogen levels can affect the bladder, urethra, and pelvic floor muscles, contributing to symptoms such as:

- Urinary urgency
- Increased frequency
- Leakage
- Night-time urination
- Recurrent urinary tract infections

These symptoms can affect confidence, sleep, and quality of life.

Most importantly, they are treatable.

You do not need to suffer in silence.

There are many effective options available, and support is available through your healthcare provider.

Loss of Confidence

One of the most painful menopause symptoms is not physical at all.

It is the feeling that somewhere along the way, you lost confidence in yourself.

Many women describe feeling less certain, less capable, and less connected to the woman they once were.

Sleep deprivation, weight gain, hormonal fluctuations, anxiety, and brain fog can all chip away at confidence over time.

But confidence is not gone.

It is simply buried beneath exhaustion, stress, and self-doubt.

Menopause is not the end of your story.

For many women, it becomes the beginning of a stronger, wiser, and more authentic version of themselves.

The Lioness is still there.

She is simply waiting to be rediscovered.

Social Withdrawal

Many women find themselves pulling away from friends, family, and social activities during menopause.

Not because they want to. But because they are tired. Tired of feeling exhausted.

Tired of not sleeping. Tired of pretending everything is okay.

Anxiety, fatigue, low confidence, and unpredictable symptoms can make social situations feel overwhelming.

You may find yourself:

- | | |
|---------------------------|--|
| • Declining invitations | • Feeling disconnected from others |
| • Avoiding crowds | • Losing interest in activities you once enjoyed |
| • Staying home more often | |

If this sounds familiar, please know you are not alone. Connection matters. Even when it feels difficult.

Reach out to trusted friends. Join supportive communities. Talk openly about what you are experiencing.

The menopause journey was never meant to be walked alone.

And neither are you.

Questions to Ask Your Doctor

- Could my tinnitus be menopause-related?
- Should my hearing be assessed?
- Are there treatment options available?

Lioness Hope

While tinnitus can be frustrating, many women find it becomes easier to manage once they understand what may be contributing to it.

Lioness Affirmation

I choose calm over fear.

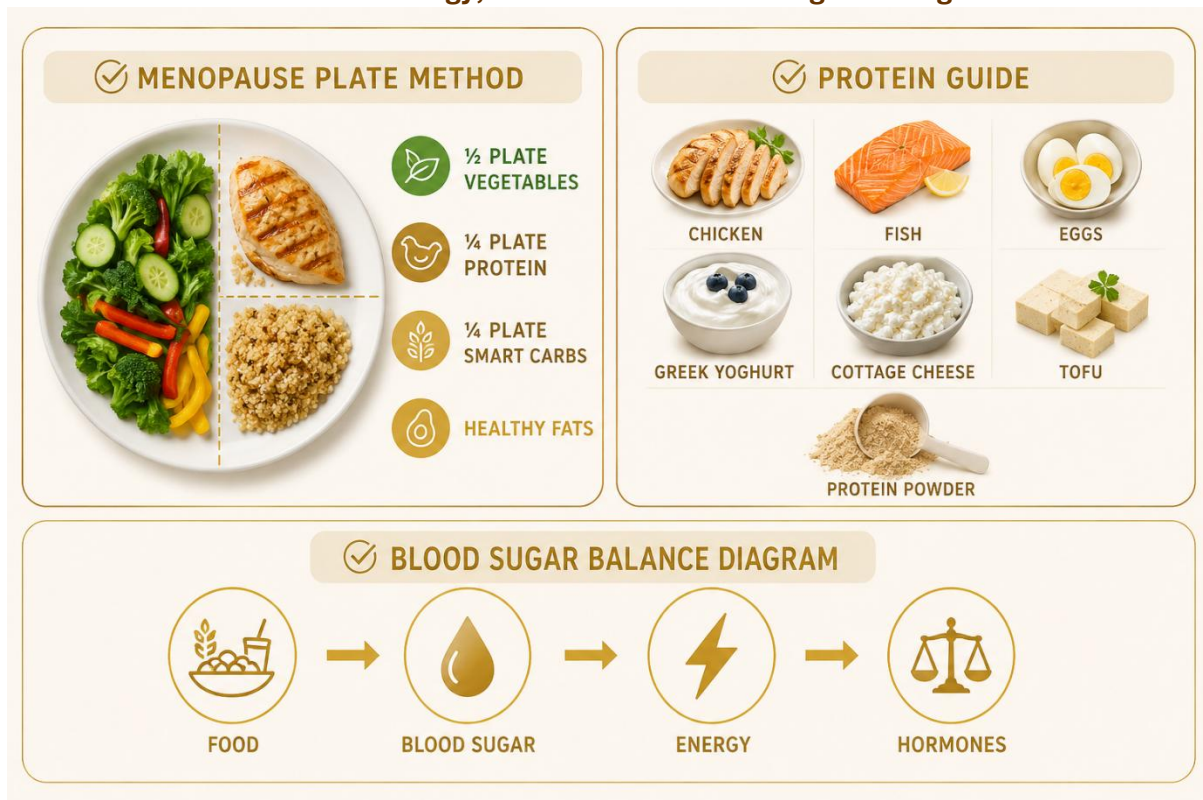
I trust myself to seek support and solutions.

I am learning how to care for my health with confidence.

CHAPTER 4

The Menopause Nutrition Reset

How To Eat for Energy, Hormone Health & Weight Management



If there is one area that creates more frustration than almost any other during menopause, it is food.

Women tell me:

"I'm eating the same as I always have."

"I barely eat anything and I'm still gaining weight."

"Nothing works anymore."

"I feel like my metabolism disappeared overnight."

If you have ever felt this way, please know something important:

You are not failing.

Your body has changed.

And when your body changes, your strategy must change too.

Many women spend years blaming themselves.

They believe they need more willpower.

More discipline.

More cardio.

Less food.

But the truth is often quite different.

Menopause is not simply a weight problem.

It is a hormone, muscle, sleep, stress, and nutrition challenge.

And once you understand that everything begins to make more sense.

This chapter will help you stop fighting your body and start supporting it.

Because the goal is not to eat less.

The goal is to eat smarter.

WHY MENOPAUSE CHANGES THE WAY YOUR BODY RESPONDS TO FOOD

During your younger years, hormones helped support:

- Muscle maintenance
- Blood sugar control
- Recovery
- Energy production
- Fat distribution
- Appetite regulation

As estrogen declines and other hormones shift, your body becomes more sensitive to:

- Poor sleep
- Stress
- Excess sugar
- Loss of muscle mass
- Blood sugar fluctuations

This means the nutrition strategies that worked at 30 may not work at 50.

That does not mean you are broken.

It means you are in a new season that requires an innovative approach.

THE BIGGEST NUTRITION MISTAKE WOMEN MAKE

Many women respond to weight gain by eating less.

They skip breakfast.

They avoid carbohydrates completely.

They cut calories dramatically.

They spend their day hungry.

Then wonder why they:

- Crave sugar
- Feel exhausted
- Lose muscle
- Struggle to lose weight
- Feel constantly hungry

The body is incredibly intelligent.

When it believes food is scarce, it tries to protect you.

This is one reason restrictive dieting often backfires.

The goal is not starvation.

The goal is nourishment.

THE MENOPAUSE PLATE

Instead of focusing on what to remove, focus on what to include.

At most meals aim for:

Protein.

Water.

Colour.

Simple.

Fibre.

Effective.

Healthy Fats.

Sustainable.

PROTEIN:

The Most Important Nutrient During Menopause

If I could only instruct women one nutrition lesson during menopause, it would be this:

Eat more protein.

Protein helps support:

- Muscle maintenance
- Metabolism
- Recovery
- Bone health
- Satiety
- Blood sugar balance
- Healthy aging

Many women dramatically underestimate how much protein they eat.

High Protein Foods

- Eggs
- Chicken
- Turkey
- Fish
- Seafood
- Greek yoghurt
- Cottage cheese
- Lean beef
- Tofu
- Tempeh
- Protein powder
- Edamame
- Legumes

Try to include protein every time you eat.

FIBRE:

The Menopause Superfood

Most women do not need less food. They need more fibre. Fibre helps support:

- Gut health
- Blood sugar control
- Cholesterol management
- Fullness
- Healthy digestion
- Weight management

Fibre Rich Foods

- Vegetables
- Fruit
- Beans
- Lentils
- Chickpeas
- Oats
- Chia seeds
- Flaxseeds
- Whole grains

Small increases can create significant improvements.

HEALTHY FATS:

Hormones Love Healthy Fats

For years women were told fat makes you fat.

That message caused enormous confusion.

Healthy fats are essential.

They support:

- Hormone production
- Brain health
- Skin health
- Heart health
- Satiety
- Energy

Healthy Fat Sources

- Avocado
- Extra virgin olive oil
- Nuts
- Seeds
- Salmon
- Sardines
- Mackerel
- Natural nut butters

The goal is not low-fat. The goal is smart fat.

BLOOD SUGAR:

The Hidden Menopause Gamechanger

Many menopause symptoms worsen when blood sugar constantly spikes and crashes.

Including:

- Fatigue
- Cravings
- Irritability
- Brain fog
- Weight gain
- Energy crashes

To support stable blood sugar:

- ✓ Eat protein first
- ✓ Include fibre
- ✓ Avoid living on coffee
- ✓ Don't skip meals
- ✓ Walk after eating

Small habits create powerful results.

WHAT ABOUT CARBOHYDRATES?

Carbohydrates are not the enemy. Your body needs carbohydrates. Your brain loves carbohydrates. The key is choosing quality carbohydrates more often.

Examples include:

- Oats
- Potatoes
- Sweet potatoes
- Fruit
- Legumes
- Rice
- Quinoa
- Whole grains

The goal is balance. Not fear.

THE MENOPAUSE DRINKING GUIDE

Many women walk around dehydrated without realising it. Dehydration can worsen:

- Fatigue
- Headaches
- Brain fog
- Cravings
- Dry skin
- Constipation

Aim to drink water consistently throughout the day. Your body will thank you.

FOODS THAT SUPPORT LONG-TERM HEALTH

Menopause is not only about symptom management. It is also about future health.

Focus on foods that support:

Heart Health

- Oily fish
- Olive oil
- Nuts
- Vegetables

Bone Health

- Dairy
- Greek yoghurt
- Calcium-rich foods
- Protein

Brain Health

- Berries
- Fish
- Leafy greens
- Healthy fats

Every meal is an investment in your future self.

THE 80/20 RULE

One of the biggest reasons diets fails is perfectionism.

Women think:

"I ate chocolate."

"I've ruined everything."

No.

You are human.

Healthy eating is not about perfection.

It is about consistency.

Aim for healthy choices most of the time.

Not all the time.

A sustainable plan will always beat a perfect plan.

WHAT A MENOPAUSE DAY OF EATING MIGHT LOOK LIKE



WHAT A MENOPAUSE DAY OF EATING MIGHT LOOK LIKE



BREAKFAST

- Greek yoghurt
- Berries
- Chia seeds
- Protein shake



LUNCH

- Chicken salad
- Mixed vegetables
- Olive oil dressing



SNACK

- Apple
- Handful of nuts



DINNER

- Salmon
- Roasted vegetables
- Sweet potato



EVENING

- Herbal tea



SIMPLE.



BALANCED.



SATISFYING.

♥ Nourish your body. Balance your hormones. Be your strongest self. ♥

LIONESS REFLECTION

What eating habits are currently helping you?

What habits may be working against you?

What is one nutrition change you can begin this week?

Remember:

Slight changes create big transformations.

REAL WOMAN. REAL STORY

"For years I thought I needed to eat less. What I needed was more protein, more strength training and better sleep. Once I stopped dieting and started nourishing my body, everything changed."

— Julie, 55

LIONESS HOPE

Your body is not asking for punishment.

It is asking for support.

You do not need another extreme diet.

You do not need another detox.

You do not need another miracle solution.

You need a plan that works with your body instead of against it.

Every protein-rich meal.

Every glass of water.

Every vegetable.

Every healthy choice.

They all matter.

And they all add up.

LIONESS AFFIRMATION

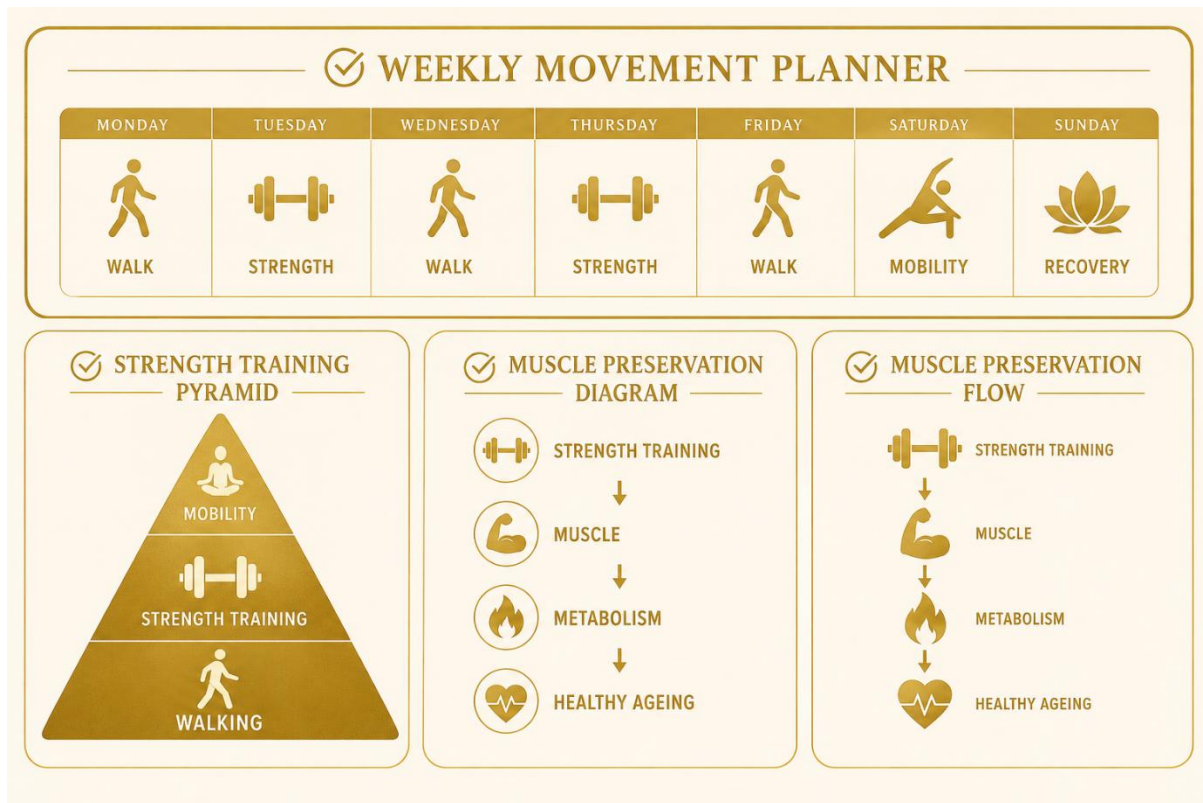
I choose nourishment over restriction.

I choose progress over perfection.

I honour my body by giving it the fuel it needs to thrive.

Every meal is an opportunity to support my health, my energy, and my future.

CHAPTER 5
The Menopause Movement Reset
Why Exercise Matters More Than Ever



If you have ever thought:

"I know I should exercise, but I have no energy."

"The workouts I used to do don't work anymore."

"I'm too tired to exercise."

"I don't even know where to start."

You are not alone.

For many women, menopause changes their relationship with exercise.

The body does not respond the way it once did.

Recovery takes longer.

Weight becomes harder to lose.

Motivation disappears.

Energy feels inconsistent.

And many women start believing exercise is not working.

But here is the truth:

Exercise is one of the most powerful tools available during menopause.

Not because it burns calories.

Not because it helps you fit into smaller clothes.

But because it supports all symptom women struggle with during this transition.

Better sleep.

Better mood.

Stronger bones.

Healthier muscles.

Improved metabolism.

More confidence.

Better long-term health.

Exercise is not punishment.

It is preparation.

Preparation for the next chapter of your life.

WHY MOVEMENT MATTERS MORE AFTER 40

As hormones change, several important things begin happening inside the body.

Muscle Mass Declines

Beginning around age 30, women naturally start losing muscle unless it is actively maintained.

This process often accelerates during menopause.

Less muscle can mean:

- Reduced strength
- Slower metabolism
- Increased fatigue
- Greater injury risk
- Reduced independence later in life

Bone Density Declines

Estrogen plays a key role in maintaining bone strength.

As estrogen declines, women become more vulnerable to bone loss.

Strong bones are not built in your seventies.

They are built today.

Metabolism Changes

Many women notice they gain weight despite eating the same foods.

While hormones play a role, reduced muscle mass often contributes significantly.

Muscle is metabolically active tissue.

The more muscle you maintain, the more resilient your metabolism becomes.

THE BIGGEST EXERCISE MYTH IN MENOPAUSE

For years women were told:

"Just do more cardio."

Run more.

Burn more calories.

Exercise harder.

Exercise longer.

Unfortunately, many women discover this approach stops working.

Some even find it leaves them:

- Exhausted
- Hungrier
- Sore
- Injured
- Frustrated

Menopause requires a smarter approach.

Not necessarily a harder one.

THE FOUR PILLARS OF MENOPAUSE FITNESS

Instead of focusing on burning calories, focus on building a strong, capable body.

The four pillars are:

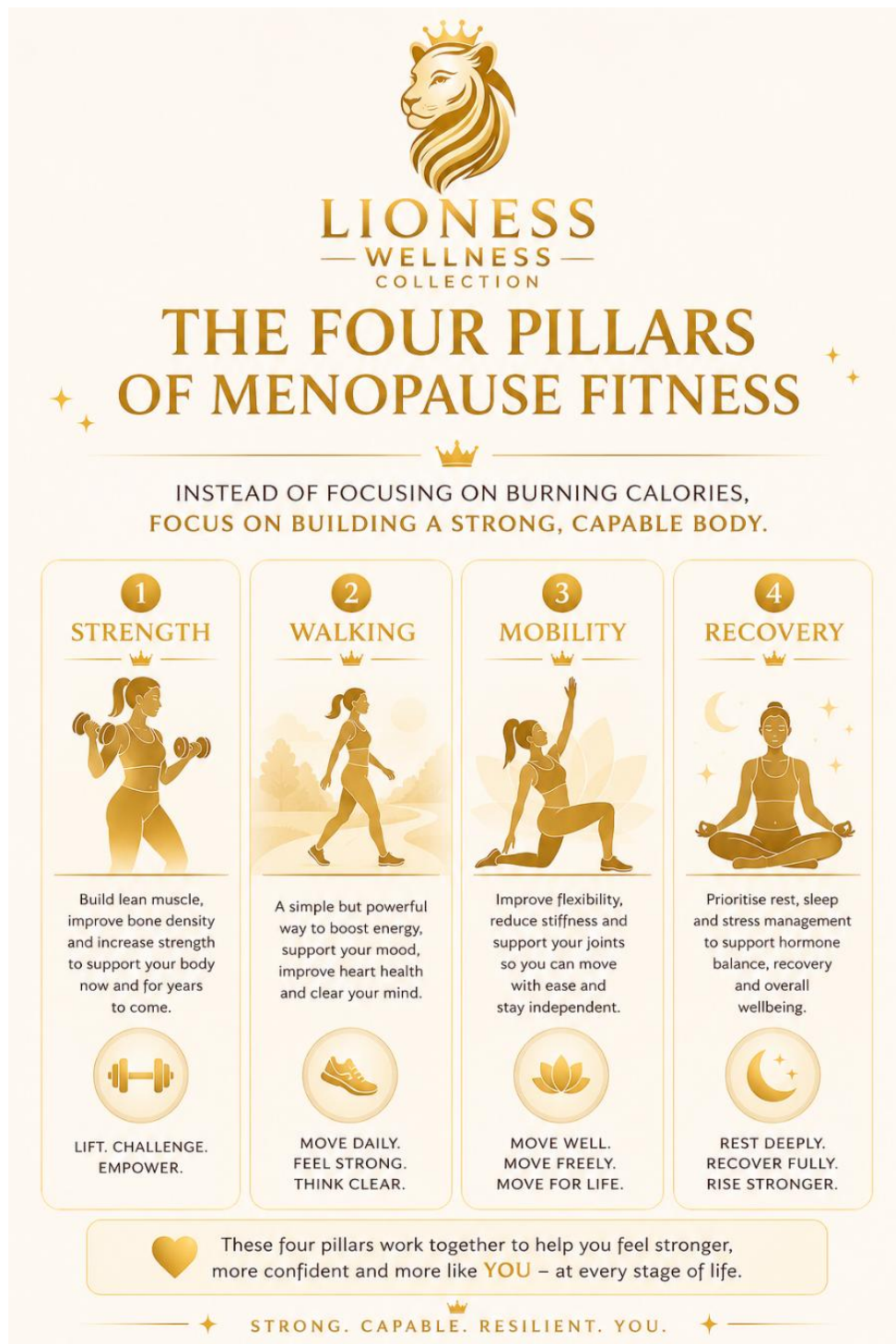
Strength

Walking

Mobility

Recovery

When these four pillars work together, women often experience remarkable improvements.



PILLAR ONE:

STRENGTH TRAINING

If there is one form of exercise every woman should consider during menopause, it is strength training.

Strength training helps support:

- Muscle mass
- Metabolism
- Bone density
- Balance
- Confidence
- Healthy aging
- Blood sugar control
- Daily function

Strength training is not about becoming a bodybuilder. It is about becoming stronger.

What Counts as Strength Training?

- Dumbbells
- Resistance bands
- Machines
- Bodyweight exercises
- Kettlebells
- Pilates resistance work

The goal is to challenge your muscles safely and consistently.

Beginner Strength Exercises

- Squats
- Sit-to-stands
- Wall push-ups
- Dumbbell rows
- Glute bridges
- Step-ups

Simple works.

PILLAR TWO:

WALKING

Walking is one of the most underrated forms of exercise.

It requires:

- No gym membership
- No special equipment
- No complicated program

Yet it supports:

- Heart health
- Stress reduction
- Blood sugar balance
- Mental wellbeing
- Weight management
- Recovery

Walking is movement medicine.

The Power of a Daily Walk

A 20–30-minute walk can:

- ✓ Improve mood
- ✓ Reduce stress
- ✓ Support energy
- ✓ Improve sleep
- ✓ Support long-term health

Never underestimate what a daily walk can do.

PILLAR THREE:

MOBILITY & FLEXIBILITY

Many women notice:

- Stiff hips
- Tight shoulders
- Aching backs
- Reduced flexibility

Movement quality matters. Mobility helps maintain:

- Joint function
- Balance
- Flexibility
- Comfort
- Independence

Simple Mobility Options

PILLAR FOUR:

RECOVERY

One of the biggest mistakes women make is believing more is always better.

Recovery matters.

Your body grows stronger during recovery.

Not during the workout itself.

Recovery includes:

- Sleep
- Hydration
- Nutrition
- Stress management
- Rest days

Without recovery, progress becomes difficult.

WHAT IF I'M EXHAUSTED?

This is one of the most common concerns women have.

When you are exhausted, intense workouts may feel impossible.

Start where you are.

Not where you think you should be.

On difficult days:

- Walk for 10 minutes
- Stretch
- Take the stairs
- Do a short workout

- Move your body gently

Something is always better than nothing.

EXERCISE FOR WEIGHT LOSS

Many women start exercising because they want to lose weight. That is understandable.

But menopause exercise is about so much more than the number on the scale.

Exercise helps preserve:

- Muscle
- Bone
- Function
- Mobility
- Confidence
- Health

Weight loss may happen. But strength gain is just as important.

THE CONFIDENCE CONNECTION

One of the most powerful benefits of exercise has nothing to do with appearance.

It changes how women feel.

Every time you finish a workout, you send yourself a message:

"I am capable."

"I am strong."

"I can do hard things."

That confidence often carries into every area of life.



A SIMPLE BEGINNER WEEK



MONDAY



20–30
minute walk



TUESDAY



Strength
training



WEDNESDAY



Walk and
stretch



THURSDAY



Strength
training



FRIDAY



Walk



SATURDAY



Mobility
or yoga



SUNDAY



Rest and
recovery



SIMPLE.



SUSTAINABLE.



EFFECTIVE.



CONSISTENCY TODAY. STRENGTH TOMORROW.



WHAT IF I HATE EXERCISE?

Then do not exercise.

Move. Dance. Garden. Swim. Walk with friends. Play with grandchildren. Ride a bike.

Hike. The best exercise is the one you do. Consistency beats perfection every time.

LIONESS REFLECTION

What movement do you enjoy?

What exercise have you been avoiding because it feels overwhelming?

What is one simple step you can take this week?

REAL WOMAN. REAL STORY

"I spent years trying to lose weight with endless cardio. Once I started strength training and walking consistently, my energy improved, my body became stronger and I finally felt confident again."

— Donna, 55

LIONESS HOPE

Your goal is not to become the woman you were twenty years ago.

Your goal is to become the strongest, healthiest version of yourself today.

Every walk matters.

Every workout matters.

Every stretch matters.

Every small effort matters.

You do not need to be perfect.

You simply need to keep moving forward.

LIONESS AFFIRMATION

I am building strength for the future.

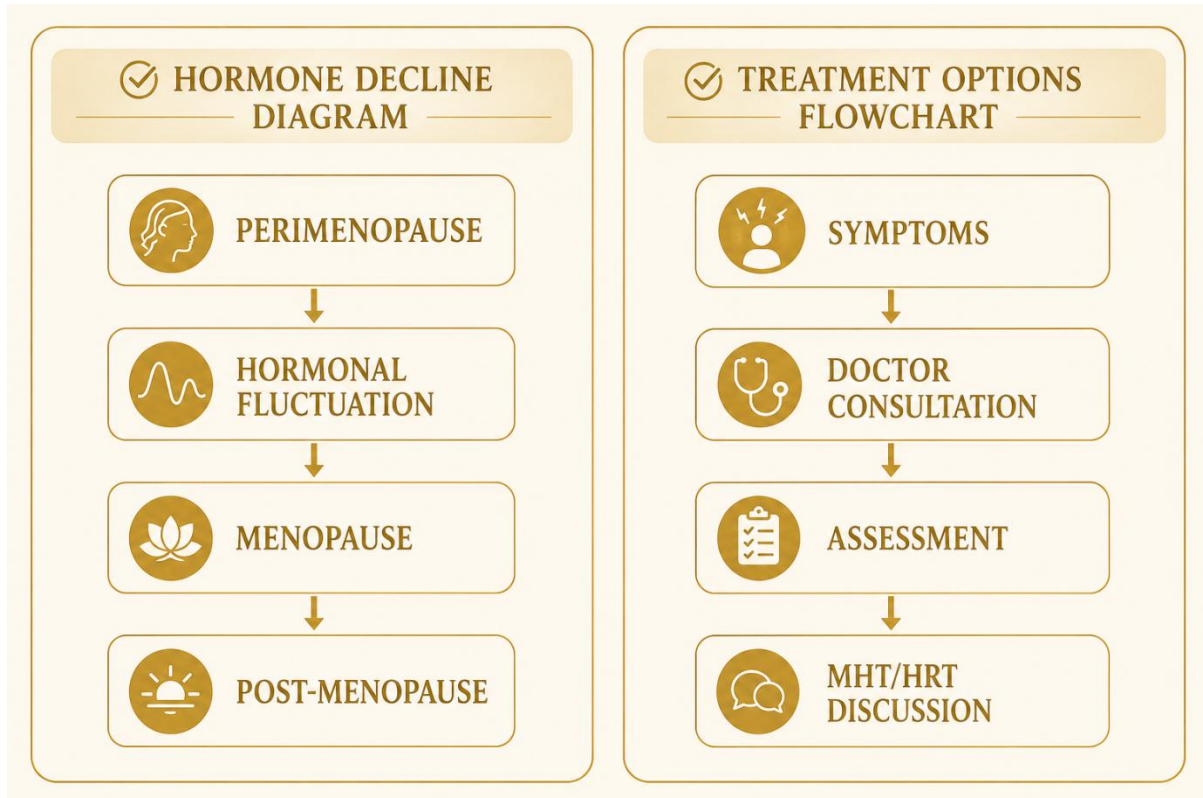
I honour my body through movement.

Every step, every workout and every act of self-care is an investment in my health, my confidence, and my future.

I am stronger than I think. 🐾 ✨

CHAPTER 6

Menopause Hormone Therapy (MHT/HRT)



The Truth About Hormones, Risks, Benefits & Making an Informed Choice

INTRODUCTION

Few menopause topics create more confusion than hormone therapy.

Some women believe it is dangerous.

Some women believe it is a miracle.

Some women are told to avoid it.

Others wish they had started it years earlier.

And many women are left feeling completely overwhelmed.

The truth is that hormone therapy is neither a miracle nor a monster.

It is simply one option.

For some women, it can be life changing.

For others, it may not be appropriate.

The goal of this chapter is not to tell you what to do.

The goal is to help you understand your options so you can make an informed decision with your healthcare provider.

Knowledge is power.

And when it comes to menopause, informed women make empowered decisions.

WHAT IS MHT OR HRT?

You may hear several different terms:

MHT

Menopausal Hormone Therapy

HRT

Hormone Replacement Therapy

Both terms refer to treatment designed to replace some of the hormones that decline during menopause.

The most used hormones include:

- Estrogen
- Progesterone
- Occasionally testosterone

The goal is to help reduce symptoms and support long-term health where appropriate.

WHY DO WOMEN USE HORMONE THERAPY?

Women consider hormone therapy for many reasons.

Common symptoms include:

- Hot flashes
- Night sweats
- Sleep problems
- Anxiety
- Mood changes
- Vaginal dryness
- Painful intimacy
- Brain fog
- Joint pain
- Reduced quality of life

Many women reach a point where symptoms begin affecting:

- Relationships
- Work performance
- Confidence
- Energy
- Mental health
- Daily functioning

When symptoms significantly impact quality of life, hormone therapy may be one option worth discussing.

WHAT BENEFITS CAN HORMONE THERAPY PROVIDE?

Every woman responds differently.

However, many women report improvements in:

Hot Flashes & Night Sweats

This is one of the most effective treatments available for vasomotor symptoms.

Sleep

Many women sleep better once symptoms improve.

Mood

Some women notice improvements in emotional wellbeing.

Vaginal Health

Estrogen can help improve:

- Vaginal dryness
- Tissue health
- Comfort
- Sexual wellbeing

Bone Health

Estrogen helps protect bone density.

Quality Of Life

Many women simply report feeling more like themselves again.

WHAT HORMONE THERAPY CANNOT DO

Hormone therapy is not a magic solution.

It cannot:

- Eliminate all stress.
- Replace healthy habits.
- Instantly cause weight loss
- Solve relationship challenges.
- Reverse aging

The foundations still matter:

- ✓ Nutrition
- ✓ Exercise
- ✓ Sleep
- ✓ Stress management
- ✓ Medical care

Hormones work best when combined with healthy lifestyle habits.

UNDERSTANDING THE FEAR

Many women have heard frightening stories about hormone therapy.

Often these concerns stem from studies that created significant media attention years ago.

Unfortunately, many women were left with incomplete or outdated information.

Today, menopause medicine continues to evolve.

Researchers now understand much more about:

- Diverse types of hormones
- Different delivery methods
- Appropriate candidates
- Individual risk factors

This is why current medical advice may differ from what women heard twenty years ago.

IS HORMONE THERAPY SAFE?

This is one of the most frequent questions women ask.

The answer is:

It depends on the individual.

Factors that may influence suitability include:

- Personal health history
- Family history
- Age
- Time since menopause
- Cardiovascular health
- Breast cancer history
- Blood clotting disorders

This is why personalised medical advice is essential.

No book can determine whether hormone therapy is right for you.

DIFFERENT TYPES OF HORMONE THERAPY

Many women are surprised to learn there is no single hormone therapy.

Options may include:

Estrogen Only

Often prescribed for women who no longer have a uterus.

Estrogen + Progesterone

Often used when the uterus is present.

Vaginal Estrogen

Used primarily for vaginal and urinary symptoms.

Testosterone Therapy

In some cases, may be discussed for women experiencing low libido or other symptoms.

Availability varies between countries and healthcare systems.

DIFFERENT WAYS HORMONES CAN BE TAKEN



HORMONES MAY BE PRESCRIBED AS:



- Patches



- Gels



- Tablets



- Sprays



- Vaginal creams



- Vaginal tablets



- Vaginal rings



Your healthcare provider can discuss
which option may suit your circumstances.



INFORMED CHOICES. EMPOWERED YOU.



WHO MAY BENEFIT MOST?

Women often consider hormone therapy when:

- Symptoms are affecting quality of life.
- Hot flushes are severe.
- Sleep is significantly disrupted.
- Vaginal symptoms are impacting wellbeing.
- Lifestyle changes alone have not been enough.

Many women wish they had sought help sooner.

WHO MAY NEED EXTRA CAUTION?

Some women require additional assessment before considering hormone therapy.

This may include women with:

- Certain cancers
- Blood clotting disorders
- Uncontrolled high blood pressure
- Significant liver disease
- Complex medical histories

This does not automatically mean hormone therapy is impossible.

It simply means specialist advice may be needed.

QUESTIONS TO ASK YOUR DOCTOR

Consider asking:

- Am I a candidate for hormone therapy?
- What are the benefits for my symptoms?
- What are the risks in my situation?
- What type would you recommend?
- What alternatives are available?
- How often should I be reviewed?
- What should I expect if I start treatment?

Write your questions down before your appointment. You deserve clear answers.

WHAT IF I CHOOSE NOT TO USE HORMONE THERAPY?

That is completely okay.

Many women manage menopause successfully through:

- Nutrition
- Strength training
- Walking
- Sleep strategies
- Stress management
- Targeted supplements
- Medical support when needed.

There is no gold medal for using hormone therapy. There is no gold medal for avoiding it. The right choice is the one that aligns with your health needs and personal circumstances.

THE MOST IMPORTANT THING TO REMEMBER

You do not need to suffer in silence.

Whether you choose hormone therapy or not, support exists.

Information exists.

Options exist.

Menopause treatment is not one-size-fits-all.

And you deserve access to evidence-based information that helps you make decisions confidently.

LIONESSE REFLECTION

What concerns do you currently have about hormone therapy?

What information would help you feel more confident discussing menopause treatment with your healthcare provider?

Be afraid or misinformation influenced your decisions?

REAL WOMAN. REAL STORY

"For years I avoided hormone therapy because I was scared. Once I sat down with a menopause-trained doctor and discussed my individual risks and benefits, I finally felt informed enough to make a decision that was right for me."

— Catherine, 55

LIONESSE HOPE

You do not need to have all the answers today.

Menopause is a journey, not a test.

The goal is not perfection.

The goal is informed choice.

Whether your path includes hormone therapy, lifestyle changes, non-hormonal treatments, or a combination of approaches, there is no single "right" way to navigate menopause.

There is only the right way for you.

LIONESS AFFIRMATION

I trust myself to make informed decisions.

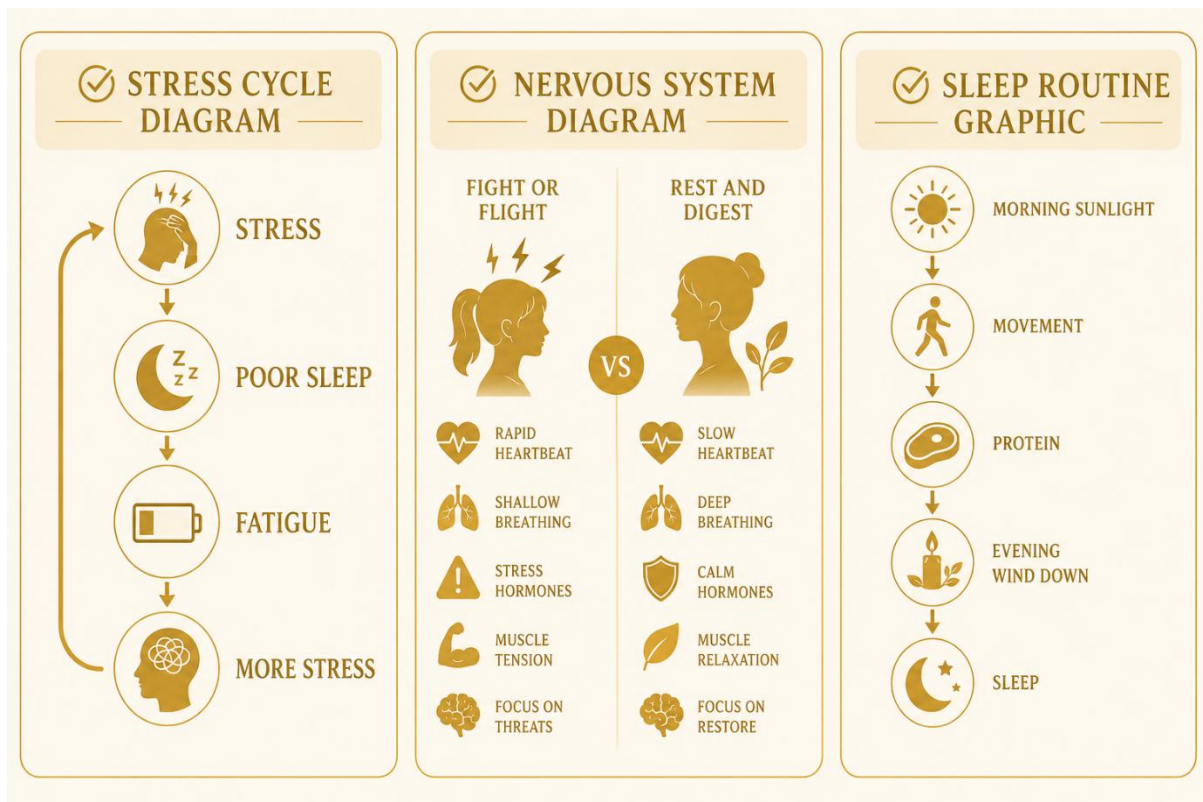
I deserve access to accurate information and compassionate care.

I will advocate for my health with confidence, courage, and wisdom.

My wellbeing matters. 🦁

CHAPTER 7

Sleep, Stress & Nervous System Recovery



Why You're Exhausted, Overwhelmed and Running on Empty

Many women enter menopause believing they have a hormone problem.

And while hormones absolutely matter, there is often another piece of the puzzle that gets overlooked.

Stress.

Not just emotional stress.

Physical stress.

Mental stress.

Sleep deprivation.

Life stress.

The invisible mental load many women have carried for decades.

By the time many women reach their forties and fifties, they are exhausted.

Not because they are weak.

Not because they are lazy.

Not because they are failing.

Because they have been carrying too much for too long.

Then menopause arrives.

And suddenly the strategies that helped them keep going no longer seem to work.

The body starts demanding attention.

The symptoms become impossible to ignore.

The message becomes clear:

Something needs to change.

THE INVISIBLE LOAD WOMEN CARRY

Many women spend years caring for everyone else.

Children.

Partners.

Parents.

Grandchildren.

Employers.

Friends.

Communities.

Families.

They become experts at looking after everyone else's needs.

But somewhere along the way, they stop looking after themselves.

Then menopause arrives.

And the body starts asking for repayment.

The sleep debt.

The stress debt.

The self-care debt.

The recovery debt.

Years of pushing through can eventually catch up.

WHAT IS YOUR NERVOUS SYSTEM?

Think of your nervous system as your body's control centre.

It constantly scans the environment looking for safety or danger.

When it feels safe, your body can:

- Rest

- Digest
- Recover
- Heal
- Sleep
- Think clearly.

When it senses danger, it shifts into survival mode.

This response is incredibly helpful during emergencies.

The problem is that many women are living in survival mode all the time.

SIGNS YOUR NERVOUS SYSTEM MAY BE OVERLOADED

You may notice:

- Feeling constantly overwhelmed
- Difficulty relaxing
- Racing thoughts
- Irritability
- Anxiety
- Poor sleep
- Fatigue
- Brain fog
- Feeling emotionally reactive
- Increased cravings
- Reduced resilience

Many women assume these symptoms mean they are failing.

Often, they are signs that the body needs recovery.

WHY MENOPAUSE MAKES STRESS FEEL WORSE

During younger years, hormones often provided a buffering effect.

As hormones fluctuate and decline, many women notice:

- Less emotional resilience
- More anxiety
- Increased sensitivity to stress
- Greater difficulty sleeping
- Longer recovery from pressure

The same challenges that once felt manageable may suddenly feel overwhelming.

You are not imagining it. Your body is changing.

THE 3AM WAKE-UP CALL

One of the most common menopause complaints is waking between:

- 2am
- 3am
- 4am

Many women lie awake wondering: *"Why can't I stay asleep?"*

Several factors may contribute:

- Hormonal changes
- Night sweats
- Anxiety
- Stress
- Blood sugar fluctuations
- Cortisol changes

Once awake, the mind often begins racing.

Suddenly you are solving problems, replaying conversations, and worrying about tomorrow.

Sound familiar? You are not alone.

THE BURNOUT NOBODY TALKS ABOUT

Many women entering menopause are already burned out.

Not because they lack resilience. Because they have been resilient for too long.

Burnout often looks like:

- Exhaustion
- Cynicism
- Reduced motivation
- Feeling detached
- Increased irritability
- Loss of joy
- Constants overwhelm.

Many women do not realise how exhausted they truly are until they can no longer keep pushing.

WHY SLEEP CHANGES EVERYTHING

Sleep is not a luxury. It is a biological necessity.

Poor sleep affects:

- Hunger hormones
- Weight management
- Mood
- Memory
- Recovery
- Stress tolerance
- Blood sugar regulation
- Immune function

When sleep improves, many symptoms improve alongside it.

This is why sleep deserves to be treated as a health priority. Not an afterthought.

BUILDING A MENOPAUSE SLEEP ROUTINE

Create Consistency

Try to go to bed and wake up at similar times each day.

Keep Your Room Cool

Many women sleep better in a cooler environment.

Reduce Evening Stimulation

Limit:

- Scrolling
- News
- Stressful conversations
- Bright screens

Get Morning Sunlight

Natural light helps regulate your body clock.

Move Your Body

Walking and strength training often improve sleep quality.

Reduce Alcohol

Alcohol may help you fall asleep but often disrupts sleep later in the night.

THE POWER OF RECOVERY

Many women focus on productivity. Very few focus on recovery.

Yet recovery is where healing happens.

Recovery includes:

- Sleep
- Rest
- Relaxation
- Connection
- Laughter
- Joy
- Nature
- Movement
- Breathing

Recovery is not laziness. Recovery is maintenance.

STRESS MANAGEMENT FOR REAL WOMEN

Let us be honest.

Most women are not moving to a tropical island.

Life is still going to be busy.

The goal is not eliminating stress.

The goal is improving your response to stress.

Small daily practices can help.

Five-Minute Walk

A short walk can calm the nervous system.

Deep Breathing

Slow breathing sends signals of safety to the body.

Journaling

Writing worries down can reduce mental clutter.

Prayer Or Meditation

Many women find comfort and calm through spiritual practices.

Time In Nature

Nature has a remarkable ability to restore perspective.

THE IMPORTANCE OF BOUNDARIES

Many women reach menopause and realise something important.

They have been saying "yes" to everyone except themselves.

Boundaries are not selfish.

Boundaries are self-respect.

Every time you say yes to something unnecessary, you may be saying no to your health.

Menopause often teaches women to protect their energy.

And that can be one of its greatest gifts.

WHAT YOUR BODY MAY BE ASKING FOR

Your body is not betraying you.

It is communicating.

It is saying:

Slow down.

Rest.

Recover.

Nourish yourself.

Move your body.

Protect your energy.

Ask for help.

Listen.

For years you may have ignored those messages.

Menopause often makes them impossible to ignore.

THE LIONESS RESET PLAN

For the next seven days:

- ✓ Prioritise sleep
- ✓ Walk daily
- ✓ Drink more water
- ✓ Reduce unnecessary commitments
- ✓ Spend time outdoors
- ✓ Eat protein at every meal
- ✓ Practice five minutes of stillness
- ✓ Go to bed 30 minutes earlier

Small actions. Big results.

LIONESS REFLECTION

What is draining your energy right now?

What helps you feel calm, grounded, and restored?

What is one boundary you need to set?

What is one act of self-care you can commit to this week?

REAL WOMAN. REAL STORY

"I thought I needed more motivation. What I needed was more recovery. Once I stopped trying to push harder and started focusing on sleep, stress and self-care, everything changed."

— Angela, 54

LIONESS HOPE

Your body is incredibly wise.

The symptoms you are experiencing are not always signs of weakness.

Sometimes they are invitations.

Invitations to slow down.

To reassess.

To prioritise yourself.

To create a healthier future.

You do not need to earn rest.

You do not need permission to care for yourself.

And it is never too late to begin.

LIONESS AFFIRMATION

I honour my need for rest.

I honour my need for recovery.

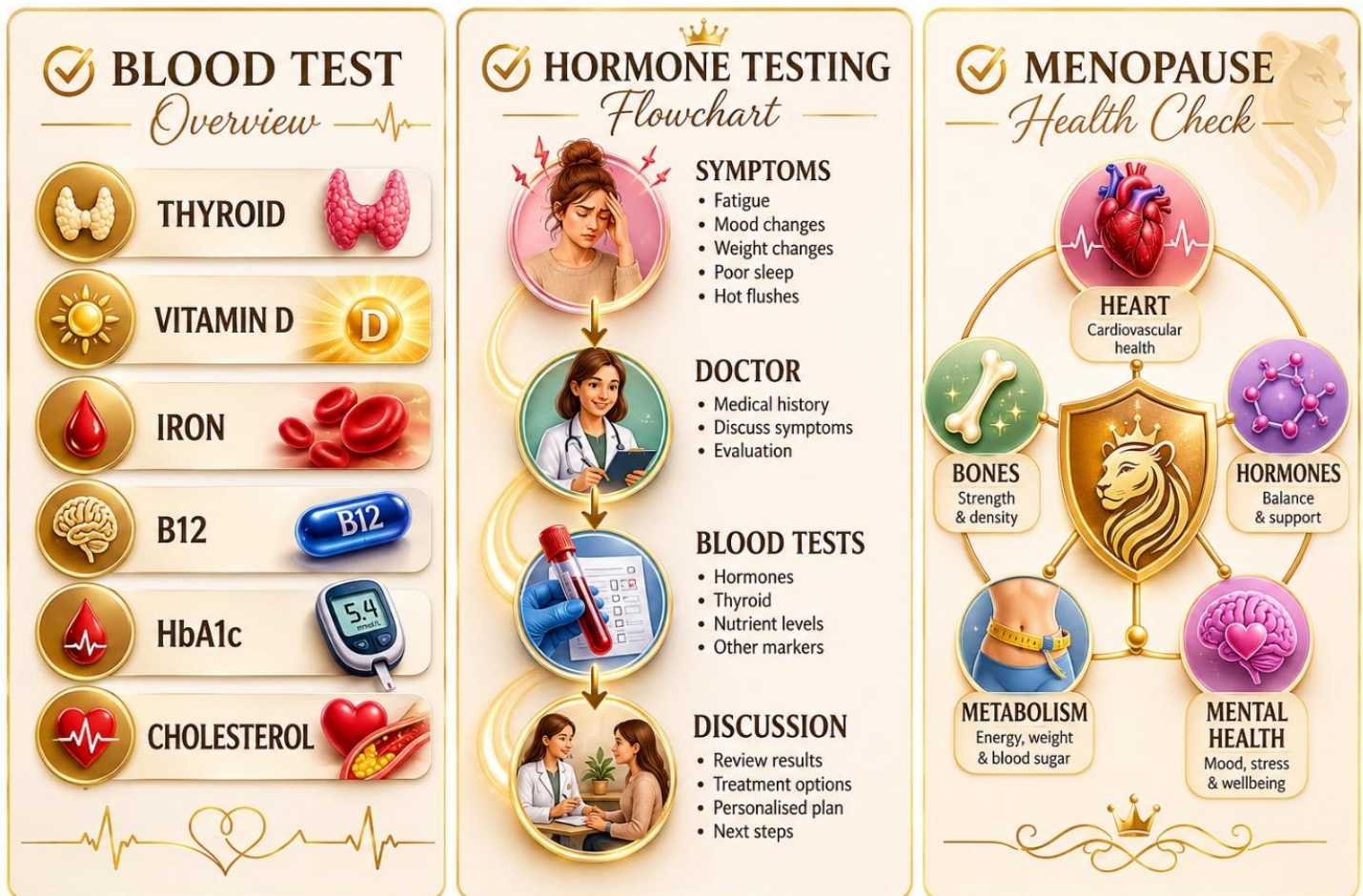
I choose peace over pressure.

I choose compassion over criticism.

Every day I am creating a life that supports my health, my happiness, and my wellbeing.

CHAPTER 8

The Menopause Blood Test Guide



THRIVING BEYOND MENOPAUSE

Building Your Strongest, Healthiest and Most Confident Future

THE BEGINNING OF A NEW CHAPTER

For many women, menopause feels like an ending.

The end of regular periods.

The end of fertility.

The end of a familiar version of themselves.

The end of feeling young.

The end of certainty.

The end of knowing how their body works.

But what if menopause isn't an ending at all?

What if it is a beginning?

What if the years ahead become some of the healthiest, strongest, wisest, and most fulfilling years of your life?

Because here is something many women do not hear often enough:

You are entering the second half of your life.

And you can make it extraordinary.

For the first time in decades, many women begin asking important questions:

Who am I now?

What do I want?

What matters most?

What kind of life do I want to create moving forward?

Menopause often becomes a powerful invitation to stop surviving and start living intentionally.

Not because everything suddenly becomes easier.

But because many women finally realise that their health, happiness, and wellbeing deserve to matter too.

This chapter is about moving beyond symptom management.

It is about creating a future you can feel excited about.

THE WOMAN YOU ARE BECOMING

Throughout this book we have talked about hormones, symptoms, sleep, nutrition, exercise, and medical options.

All those things matter.

But there is something equally important.

Identity.

Many women spend decades caring for others.

Children.

Partners.

Parents.

Grandchildren.

Employees.

Friends.

Communities.

For years, their own needs sit at the bottom of the list.

Then menopause arrives.

And suddenly many women begin asking:
Who am I when everyone else does not need me quite so much?
What do I want now?
What lights me up?
What excites me?
What kind of life do I want moving forward?
These are powerful questions.
And they deserve powerful answers.
Menopause is not about losing yourself.
It is often about rediscovering yourself.

YOUR HEALTH NOW MATTERS MORE THAN EVER

One of the greatest gifts menopause can offer is awareness.
It reminds us that health is not something we can take for granted.
The choices you make today can influence:

- How strong you feel at 60
- How healthy you feel at 70
- How independent you remain at 80
- How vibrant you feel at 90

The goal is not simply to live longer.
The goal is to live better.
To have energy.
To have strength.
To have confidence.
To have freedom.
To have options.
And that begins with understanding the pillars of healthy aging.

HEART HEALTH

Protecting The Organ That Never Stops Working

Heart disease is the leading cause of death for women worldwide.
Yet many women remain unaware of their risk.
Before menopause, estrogen provides some protection for the cardiovascular system.
As estrogen declines, that protection changes.
This makes heart health increasingly important.
Support your heart by:

- ✓ Walking regularly
- ✓ Strength training
- ✓ Maintaining healthy blood pressure
- ✓ Managing cholesterol
- ✓ Eating plenty of vegetables

- ✓ Prioritising sleep
- ✓ Managing stress
- ✓ Not smoking
- ✓ Limiting excessive alcohol
- ✓ Attending regular health checks

Heart health is not built in a day.

It is built through thousands of small decisions over time.

Every walk matters.

Every healthy meal matters.

Every night's sleep matters.

BONE HEALTH

Building A Strong Foundation for Life

Many women are surprised to learn how rapidly bone loss can occur after menopause.

Estrogen plays a critical role in maintaining bone density.

As estrogen declines, bones may become more vulnerable.

The good news?

There is a great deal you can do.

Support your bones by:

- ✓ Strength training
- ✓ Walking
- ✓ Resistance exercise
- ✓ Adequate protein intake
- ✓ Vitamin D
- ✓ Calcium-rich foods
- ✓ Regular bone density testing when appropriate

Think of bone health as a retirement account.

The earlier and more consistently you invest, the greater the return.

Strong bones help support:

- Independence
- Mobility
- Confidence
- Quality of life

For decades to come.

MUSCLE IS YOUR LONGEVITY SUPERPOWER

If there is one thing I wish every woman understood, it is this:

Muscle matters.

A lot.

Muscle helps support:

- Metabolism
- Blood sugar regulation
- Balance
- Mobility
- Bone health
- Confidence
- Independence
- Healthy aging

Unfortunately, many women lose muscle as they age.

This process accelerates after menopause.

The solution is not fear.

The solution is action.

Lift weights.

Carry groceries.

Move your body.

Challenge your muscles.

Build strength.

Because strength is freedom.

Strong women age differently.

THE NEW GOAL:

FROM SKINNY TO STRONG

For years, many women were taught to focus on one thing:

Being smaller.

Smaller waist.

Smaller dress size.

Smaller body.

But menopause often teaches a different lesson.

The goal is no longer simply being smaller.

The goal is becoming stronger.

Stronger physically.

Stronger mentally.
Stronger emotionally.
Stronger financially.
Stronger spiritually.
Strength creates resilience.
And resilience creates freedom.

BRAIN HEALTH

Protecting The Most Powerful Organ in Your Body

Many women fear brain fog. And understandably so.
When memory changes occur, it can feel frightening.
The good news is that your brain remains adaptable throughout life.
Support your brain by:

- | | |
|------------------------|----------------------------------|
| ✓ Exercising regularly | ✓ Challenging yourself |
| ✓ Prioritising sleep | ✓ Managing stress |
| ✓ Learning new skills | ✓ Maintaining social connections |
| ✓ Reading | ✓ Eating a nutrient-rich diet |

Your brain loves challenge.
It loves movement.
It loves learning.
It loves curiosity.
Never stop growing.
Never stop learning.
Never stop becoming.

THE IMPORTANCE OF PURPOSE

Research consistently shows that people who have purpose tend to enjoy better health and wellbeing.

Purpose does not have to be grand.

Purpose might be:

- | | |
|----------------|------------------|
| • Family | • Creativity |
| • Volunteering | • Community |
| • Mentoring | • Business |
| • Travel | • Learning |
| • Faith | • Helping others |

Purpose gives us a reason to get out of bed in the morning. Purpose gives direction.

Purpose gives meaning. Menopause often creates space to reconnect with what matters most. Use that opportunity.

CONFIDENCE IN YOUR SECOND SPRING

In many cultures, menopause is viewed as a transition into wisdom rather than decline.

I love that perspective.

Because confidence often grows with age.

By now you have survived:

Heartbreak.

Loss.

Challenges.

Disappointments.

Failures.

Difficult seasons.

Unexpected detours.

And you are still here.

That deserves recognition.

The woman you are becoming has experience.

Perspective.

Wisdom.

Resilience.

And strength.

Those qualities are far more valuable than youth.

LETTING GO OF WHO YOU USED TO BE

One of the hardest parts of menopause is grieving the version of yourself that existed before.

The younger body.

The younger face.

The younger energy.

The younger life stage.

Many women spend years trying to get back to who they were.

But what if the goal is not going back?

What if the goal is moving forward?

What if the next version of you is even stronger?

Even wiser?

Even more fulfilled?

You do not need to become the woman you once were.

You are becoming someone new.

And that woman deserves to be welcomed.

BECOMING THE CEO OF YOUR HEALTH

Nobody will ever care about your health more than you do.

That does not mean you must have all the answers.

But it does mean becoming an active participant in your care.

Ask questions.

Seek information.

Get second opinions when needed.

Track symptoms.

Request tests.

Advocate for yourself.

Build a healthcare team you trust.

You are not a passenger in your health journey.

You are the CEO.

And your future deserves strong leadership.

YOUR LONGEVITY PLAN

Imagine yourself ten years from now.

How do you want to feel?

What do you want to be able to do?

Who do you want to become?

Now work backwards.

What habits would support that future?

Perhaps:

✓ Walking daily

✓ Strength training three times per week

✓ Eating more protein

✓ Prioritising sleep

✓ Drinking more water

✓ Managing stress

✓ Having regular medical check-ups

✓ Protecting your mental health

Small habits become big outcomes.

The future is built one day at a time.

THE LIONESS LEGACY

Menopause is not simply about what happens to you.

It is also about what you instruct the women who come after you.

Your daughters.

Your granddaughters.

Your nieces.

Your friends.

The next generation deserves better information than many of us received.

By talking openly about menopause, you help remove shame.

You help create awareness.

You help other women feel less alone.

You become part of the solution.

And that is a powerful legacy.

A LETTER TO YOUR FUTURE SELF

Dear Future, Me,

I promise to stop treating my health as an afterthought.

I promise to nourish my body.

I promise to move my body.

I promise to rest when I need rest.

I promise to ask for help when I need help.

I promise to stop criticising myself for changing.

I promise to embrace the woman I am becoming.

I will focus on strength instead of perfection.

I will focus on progress instead of comparison.

I will remember that aging is a privilege denied to many.

And I will do everything I can to make these years healthy, meaningful, and full of joy.

With love,

Me

LIONESS REFLECTION

What excites you most about the years ahead?

What habits do you want to strengthen?

Why do you want your future self to thank you?

What does thriving look like for you?

Take a few moments to write your answers below.

LIONESS AFFIRMATION

I am not at the end of my story.

I am entering a powerful new chapter.

My body deserves care.

My mind deserves growth.

My future deserves intention.

I choose strength.

I choose health.

I choose possibility.

And I choose to thrive.

CHAPTER 9

The Menopause Nutrition Bible

☑ MENOPAUSE FOOD PYRAMID

TREAT FOODS
Enjoy in moderation

SMART CARBS
Choose wholefood options

PROTEIN
Build, repair & support muscles

VEGETABLES
Eat plenty of colourful vegetables



☑ WEEKLY SHOPPING LIST



PROTEIN

Chicken, fish, eggs, tofu, Greek yoghurt, lentils



VEGETABLES

Leafy greens, broccoli, peppers, carrots, zucchini, tomatoes



HEALTHY FATS

Avocado, olive oil, nuts, seeds, tahini



FRUIT

Berries, apples, bananas, citrus, kiwi



PANTRY STAPLES

Olive oil, oats, quinoa, brown rice, nuts, seeds, herbs, spices



☑ 7-DAY MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

YOU ARE NOT ALONE
The Lioness Guide to Moving Forward with Confidence

IF YOU REMEMBER NOTHING ELSE FROM THIS BOOK...

Remember this.

You are not crazy.

You are not lazy.

You are not weak.

You are not imagining things.

And you are certainly not alone.

Millions of women around the world are navigating the same journey.

The sleepless nights.

The hot flushes.

The anxiety.

The weight gain.

The brain fog.

The emotional rollercoaster.

The moments of wondering:

"What is happening to me?"

For many women, the hardest part of menopause is not the symptoms.

It is the confusion.

It is the feeling that nobody prepared them.

It is the feeling that they should somehow know what to do.

It is the feeling that they are struggling alone.

But now you know better.

You understand what is happening.

You understand why your body is changing.

And most importantly, you understand that there are solutions.

Knowledge changes everything.

FROM CONFUSION TO CLARITY

When many women begin reading a book like this, they arrive feeling overwhelmed.

They have spent months—or even years—searching for answers.

They have blamed themselves.

They have pushed harder.

Dieted harder.
Exercised harder.
Worked harder.
Tried harder.
Only to feel worse.
Then something remarkable happens.
They learn.
They understand.
They connect the dots.
Suddenly the symptoms that felt random begin making sense.
The anxiety.
The insomnia.
The weight gain.
The fatigue.
The joint pain.
The mood changes.
The loss of confidence.
The pieces begin fitting together.
And understanding creates empowerment.
Because once you understand the problem, you can begin creating solutions.

YOUR BODY HAS BEEN TALKING TO YOU

Throughout this journey, your body has been communicating.
The fatigue was communication.
The sleep problems were communication.
The cravings were communication.
The anxiety was communication.
The weight gain was communication.
The brain fog was communication.
Your body was never trying to punish you.
It was asking for support.
It was asking for attention.
It was asking for a different approach.
And now you can listen.
Not with frustration.

Not with criticism.

But with curiosity and compassion.

THE NEW RULES OF HEALTH

One of the biggest lessons menopause teaches is that the rules change.

The strategies that worked at 25 may not work at 50.

And that is okay. This is not failure. It is evolution.

Your body now rewards:

- | | |
|---------------------|---------------------|
| ✓ Strength training | ✓ Stress management |
| ✓ Protein | ✓ Consistency |
| ✓ Recovery | ✓ Self-care |
| ✓ Sleep | ✓ Boundaries |

The goal is no longer punishment. The goal is partnership. Your body is not your enemy.

Your body is your lifelong companion. Treat it accordingly.

THE FIVE PILLARS OF A THRIVING MENOPAUSE

If I could simplify everything in this book into five key pillars, they would be these:

1. PRIORITISE SLEEP

Sleep is not a luxury. Sleep is medicine.

When sleep improves:

- | | |
|-------------------|----------------------------|
| • Energy improves | • Memory improves |
| • Mood improves | • Recovery improves |
| • Hunger improves | • Quality of life improves |

Protect your sleep fiercely.

2. BUILD STRENGTH

Strong women age differently. Muscle protects:

- | | |
|--------------|----------------|
| • Bones | • Independence |
| • Metabolism | • Confidence |
| • Mobility | |

Lift weights. Challenge yourself. Become stronger than you have ever been.

3. NOURISH YOUR BODY

Stop focusing only on eating less.

Focus on eating better.

Prioritise:

- | | |
|--------------|----------------|
| • Protein | • Healthy fats |
| • Vegetables | • Fibre |
| • Fruit | • Water |

Food is information.

Every meal sends messages to your body.

Make those messages supportive.

4. MANAGE STRESS

You cannot pour from an empty cup.

Chronic stress affects:

- Hormones
- Sleep
- Weight
- Mood
- Health

Your wellbeing deserves protection. Boundaries are not selfish. They are necessary.

5. ASK FOR HELP

You do not need to figure everything out alone.

Talk to your doctor.

Talk to specialists.

Talk to other women.

Talk to people who understand.

Strength is not doing everything yourself.

Strength is knowing when support is needed.

THE POWER OF COMMUNITY

One of the greatest gifts women can give each other is honesty.

Imagine if every woman spoke openly about menopause.

Imagine if daughters learned what to expect.

Imagine if workplaces understood.

Imagine if partners understood.

Imagine if healthcare conversations happened earlier.

Imagine how many women would suffer less.

Every conversation matters.

Every story matters.

Every woman who speaks up helps another woman feel seen.

You never know whose life your story might change.

TO THE WOMAN READING THIS AT 3AM

That is where you are right now.

Lying awake.

Exhausted.

Frustrated.

Wondering if things will ever improve.

This message is for you.

Things can improve.

Many women find relief.

Many women regain energy.

Many women regain confidence.

Many women feel stronger than they have in years.

Not because menopause disappears.

But because they learn how to support themselves differently.

Do not lose hope.

The chapter you are in right now is not the whole story.

WHAT I HOPE YOU TAKE AWAY

I hope you stop blaming yourself.

I hope you stop thinking you are failing.

I hope you stop comparing yourself to the woman you were twenty years ago.

I hope you start celebrating the woman you are today.

The woman who has survived difficult seasons.

The woman who keeps showing up.

The woman who continues learning.

The woman who refuses to give up.

That woman is remarkable.

And she deserves kindness.

Especially from herself.

THE LIONESS PLEDGE

Today I choose understanding over judgment.

Today I choose strength over perfection.

Today I choose progress over comparison.

Today I choose self-care without guilt.

Today I choose to listen to my body.

Today I choose to advocate for my health.

Today I choose hope.

Today I choose myself.

A FINAL LETTER FROM ME TO YOU

Dear Lioness,

Thank you for trusting me enough to take this journey together.

Whether you read every page or skipped straight to the chapters you needed most, I hope you found answers.

I hope you found reassurance.

I hope you found practical solutions.

Most of all, I hope you found hope.

Because menopause is not the end.

It is not the closing chapter.

It is not a decline.

It is a transition.

A transformation.

An invitation to become stronger, wiser, and more intentional.

You have survived every challenge life has placed in front of you so far.

And you will navigate this one too.

Give yourself grace.

Give yourself patience.

Give yourself permission to evolve.

The best years of your life may still be ahead of you.

And I cannot wait for you to meet the woman you are becoming.

LIONESS REFLECTION

What is the biggest lesson you learned from this book?

What changes will you make over the next 30 days?

Why would you like your future self to thank you?

What kind of woman do you want to become in this next chapter of life?

Write your answers below.

LIONESS AFFIRMATION

I am not broken.

I am evolving.

I am strong.

I am capable.

I am worthy of support.

I am worthy of health.

I am worthy of joy.

I trust myself.

I honour my body.

I embrace my future.

And I step forward with confidence.

FINAL THOUGHT

Menopause is a chapter of your life.

It is not the title of your story.

Your story is still being written.

Make the next chapter extraordinary. 💖

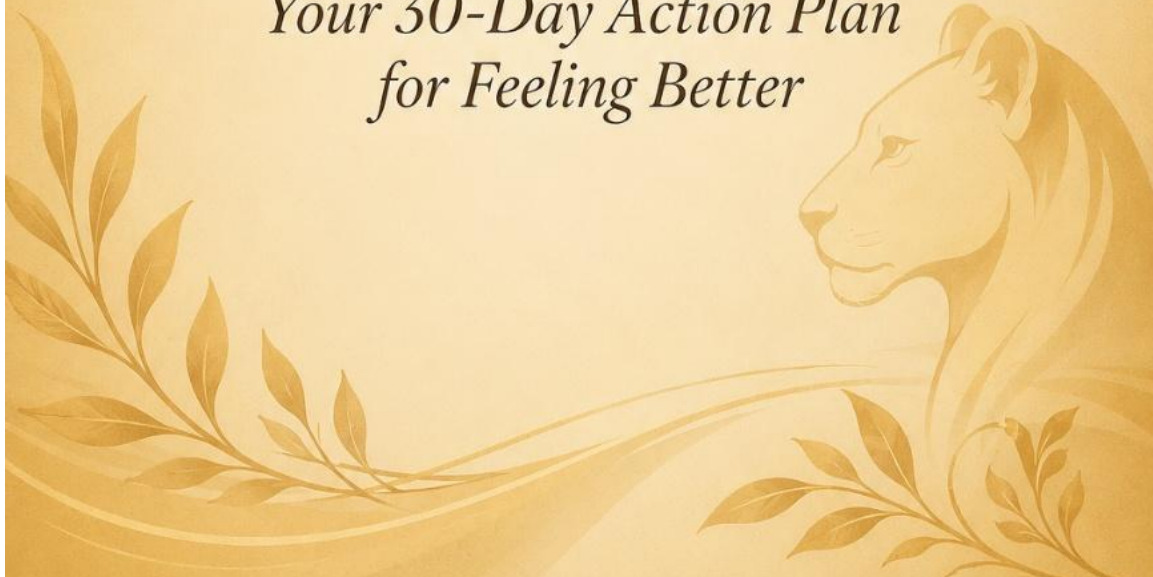


LIONESS
— WELLNESS —
COLLECTION

— THE —
**MENOPAUSE
TOOLBOX**



*Your 30-Day Action Plan
for Feeling Better*



Your 30-Day Action Plan for Feeling Better

KNOWLEDGE IS POWER. ACTION CHANGES LIVES

By now you have learned:

- What's happening to your hormones
- Why you are experiencing symptoms
- What options are available
- How to support your body through nutrition
- Why strength training matters
- How sleep affects everything
- When to seek medical support

But information alone does not create change.

Action does.

The challenge many women face is not knowing what to do.

The challenge is knowing where to start.

That is what this chapter is for.

Think of it as your practical roadmap.

Not for perfection.

Not for overnight transformation.

But for meaningful progress.

One step at a time.

THE LIONESSE 30-DAY RESET

Before we begin, remember this:

You do not need to do everything.

In fact, trying to change everything at once usually leads to overwhelm.

Instead, focus on small consistent actions.

Small actions become habits.

Habits become results.

Results become transformation.

WEEK 1

PRIORITISE SLEEP

If sleep improves, everything improves.

For the next seven days:

- ✓ Go to bed at the same time each night
- ✓ Wake at the same time each morning
- ✓ Get sunlight within 30 minutes of waking
- ✓ Keep your bedroom cool
- ✓ Reduce caffeine after midday
- ✓ Avoid scrolling in bed
- ✓ Write worries down before sleep
- ✓ Aim for 7–9 hours of sleep

Lioness Challenge

Choose one sleep habit and commit to it for seven days.

Not eight.

Not forever.

Just seven days.

WEEK 2

BUILD YOUR PLATE

This week is about nutrition.

Not dieting.

Not starving.

Not cutting everything out.

Simply improving what goes on your plate.

Focus On:

- ✓ Protein at every meal
- ✓ Vegetables at least twice daily
- ✓ More water
- ✓ Less ultra-processed food
- ✓ Fibre-rich foods
- ✓ Healthy fats

Easy Protein Options

- Eggs
- Greek yoghurt
- Chicken
- Fish
- Cottage cheese
- Protein smoothies

- Lean beef
 - Tofu
 - Legumes
-

Lioness Challenge

Aim for protein at breakfast every day this week.

WEEK 3

BUILD STRENGTH

Muscle is one of the greatest gifts you can give your future self.

This week:

- ✓ Walk daily
- ✓ Complete two strength-training sessions
- ✓ Stretch after exercise
- ✓ Focus on consistency
- ✓ Celebrate effort

Beginner Strength Routine

2–3 rounds

- Ten squats
- Ten wall push-ups
- Ten glute bridges
- Ten step-ups
- 20-second plank

Modify as needed.

The goal is not perfection.

The goal is participation.

You cannot heal in survival mode.

- ✓ Spend 10 minutes daily doing something calming
- ✓ Practice saying no
- ✓ Schedule time for yourself
- ✓ Spend time outdoors
- ✓ Take slow walks
- ✓ Reduce unnecessary commitments
- ✓ Ask for help

Stress Reduction Ideas

- Journaling
 - Prayer
 - Meditation
 - Reading
 - Gardening
 - Deep breathing
 - Walking
 - Listening to music
 - Spending time with friends
-

THE DAILY LIONESS CHECKLIST

Print this page. Use it every day.

Did I:

- ☐ Drink enough water?
 - ☐ Eat protein with my meals?
 - ☐ Move my body?
 - ☐ Spend time outside?
 - ☐ Prioritise sleep?
 - ☐ Take my supplements (if prescribed)?
 - ☐ Do something kind for myself?
 - ☐ Manage stress?
 - ☐ Speak kindly to myself?
-

WHEN TO SEE YOUR DOCTOR

Seek professional support if:

- ✓ Symptoms are affecting quality of life
- ✓ Sleep is severely disrupted
- ✓ Anxiety or depression are worsening
- ✓ You experience heart palpitations
- ✓ Bleeding patterns change significantly
- ✓ You have concerns about HRT/MHT
- ✓ You feel overwhelmed

You never need permission to ask for help.

Your health matters.

QUESTIONS TO TAKE TO YOUR APPOINTMENT

Symptom Questions

- Could these symptoms be related to perimenopause or menopause?
- What treatment options are available?
- What are the risks and benefits?
- What lifestyle changes would you recommend?

Hormone Therapy Questions

- Am I a candidate for HRT/MHT?
- What are the benefits?
- What are the risks?
- Which option would suit me best?

Testing Questions

- Should my thyroid be checked?
- Should my iron levels be checked?
- Should my vitamin D levels be checked?
- Could another condition be contributing?

BUILD YOUR SUPPORT TEAM

You were never meant to do this alone.

Your support team may include:

- | | |
|------------------------|----------------|
| • GP | • Counsellor |
| • Nurse Practitioner | • Psychologist |
| • Gynaecologist | • Partner |
| • Menopause Specialist | • Friends |
| • Dietitian | • Family |
| • Personal Trainer | • Other women |
| • Physiotherapist | |

Support is strength.

Not weakness.

YOUR MENOPAUSE EMERGENCY PLAN

For difficult days:

Step 1

Drink water.

Step 2

Eat protein.

Step 3

Go for a walk.

Step 4

Take ten slow breaths.

Step 5

Get sunlight.

Step 6

Call someone you trust.

Step 7

Remember:

This feeling will pass.

THE THINGS I WISH EVERY WOMAN KNEW

Menopause is not a personal failure.

Weight gain is not always about willpower.

Sleep matters more than most people realise.

Muscle is medicine.

Stress affects everything.

Protein matters.

Walking works.

Strength training changes lives.

Hormones influence more than reproduction.

You deserve answers.

You deserve support.

You deserve to feel well.

A MESSAGE FOR YOUR FUTURE SELF

One year from now, your life could look quite different.

Not because of one dramatic change.

But because of hundreds of small decisions.

One healthy breakfast.

One walk.

One workout.

One earlier bedtime.

One doctor's appointment.

One act of self-care.

One day at a time.

Small actions create remarkable results.

LIONESS REFLECTION

What is the first change I will make?

What is one habit I will focus on this month?

What support do I need?

What would feeling healthy mean to me?

What would I do differently if I deserved to feel good?

Write your answers below.

LIONESS AFFIRMATION

I am capable of change.

I am worthy of health.

I am worthy of support.

I do not need to be perfect.

I only need to keep moving forward.

Every healthy choice matters.

Every step counts.

Every day is a new opportunity.

I am becoming stronger.

I am becoming healthier.

I am becoming the woman I deserve to be.

CHAPTER 11
The Supplement Bible



LIONESS
— WELLNESS —
COLLECTION

THE
SUPPLEMENT
BIBLE

1 MAGNESIUM Mg SUPPORTS MUSCLE FUNCTION, SLEEP, STRESS MANAGEMENT & RECOVERY.	2 VITAMIN D  SUPPORTS IMMUNE FUNCTION, BONE HEALTH, MOOD & HORMONE BALANCE.	3 OMEGA 3  SUPPORTS HEART HEALTH, BRAIN FUNCTION, JOINTS & REDUCES INFLAMMATION.	4 CREATINE  SUPPORTS STRENGTH, POWER, MUSCLE GROWTH & COGNITIVE FUNCTION.	5 COLLAGEN  SUPPORTS SKIN ELASTICITY, JOINT HEALTH, HAIR, NAILS & GUT HEALTH.
6 ELECTROLYTES  SUPPORT HYDRATION, ENERGY, MUSCLE FUNCTION & PREVENT CRAMPS.	7 FIBRE  SUPPORTS DIGESTION, GUT HEALTH, BLOOD SUGAR CONTROL & SATIETY.	8 IRON  SUPPORTS RED BLOOD CELL PRODUCTION, ENERGY LEVELS & OVERALL WELLBEING.	9 PROBIOTICS  SUPPORT GUT HEALTH, DIGESTION, IMMUNE FUNCTION & NUTRIENT ABSORPTION.	10 B VITAMINS B SUPPORT ENERGY METABOLISM, BRAIN FUNCTION, RED BLOOD CELLS & STRESS MANAGEMENT.

STRENGTH.

BALANCE.



CONFIDENCE.

WELLNESS.

THE BEST IS NOT BEHIND YOU

Reclaiming Your Health, Confidence and Future

Reclaiming Your Health, Confidence and Future

THE BIGGEST LIE WOMEN ARE TOLD

Somewhere along the way, many women receive a message that sounds like this:

"Your best years are behind you."

It may not be said directly.

But it is implied.

In advertising.

In media.

In workplaces.

In conversations.

In the way society often celebrates youth while overlooking wisdom.

Many women enter menopause carrying the belief that they are somehow becoming less.

Less attractive.

Less valuable.

Less relevant.

Less visible.

Less important.

Nothing could be further from the truth.

Menopause is not the end of your story.

It is the beginning of a new chapter.

A chapter where many women discover something extraordinary:

The freedom to finally become themselves.

YOU ARE NOT STARTING OVER

One of the most beautiful things about midlife is that you are not beginning from scratch.

You are beginning from experience.

You carry decades of knowledge.

Decades of lessons.

Decades of resilience.

Decades of growth.

You have survived heartbreak.

Loss.

Disappointment.

Challenges.

Failures.

Successes.

You have overcome things that once seemed impossible.

You are not weaker than you were twenty years ago.

In many ways, you are stronger.

Wiser.

More capable.

More resilient.

The woman standing here today is not less than she was before.

She is more.

MENOPAUSE CAN BE A WAKE-UP CALL

Many women spend years putting themselves last.

They care for children.

Partners.

Parents.

Friends.

Colleagues.

Employees.

Everyone.

Until one day they realise:

They have forgotten themselves.

Menopause often forces a pause.

A moment of reflection.

A moment to ask:

What do I need?

What do I want?

What matters to me now?

What kind of life do I want to create moving forward?

These questions are not selfish.

They are necessary.

PERMISSION TO CHOOSE YOURSELF

For some women, menopause becomes the first time they truly prioritise themselves.

Not because they become selfish.

But because they finally recognise that they matter too.

You matter.

Your health matters.

Your happiness matters.

Your dreams matter.

Your future matters.

You do not need to earn the right to take care of yourself.

You already have it.

YOUR BODY DESERVES RESPECT

Your body has carried you through every stage of life.

It has adapted.

Protected.

Healed.

Endured.

Even when you felt frustrated with it.

Even when you criticised it.

Even when you wished it looked different.

Your body kept showing up for you.

It is time to change the conversation.

Instead of asking:

"Why is my body doing this to me?"

Try asking:

"How can I support my body through this transition?"

The answer changes everything.

STRENGTH HAS A NEW MEANING

When we are younger, strength is often measured by appearance.

As we age, strength becomes something much more meaningful.

Strength is:

Going for a walk when you do not feel like it.

Booking the medical appointment you have been avoiding.

Setting boundaries.
Asking for help.
Choosing rest when you need it.
Starting again after setbacks.
Being kind to yourself on difficult days.
Real strength is not perfection.
Real strength is persistence.

THE WOMAN YOU ARE BECOMING

Many women spend years grieving the woman they used to be.
But what if the most exciting question is not:
"How do I get my old self back?"
What if the question is:
"Who am I becoming?"
Because growth requires change.
And change often feels uncomfortable.
But discomfort is not always a sign that something is wrong.
Sometimes it is a sign that something new is emerging.

THINGS I HOPE YOU TAKE FROM THIS BOOK

I hope you remember:
You are not crazy.
You are not lazy.
You are not weak.
You are not failing.
You are not broken.
You are experiencing a significant hormonal transition.
And you deserve support.
I hope you remember:
Sleep matters.
Strength training matters.
Protein matters.
Stress management matters.
Asking questions matters.
Advocating for yourself matters.

Your health matters.

Most importantly:

You matter.

YOUR NEXT CHAPTER

The next chapter of your life does not have to be smaller.

It can be bigger.

Healthier.

Stronger.

More joyful.

More intentional.

More fulfilling.

Many women describe post menopause as one of the happiest periods of their lives.

Not because life becomes perfect.

But because they stop trying to be everything for everyone.

They become more comfortable in their own skin.

More confident in their decisions.

More protective of their peace.

More committed to their wellbeing.

A LETTER TO THE WOMAN READING THIS

Dear Beautiful Woman,

If you have made it this far, I want you to know something.

I am proud of you.

Not because menopause is easy.

But because you kept going.

You kept searching for answers.

You kept showing up.

You kept trying.

You kept caring.

Even when you were exhausted.

Even when you felt overwhelmed.

Even when nobody seemed to understand.

You kept going.

And that matters.

Please remember:

You are stronger than you realise.

More resilient than you know.

More capable than you believe.

This season of life is not here to diminish you.

It is here to transform you.

Trust yourself.

Trust your strength.

Trust your future.

The best is not behind you.

It is still ahead of you.

With love,

Liana Taiapa

Founder, Lioness Wellness

LIONESS REFLECTION

As I move into the next chapter of my life:

What do I want more of?

What do I want less of?

What habits will support my future health?

What dreams have I put on hold?

What would I do if my best years were still ahead of me?

Write your answers below.

FINAL LIONESS AFFIRMATION

I am not finished.

I am not fading.

I am not becoming less.

I am becoming more.

Wiser.

More confident.

More resilient.

More powerful.

More myself.

My story is still being written.

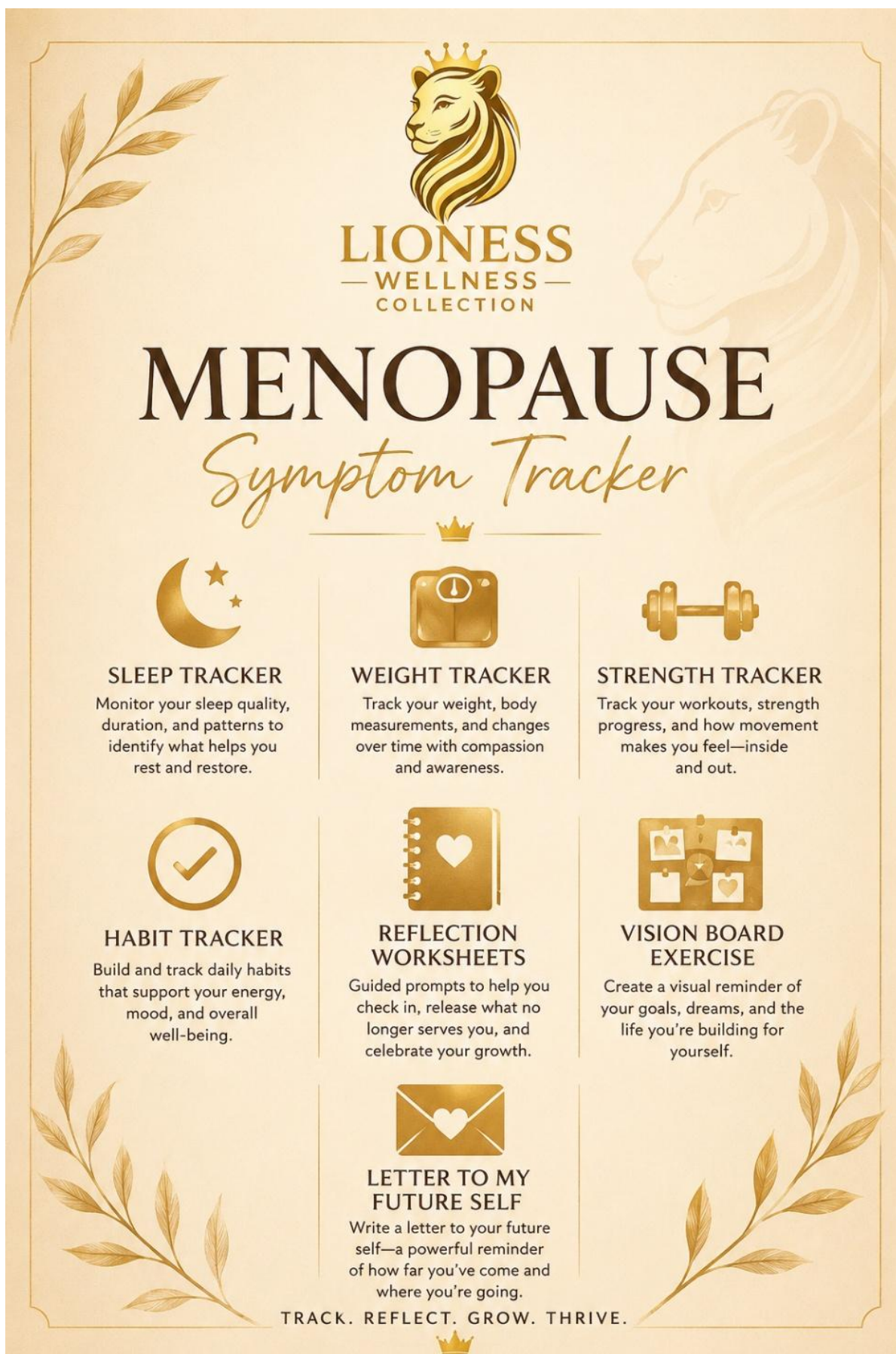
My future is bright.

My best years are not behind me.

They are waiting for me.

And I am ready.

"Menopause is not the closing of a door. It is the opening of a new one. Walk through it with courage, knowledge and confidence." Liana Taiapa, Lioness Wellness 💖





LIONESS

— WELLNESS —

COLLECTION

30 DAY SLEEP TRACKER



REST. RECHARGE. RISE LIKE A LIONESS.



TRACK YOUR SLEEP. TRANSFORM YOUR LIFE.

Quality sleep is the foundation of a strong mind, a healthy body, and an unstoppable you. Use this tracker to build better habits and become your best self.



DAY	POOR 0-4 HRS	FAIR 5-6 HRS	GOOD 7-8 HRS	EXCELLENT 9+ HRS	NOTES
1	☐	☐	☐	☐	
2	☐	☐	☐	☐	
3	☐	☐	☐	☐	
4	☐	☐	☐	☐	
5	☐	☐	☐	☐	
6	☐	☐	☐	☐	
7	☐	☐	☐	☐	
8	☐	☐	☐	☐	
9	☐	☐	☐	☐	
10	☐	☐	☐	☐	
11	☐	☐	☐	☐	
12	☐	☐	☐	☐	
13	☐	☐	☐	☐	
14	☐	☐	☐	☐	
15	☐	☐	☐	☐	
16	☐	☐	☐	☐	
17	☐	☐	☐	☐	
18	☐	☐	☐	☐	
19	☐	☐	☐	☐	
20	☐	☐	☐	☐	
21	☐	☐	☐	☐	
22	☐	☐	☐	☐	
23	☐	☐	☐	☐	
24	☐	☐	☐	☐	
25	☐	☐	☐	☐	
26	☐	☐	☐	☐	
27	☐	☐	☐	☐	
28	☐	☐	☐	☐	
29	☐	☐	☐	☐	
30	☐	☐	☐	☐	

SLEEP QUALITY GUIDE



POOR
0-4 HRS



FAIR
5-6 HRS



GOOD
7-8 HRS



EXCELLENT
9+ HRS

NOTES & REFLECTIONS



SLEEP IS YOUR SUPERPOWER. USE IT.



LIONESS

— WELLNESS —

COLLECTION

30 DAY WEIGHT TRACKER



STRONG BODY. STRONG MIND. UNSTOPPABLE YOU.



TRACK YOUR PROGRESS. CELEBRATE EVERY STEP.

Consistency today creates the strength of tomorrow.
Small steps, big results.



DAY	DATE	WEIGHT (LBS / KG)	CHANGE (+ / -)	BODY MEASUREMENTS	NOTES
1	___/___/___	_____	○	_____	_____
2	___/___/___	_____	○	_____	_____
3	___/___/___	_____	○	_____	_____
4	___/___/___	_____	○	_____	_____
5	___/___/___	_____	○	_____	_____
6	___/___/___	_____	○	_____	_____
7	___/___/___	_____	○	_____	_____
8	___/___/___	_____	○	_____	_____
9	___/___/___	_____	○	_____	_____
10	___/___/___	_____	○	_____	_____
11	___/___/___	_____	○	_____	_____
12	___/___/___	_____	○	_____	_____
13	___/___/___	_____	○	_____	_____
14	___/___/___	_____	○	_____	_____
15	___/___/___	_____	○	_____	_____
16	___/___/___	_____	○	_____	_____
17	___/___/___	_____	○	_____	_____
18	___/___/___	_____	○	_____	_____
19	___/___/___	_____	○	_____	_____
20	___/___/___	_____	○	_____	_____
21	___/___/___	_____	○	_____	_____
22	___/___/___	_____	○	_____	_____
23	___/___/___	_____	○	_____	_____
24	___/___/___	_____	○	_____	_____
25	___/___/___	_____	○	_____	_____
26	___/___/___	_____	○	_____	_____
27	___/___/___	_____	○	_____	_____
28	___/___/___	_____	○	_____	_____
29	___/___/___	_____	○	_____	_____
30	___/___/___	_____	○	_____	_____

PROGRESS CHECK



START



GOAL



LOWEST



ACHIEVED

NOTES & REFLECTIONS



YOU DON'T FIND WILLPOWER, YOU CREATE IT.
YOU DON'T DREAM IT, YOU DO IT.





LIONESS

— WELLNESS —

COLLECTION

30 DAY STRENGTH TRACKER



— STRONG BODY. STRONG MIND. UNSTOPPABLE YOU. —



TRACK YOUR WORKOUTS. BUILD YOUR STRENGTH.

Progress isn't about perfection. It's about showing up,
pushing yourself, and becoming stronger every day.
You vs. You.



DAY	WORKOUT FOCUS (e.g. Upper Body, Legs, Full Body)	EXERCISES (Key Movements)	SETS	REPS	WEIGHT (LBS / KG)	INTENSITY (1-5)	NOTES (How you felt)
1						○ ○ ○ ○ ○	
2						○ ○ ○ ○ ○	
3						○ ○ ○ ○ ○	
4						○ ○ ○ ○ ○	
5						○ ○ ○ ○ ○	
6						○ ○ ○ ○ ○	
7						○ ○ ○ ○ ○	
8						○ ○ ○ ○ ○	
9						○ ○ ○ ○ ○	
10						○ ○ ○ ○ ○	
11						○ ○ ○ ○ ○	
12						○ ○ ○ ○ ○	
13						○ ○ ○ ○ ○	
14						○ ○ ○ ○ ○	
15						○ ○ ○ ○ ○	
16						○ ○ ○ ○ ○	
17						○ ○ ○ ○ ○	
18						○ ○ ○ ○ ○	
19						○ ○ ○ ○ ○	
20						○ ○ ○ ○ ○	
21						○ ○ ○ ○ ○	
22						○ ○ ○ ○ ○	
23						○ ○ ○ ○ ○	
24						○ ○ ○ ○ ○	
26						○ ○ ○ ○ ○	
26						○ ○ ○ ○ ○	
28						○ ○ ○ ○ ○	
29						○ ○ ○ ○ ○	
30						○ ○ ○ ○ ○	

STRENGTH PROGRESS CHECK



STRONGER
I am building strength.

☐

CONSISTENT
I stay committed every day.

☐

FOCUSED
I push myself with purpose.

☐

UNSTOPPABLE
I am becoming my best self.

☐

NOTES & REFLECTIONS



— STRONG TODAY. STRONGER TOMORROW. UNSTOPPABLE ALWAYS. —



LIONESS

WELLNESS

COLLECTION

30 DAY HABIT TRACKER

★ STRONG BODY. STRONG MIND. UNSTOPPABLE YOU. ★



BUILD HABITS. ELEVATE YOUR LIFE.

Small daily choices create powerful changes.
Track your habits, energy, mood and overall wellbeing
to become your best self.



HABITS ✨	DAYS																													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
 DRINK WATER Stay hydrated	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 MOVE MY BODY 30+ minutes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 EAT NUTRITIOUS Fuel my body	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 MINDFUL MOMENT Meditate / Breathe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 LEARN & GROW Read / Educate	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 PLAN MY DAY Stay organised	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 BE KIND TO ME Self care first	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 QUALITY SLEEP 7–9 hours	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 FOCUS & PRIORITISE Deep work	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 CONNECT Meaningful time	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



DAILY ENERGY

How energetic
did you feel?

1

LOW

2

3

4

5
HIGH



DAILY MOOD

How was your
overall mood?

1

LOW

2

3

4

5
HIGH



OVERALL WELL BEING

How was your
overall wellbeing?

1

LOW

2

3

4

5
HIGH

WEEKLY REFLECTION



I AM PROUD OF _____



WHAT CHALLENGED ME _____



I WILL IMPROVE _____

MONTHLY PROGRESS



NOTES & GRATITUDE



DISCIPLINE TODAY. FREEDOM TOMORROW.





LIONESS

WELLNESS

COLLECTION

REFLECTION WORKSHEET

CHECK IN. RELEASE. GROW.



YOU ARE WORTHY OF THE TIME TO REFLECT.

Use this space to check in with yourself,
release what no longer serves you and
celebrate how far you've come.



1

CHECK IN WITH YOURSELF

Be honest. Be gentle. Be present.



How am I feeling today, physically? _____

How am I feeling today, emotionally? _____

What's been on my mind lately? _____

What's something I'm proud of? _____

What do I need more of right now? _____

What do I need less of right now? _____



2

RELEASE WHAT NO LONGER SERVES YOU

Let it go so you can rise.



What habits or patterns are holding me back? _____

What thoughts no longer serve me? _____

What relationships or situations drain me? _____

What am I ready to let go of? _____

What would my life feel like if I released this? _____

I RELEASE:



3

CELEBRATE YOUR GROWTH

Recognise your progress. You are becoming.



What have I learned about myself recently? _____

How have I grown in the past 30 days? _____

What challenges have I overcome? _____

What goals am I closer to now? _____

What are 3 wins I want to celebrate? _____

I CELEBRATE:

1. _____
2. _____
3. _____



LOOKING FORWARD

What do I want to focus on next? _____

What intentions will guide me? _____

Who do I want to become? _____



AFFIRMATION FOR YOU

Write an empowering affirmation
to remind yourself daily.

I HONOUR MY JOURNEY. I TRUST MY PROCESS. I AM BECOMING MY BEST SELF.



LIONESS

— WELLNESS —

COLLECTION



VISION BOARD EXERCISE



CREATE A VISUAL REMINDER OF YOUR GOALS, DREAMS,
AND THE LIFE YOU'RE BUILDING FOR YOURSELF.



SET YOUR INTENTION

What kind of life do I want to create? What lights me up? What am I working toward?



HEALTH & WELLNESS

How do I want to feel in
my mind and body?



PERSONAL GROWTH

What do I want to learn,
become or overcome?



CAREER & FINANCE

What does success look like
in my career and finances?



RELATIONSHIPS

Who do I want to surround
myself with?



EXPERIENCES & TRAVEL

Where do I want to go?
What do I want to experience?



HOME & LIFESTYLE

What does my ideal
lifestyle look like?



WORDS THAT INSPIRE ME

Affirmations, reminders, or words that keep me focused.



I AM BECOMING...

The future version of me is...



VISION BOARD SPACE

Cut out images, quotes, and words that inspire you.
Arrange them here to create your vision.

I DREAM IT. I PLAN IT. I BUILD IT. I LIVE IT.



I am becoming my best self every day.





LIONESS

— WELLNESS —
COLLECTION



LETTER TO YOUR FUTURE SELF

A POWERFUL REMINDER OF HOW FAR YOU HAVE COME
AND WHERE YOU ARE GOING.



TODAY'S DATE: ____/____/____

OPEN THIS LETTER ON: ____/____/____



DEAR FUTURE ME,

This is a letter from who I am today, to who I am becoming.
It's a reminder of my strength, my growth, my journey and my dreams.
No matter what life looks like when you read this,
remember how far you've come and the power you carry within you.



WHAT I AM PROUD OF TODAY:

My wins, big or small.



WHAT I OVERCAME:

The challenges I faced and grew through.



WHAT I AM WORKING TOWARD:

My goals, dreams and the life I'm building.



I TRUST YOU TO REMEMBER:

Don't forget these important things.



I HOPE YOU FEEL:

The emotions and state of being I wish for you in the future.



WORDS OF ENCOURAGEMENT:

A reminder of your strength, worth and resilience.



KEEP GOING BECAUSE:

The reasons why it's all worth it.



A PROMISE TO MY FUTURE SELF:

A commitment I make to keep showing up for my best life.

YOU ARE BECOMING EVERYTHING YOU DREAM OF AND MORE.
I BELIEVE IN YOU. ALWAYS HAVE. ALWAYS WILL.

CHAPTER 13
The Doctor Toolkit



DOCTOR APPOINTMENT PLANNER

Be prepared. Be informed. Be your own advocate.



APPOINTMENT DETAILS



Date: _____



Time: _____



Doctor's Name: _____



Clinic / Location: _____



Reason for Appointment: _____

MY TOP 3 CONCERNS

- 1 _____
- 2 _____
- 3 _____

MY GOALS FOR THIS APPOINTMENT

- _____
- _____
- _____

SYMPTOMS I WANT TO DISCUSS

- | | |
|--------------------------------|--------------------------------|
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

NOTES



YOU KNOW YOUR BODY BEST. *Trust Yourself. Speak Up. Be Heard.*

BLOOD TEST GUIDE

KEY TESTS TO SUPPORT YOUR MENOPAUSE JOURNEY

Knowledge is power. ♥

CATEGORY	TEST	WHAT IT SHOWS	WHY IT MATTERS
 HORMONES	FSH	Follicle Stimulating Hormone	Helps confirm menopausal stage
	Estradiol (E2)	Estrogen levels	Low levels can cause many symptoms
	Progesterone	Progesterone levels	Important for sleep, mood & cycle health
	Testosterone	Androgen levels	Affects libido, energy, muscle & mood
	SHBG	Sex Hormone Binding Globulin	Impacts how hormones are used in the body
	LH	Luteinizing Hormone	Works with FSH to regulate hormones
 THYROID	TSH	Thyroid Stimulating Hormone	Screens for underactive or overactive thyroid
	Free T4	Active Thyroid Hormone	Shows how well thyroid is working
	Free T3	Active Thyroid Hormone	Important for energy & metabolism
	TPO Antibodies	Autoimmune Thyroid Marker	Checks for Hashimoto's thyroiditis
 VITAMINS & MINERALS	Vitamin D	Vitamin D Levels	Supports bone, immunity, mood & energy
	Vitamin B12	B12 Levels	Important for energy, nerves & brain health
	Ferritin (Iron Stores)	Iron Stores	Low iron can cause fatigue, hair loss, poor sleep
	Magnesium	Magnesium Levels	Supports sleep, muscle health & mood
	Folate (B9)	Folate Levels	Important for energy & cell function
 METABOLIC HEALTH	Fasting Glucose	Blood Sugar Levels	High levels increase risk of diabetes
	HbA1c	3-Month Blood Sugar Average	Shows long-term blood sugar control
	Lipid Profile	Cholesterol & Triglycerides	Heart health assessment
	Liver Function Tests	Liver Health	Important for hormone metabolism
 OTHER IMPORTANT TESTS	CRP	Inflammation Marker	High inflammation can worsen symptoms
	Full Blood Count (FBC)	Overall Blood Health	Checks for anaemia, infection, etc.
	Kidney Function	Kidney Health	Important for overall wellbeing



YOUR HEALTH. YOUR VOICE. YOUR POWER.

1 OF 2

Always. ♥



IMPORTANT

Blood test ranges vary between laboratories. Always discuss your results with a qualified healthcare professional who understands menopause.



WHEN TO CONSIDER TESTING

- ✓ You have new or worsening symptoms
- ✓ You are in perimenopause or menopause
- ✓ You feel tired, anxious or not like yourself
- ✓ You have sleep problems
- ✓ You are experiencing weight changes

TIPS FOR YOUR APPOINTMENT



Take this guide with you to your appointment.



Discuss your symptoms and concerns in detail.



Ask which tests are right for you.



Review your results together and create a plan.



Retest as recommended to monitor progress.

REMEMBER



You know your body best.
Blood tests are a tool,
not the full story.
Your symptoms matter too.

Be your own advocate.



TALK TO YOUR DOCTOR ABOUT A COMPLETE MENOPAUSE HEALTH CHECK



HORMONES



THYROID



VITAMINS &
MINERALS



METABOLIC
HEALTH



OVERALL
WELLBEING

— Knowledge today. Strength always. Your Lioness Era. ♥ —



YOUR HEALTH. YOUR VOICE. YOUR POWER.

• 2 OF 2 •

Always. ♥

CHAPTER 14

RESOURCES



THE 30-DAY LIONESS RESET

— Reset. Rebuild. Rise. ♥ —

30 DAYS TO RECLAIM YOUR ENERGY, BALANCE YOUR HORMONES & BECOME YOUR STRONGEST SELF

 WEEK 1 RESET Cleanse & Prepare	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	 Set your intention	 Hydrate & nourish	 Eat clean, feel clean	 Mindful moments	 Move your body	 Self-care check-in	 Reflect & reset
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	 Fuel your body	 Balance your hormones	 Eat more plants	 Healthy fats matter	 Hydration habit	 Love your body	 Progress check
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	 Strength training	 Get your steps in	 Stretch & mobility	 Stronger every day	 Challenge yourself	 Celebrate small wins	 You're doing great!
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
 WEEK 4 RESTORE Restore & Recharge	 Prioritize sleep	 Reduce stress	 Unplug & unwind	 Rest & recover	 Calm your mind	 Gratitude practice	 Reset for tomorrow
	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	 Step into your power	 Own your journey	 Plan your future	 Trust your progress	 Keep your habits	 Shine bright	 You are a Lioness!



SMALL DAILY ACTIONS. *Big life transformation.*



YOU'VE GOT THIS, LIONESS.

Always.



NOURISH



MOVE



RESTORE



THRIVE





REFERENCES

TRUSTED RESOURCES TO INFORM, INSPIRE & EMPOWER



BOOKS

Evidence-based and empowering reads to guide you through your menopause journey.

- The Menopause Solution
- Untamed – Glennon Doyle
- Woman on Fire – Dr. Sheila de Liz
- The New Menopause – Dr. Mary Claire Haver



PODCASTS

Expert conversations, real stories and practical tips for every stage of menopause.

- The Menopause Mindset
- Balance Menopause
- The Dr. Louise Newson Podcast
- Menopause Chicks
- Zestology



WEBSITES

Reliable information, tools and communities you can trust.

- menopause.org.au
- thebms.org.uk
- drnewsonhealth.com
- balance-menopause.com
- menopausedoctor.co.uk



APPS & TOOLS

Track symptoms, mood, sleep and wellness with ease.

- Clue
- MenoWell
- Flo
- MyPossibleSelf
- Headspace



MEDICAL & PROFESSIONAL

Speak with qualified health professionals who understand you.

- GP or Menopause Specialist
- Nurse Practitioners
- Dietitians
- Physiotherapists
- Psychologists



You don't have to do this alone.

Learn. Connect. Thrive.



INFORMED CHOICES.



LASTING CHANGE. STRONGER YOU.





FINAL LIONESS MESSAGE



You are strong.
You are resilient.
You are becoming
your *best self.*

Menopause is not the end
of your story. It is the start
of a powerful new chapter.
With the right knowledge,
support and self-care,
you can thrive.

You've got this,
LIONESS. ♥



KEEP CHOOSING YOU.
Every. Single. Day.



NOURISH



MOVE



RESTORE



THRIVE

*Always,
a Lioness*



INFORMED CHOICES. LASTING CHANGE. STRONGER YOU.

This is your time.

