

Getting Through the Menopause Naturally

– Dr. Marilyn Glenville PhD

Don't miss this opportunity to come and see Dr Marilyn Glenville PhD, the UK's leading nutritionist specialising in women's health.

Are you worried about the menopause, concerned about the side effects of HRT and want to find out how to go through this transition comfortably. Discover how to eliminate night sweats and hot flushes, vaginal dryness, aching joints, ageing skin, loss of confidence and self-esteem, memory changes and lack of concentration, joint pains and increase your sex drive. Is soya good or bad? Find out the truth about 'natural' bioidentical hormones.

This talk is a breakthrough approach to the menopause: giving you choice, control and freedom. Dr Glenville will cover:

- What happens at the menopause and the different symptoms you might experience.
- What is the perimenopause which can start in your 40s
- The pros and cons of HRT will be discussed and the use of bioidentical hormones
- Find out what vitamins and minerals are important as you go through this stage in your life and which herbs can be helpful to combat the symptoms
- Discover the best way to eat during the menopause and how to protect your bone health as you get older.
- What are phytoestrogens and are they a good food to eat and how can you tell which ones are not
- Why stress can make the menopause symptoms worse and what you can do about it
- Find out what tests you should be having at this stage in your life.

As a woman, you can now live to up to 30 to 50 years past the menopause - a good long while! With such a promising stretch of years ahead of you it is good to know what you can do to keep yourself healthy both physically and mentally.