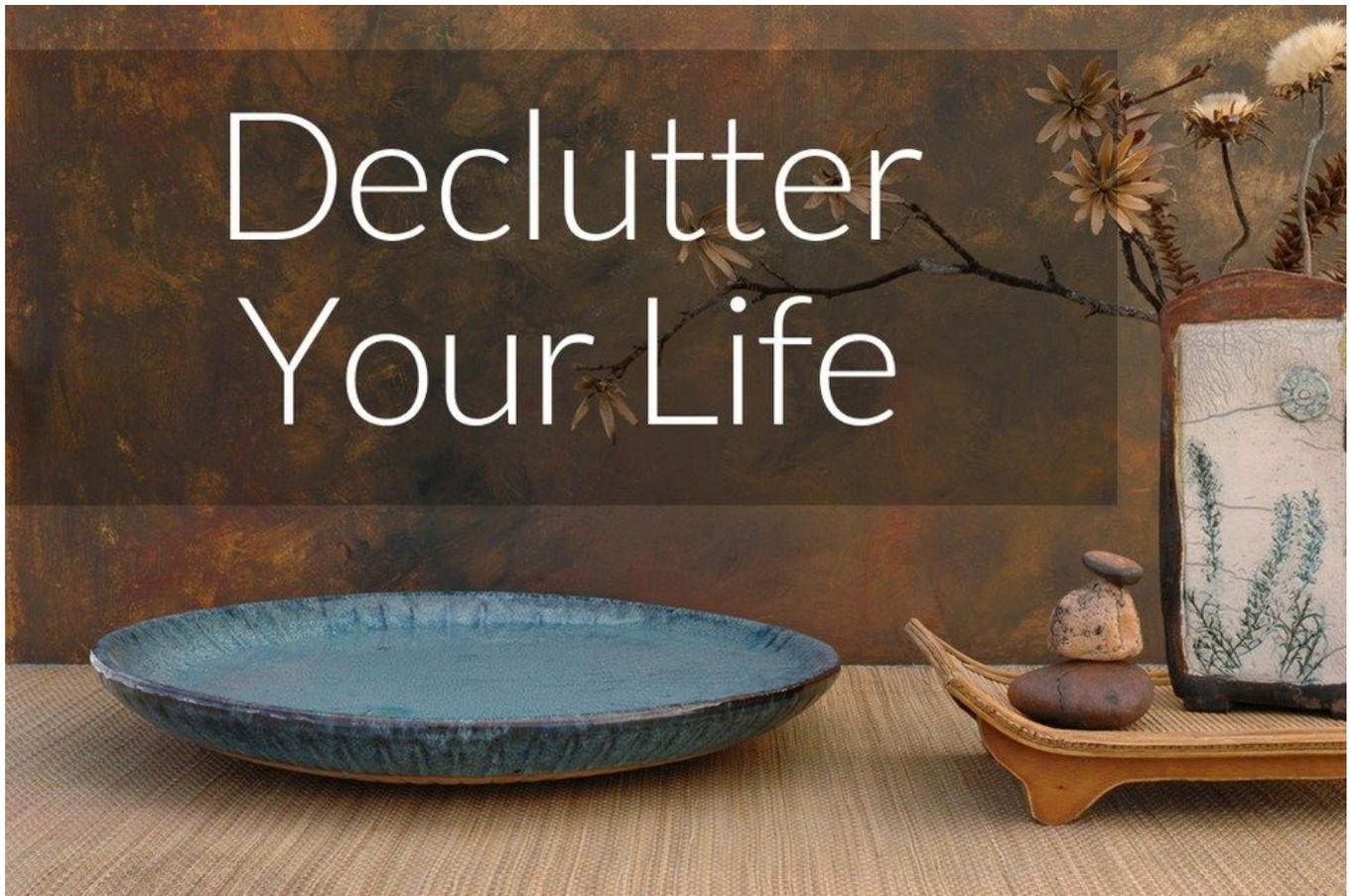


Menopause Naturally

Module 2



Take Action

During module one you have taken the time to overview, reflect and identify the areas in your current life experience that you are unhappy with and those that you're looking to change. Using this information you can now make plans to start to make small, gradual changes that will make a huge difference over time.

In this module you're going to take action and starting with some de-cluttering. The thought of this may fill you with excitement, fear or dread. To make this easier we'll break this down into areas.

Relationships

Some relationships are challenging; if you have someone in your life who drains your energy leaving you tired and drained in their company then perhaps it's time to distance yourself from them.

This may be difficult if it's a close relative but limiting the time you spend in their company will help increase your energy. You can begin to make yourself less available, put your own needs first and preserve your energy.

Social Media

A good place to start is with a social media cleanse; is there a person who annoys or upsets you when you see their posts? This would be the ideal candidate to delete from contacts. If you're worried about upsetting them the chances are they won't even notice. It's quite liberating..

Personal

This could be bad habits that you've developed; thought patterns where you use negative self-talk which is really unhelpful. If this is something you're guilty of doing then begin to notice and change the thoughts to something positive so instead of something like "I'm rubbish at this" change this to "I can do this" or "Each time I do this I'm getting better" which is much more helpful.



Diet

You may have adopted unhelpful dietary habits, it's time to declutter your food cupboards and get rid of any out of date and any unhealthy processed, sugary and fatty foods.

You can drastically reduce Menopausal symptoms when you cut out processed foods from your diet.

Write a food diary to help you see exactly what you're eating and how much fresh fruit and vegetables you're eating. It's only by tracking food that you fully understand what it is that you regularly consume.

Don't change everything at once, make gradual changes reducing processed foods whilst increasing fresh foods.

What is a processed food?- if it's been through a factory and comes in a tin, bottle, jar or package then it's processed

Environment

Decluttering your home can feel like a daunting task which can prevent you from ever starting the task. There are different theories and methods for decluttering your environment, it's just a case of finding the one that works best for you.

Flylady suggests that you break up your house into zones and work through each zone setting a timer for just 15 minutes and tackling one area for this limited time. You may like to checkout her website for inspiration.

<http://www.flylady.net/d/getting-started/flying-lessons/zones/>

Then there's the bestselling book written **The Life-Changing Magic of Tidying** by Maria Kondo.

Maria believes that we should empty everything into a pile and pick up every item and discard anything that you don't have a strong connection with. She

has specific ways of storing and folding clothes for the optimum storage.

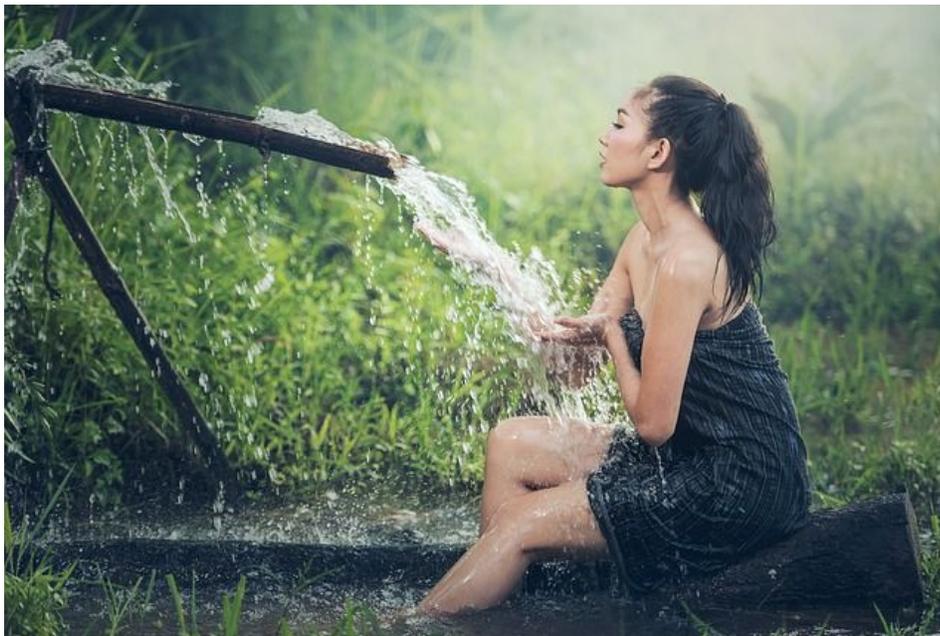
So find the way that suits you best and make a start, it can be quite therapeutic.



Reduce Toxins

Remember to checkout your bedroom and reduce the EMF radiation that's emitted from TV and computer screens. Move them from the bedroom. These frequencies can prevent you from having restful sleep. Also don't have mobile phones and tablets charging nearby as you sleep.

Reduce the toxins that you're exposed to daily, assess the products you use on your skin and for cleaning and laundry. There are many safer alternatives.



Boundaries

Find your boundaries and define them, decide what you would like to achieve and set your boundaries.

You may decide you would like more time for yourself to do something new or to get outside into nature. Instead of being available for everyone all of the time, start to put your own needs first. This may meet with resistance initially but people will soon get used to the new arrangements.

Ask for help...

Instead of doing everything yourself, ask others to help. You would help if someone asked you.

Journal

Keep writing in your journal and making a note of your progress and feelings.