TIPS TO HELP MANAGE MENOPAUSE SYMPTOMS

niix®

niix is a women's health & fitness app & brand offering workouts, nutrition, advice and lifestyle. niix has been created specifically for mums and women approaching 40 and beyond. niix helps you to create a fitness habit that lasts, offering tailored fitness programmes and onDEMAND workouts for all levels of fitness ranging between 10-40 minutes.

Go to niix.fit to find out more and download our app today.

MENOPAUSE.

A PAUSE TO RECONSIDER LIFESTYLE & WELLBEING.

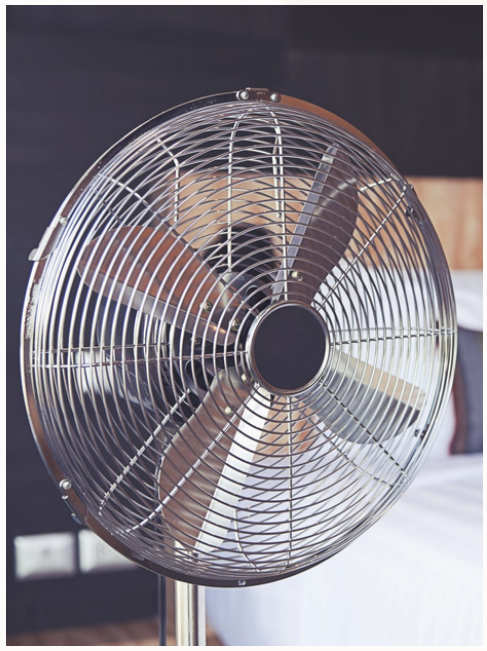
Do iit for you

DO IT WITH NIIX

www.niix.fit

NIGHT SWEATS

AT NIGHT, HOT FLUSHES CAN GO ON FOR 3 MINUTES OR MORE, LEAVING YOU DRENCHED IN SWEAT AND UNABLE TO SLEEP, HOWEVER THERE ARE WAYS TO KEEP YOUR COOL. PUT A BAG OF FROZEN PEAS UNDER YOUR PILLOW. FLIP THE PILLOW ONTO THE COOL SIDE. CHOOSE LAYERS OF LIGHT BLANKETS RATHER THAN A QUILT. IT MAY FEEL LIKE AN EXPENSIVE OPTION, BUT SILK BEDDING IS GREAT FOR REGULATING YOUR TEMPERATURE KEEPING YOU COOL AND DRY THROUGHOUT THE NIGHT. YOU COULD ALSO USE A BEDSIDE FAN TO KEEP AIR MOVING.



KEEP COOL

KEEP A DIARY TO TRACK WHAT SETS OFF YOUR HOT FLUSHES. CAFFEINE? ALCOHOL? A HOT ROOM? STRESS? ALL ARE COMMON CAUSES. WHEN A FLUSH STARTS, TAKE SLOW, DEEP BREATHS, IN THROUGH YOUR NOSE AND OUT YOUR MOUTH. IF YOU ARE SUFFERING BADLY ALWAYS SPEAK TO A SPECIALIST.

BOOST SLEEP

RESEARCH SHOWS SHUT-EYE CAN MAKE ALL THE DIFFERENCE TO YOUR DAY. SKIP A NIGHTCAP, SINCE ALCOHOL WILL WAKE YOU UP LATER. TRY A RELAXING HERBAL TEA LIKE CHAMOMILE WHICH HAS BEEN SHOWN TO PROMOTE SLEEP & RELAXATION. IF YOU CAN'T SLEEP, TRY GETTING OUT OF BED AND READING UNTIL YOU ARE SLEEPY. ALTERNATIVELY LISTENING TO RELAXING MUSIC HAS BEEN PROVEN TO PROMOTE DEEPER SLEEP. WHILST BUDDHIST MUSIC IS SAID TO REDUCE THE AMOUNT OF TIME IT TAKES YOU TO FALL ASLEEP.

SEX LIFE

HORMONE CHANGES SUCH AS LOWER LEVELS OF OESTEOGEN CAN CAUSE A DROP IN BLOOD SUPPLY TO THE VAGINA. THAT CAN AFFECT VAGINAL LUBRICATION, CAUSING THE VAGINA TO BE TOO DRY FOR COMFORTABLE INTERCOURSE. YOU COULD TRY NON-PRESCRIPTION WATER-BASED LUBRICANTS.THE MORE SEX YOU HAVE, THE MORE IT HELPS TO KEEP VAGINAL TISSUES SUPPLE & THEREFORE LUBRICATED. SO ONCE YOU HAVE FOUND WHAT HELPS TRY TO INCREASE THE AMOUNT & HOPEFULLY THINGS WILL IMPROVE.

NURTURE LOST DESIRE IS COMPLETELY NORMAL AND SOMETHING THAT IS EXTREMELY COMMON BUT LIKE MOST THINGS, IS SOMETHING WE NEED TO WORK AT. SOME SUGGEST CHANGING THE TIME OF DAY WHEN YOU LOOK TO BE INTIMATE, RATHER THAN AT NIGHT WHEN ALL YOU REALLY WANT TO DO IS FALL INTO BED AND SLEEP! TRY FITTING SEX IN WHEN YOU AREN'T FEELING EXHAUSTED, NOT ONLY DOES IT MAKE IT MORE FUN BUT YOU WILL HAVE MORE ENERGY! HORMONE CHANGES ARE USUALLY THE CULPRIT FOR THIS CHANGE BUT BY TALKING TO YOUR PARTNER AND WORKING TOGETHER, IT CAN ALLOW YOU TO FIND A NEW WAY OF INTIMACY.

MOOD HIGHS AND LOWS

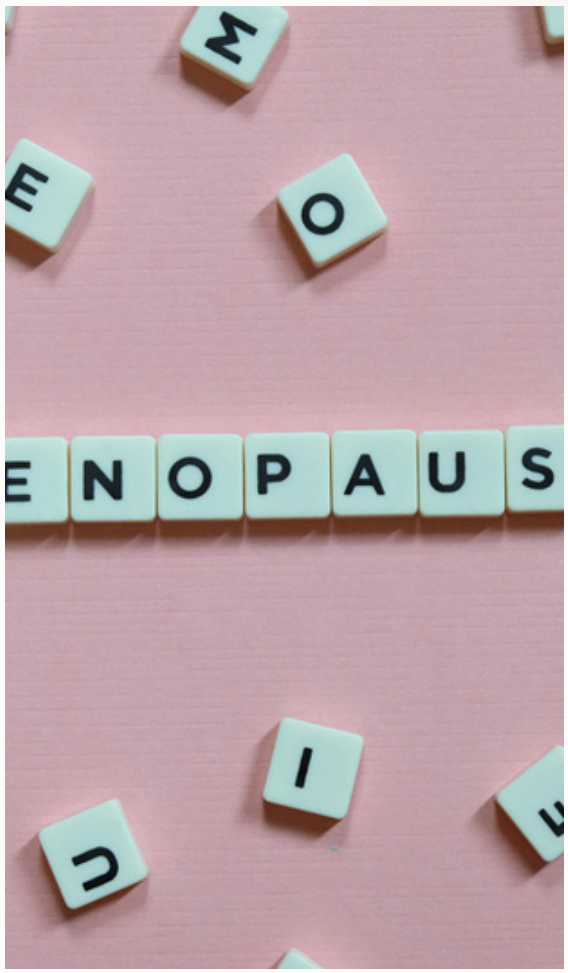
NOT DISSIMILAR TO PMS, ONLY THIS IS RAMPED UP. YOU MAY FEEL FULL OF ANXIETY, DEPRESSED, TEARFUL, UNABLE TO SLEEP, BRAIN FOG AND MUCH MORE. JUST REMEMBER IT IS ALL NORMAL. TRY TO MAKE SURE YOU TALK THROUGH THE SYMPTOMS AND FIND MOMENTS OF FUN WITH FRIENDS AND FAMILY. IF YOU ARE STRUGGLING TO COPE, SEE A MENOPAUSE SPECIALIST AND HAVE YOUR HORMONES CHECKED. WITH THE RIGHT SUPPORT, DIET AND OFTEN WITH HRT, YOU CAN HELP BALANCE YOUR HORMONES AND AVOID THESE HIGHS AND CRUSHING LOWS.

BAD HEAD

MIGRAINES CAN GET WORSE AT OR AROUND THE TIME OF MENOPAUSE OR SHOW UP FOR THE FIRST TIME. KEEP A DIARY TO SEE WHAT SEEMS TO TRIGGER THEM AND IF THEY SHOW UP ALONG WITH HOT FLUSHES. THAT WAY YOU CAN TAKE STEPS TO LESSEN THEM. EATING SMALL MEALS THROUGHOUT THE DAY CAN HELP IF HUNGER IS A HEADACHE TRIGGER. LACK OF SLEEP IS ANOTHER, SO NAP IF YOU NEED TO. TREATMENTS VARY, SOME CAN PREVENT MIGRAINES OTHERS MAY MAKE THEM LESS FREQUENT OR SEVERE. OFTEN SLEEP POSITION IS A FACTOR TO MIGRAINES. SPEND TIME FINDING A SUPPORTIVE PILLOW WHICH HELPS TO PLACE YOUR NECK AND SPINE IN A NEUTRAL POSITION AND AVOID SLEEPING ON YOUR FRONT.

BLAST THROUGH MENTAL FOG

BRAIN FOG CAN BE A VERY COMMON SYMPTOM AND ONE THAT OFTEN CREATES ANXIETY, LACK OF CONFIDENCE AND STRESS. IT IS THOUGHT TO BE THE CAUSE OF OVER 20% OF WOMEN LEAVING THEIR JOB DUE TO THE SYMPTOM. "USE IT OR LOSE IT." THAT SIMPLE PHRASE CAN HELP YOU FIGHT FUZZY THINKING AND STAY FOCUSED DURING MENOPAUSE. TRY AND CHALLENGE YOUR BRAIN IN NEW WAYS, TAKE UP A NEW HOBBY, SPEND TIME ON A CROSSWORD OR SUDOKU WHICH HAS BEEN PROVEN TO HELP MEMORY AND BRAIN FUNCTION. IF YOU ARE REALLY STRUGGLING, MAKE SURE YOU CREATE LISTS AND WAYS IN WHICH YOU CAN REMEMBER THINGS. LASTLY, IF YOU FORGET A WORD OR NAME, DONT WORRY- IT HAPPENS TO THE BEST OF US. TAKE A DEEP BREATH AND A MOMENT OF SILENCE. THIS WILL HELP RE-FOCUS THE MIND.



DIGESTIVE PROBLEMS

YOUR DIGESTIVE SYSTEM IS ONE OF THE MOST SENSITIVE SYSTEMS IN YOUR BODY AND IS OFTEN THE FIRST THING TO GET DISRUPTED DUE TO ANY MAJOR CHANGES TO YOUR BODY (NEW MEDICATIONS, NEW FOODS, NERVOUSNESS). CHANGES TO HORMONES ARE ANOTHER MAJOR BODY CHANGE THAT CAN LEAD TO STOMACH UPSETS SUCH AS BLOATING, INDIGESTION, CONSTIPATION, DIARRHOEA AND CRAMPS. TRY TO AVOID CONSUMING TOO MUCH SUGAR AND ALCOHOL IN YOUR DIET, WHICH CONTRIBUTES TO DIGESTIVE ISSUES AND INCREASED WEIGHT GAIN (SOMETHING VERY COMMON DURING MENOPAUSE). INSTEAD LOOK TO FILL YOUR PLATE WITH AS MUCH COLOUR AS POSSIBLE. LEAFY GREEN VEGETABLES, BERRIES AND WHOLE MEAL OR LEGUMES RATHER THAN WHITE CARBS, WHICH TURN TO SUGAR IN YOUR BLOOD STREAM MAKING THEM FATTENING, DISAGREEABLE TO YOUR GOOD GUT BACTERIA WHILST ALSO GIVING A SUGAR SPIKE.

ADRENALS

ADRENALS ARE OVER STIMULATED DURING MENOPAUSE DUE TO HORMONAL CHANGES. CAFFEINE, SUGAR AND ALCOHOL CAN ALL INCREASE YOUR ADRENAL FUNCTION. CUTTING THESE DOWN AND OUT OF YOUR DIET CAN HAVE A HUGELY POSITIVE EFFECT ON YOUR HOT FLUSHES, SLEEP AND ANXIETY LEVELS. ONE MAY AFFECT YOU WORSE THAN OTHERS SO IT'S WORTH USING A PROCESS OF ELIMINATION, TO FIND OUT WHICH ONE IS WORSE FOR YOU. BE CAREFUL WITH DE-CAFE PRODUCTS MOST CAFFEINE IS STRIPPED OUT USING CHEMICALS WHICH ARE AS STIMULATING. LOOK FOR PRODUCTS CLEANED WITH SPRING WATER.

SPOTS, NOW, REALLY? YOU EXPECT TO HAVE ACNE IN YOUR TEENS BUT NOT IN YOUR 40'S AND 50'S. IT IS COMMON AROUND MENOPAUSE, TOO. MAKE SURE YOUR MOISTURISER, SUNSCREEN, CLEANSER, AND OTHER FACE PRODUCTS ARE GENTLE. OFTEN, WE NEED TO CHANGE OUR ROUTINE DURING PERIMENOPAUSE. DUE TO HORMONE CHANGES, OUR SKIN BECOMES DRIER, LESS ELASTIC AND MORE SENSITIVE. ACCORDING TO VOTARY LONDON, USING OIL-BASED CLEANSERS AND SERUMS CAN BE GENTLER ON OUR SKIN AND HELP TO AVOID BREAKOUTS. TRY DIFFERENT PRODUCTS UNTIL YOU FIND WHAT WORKS FOR YOU. ALSO, BY ADDING COLLAGEN INTO YOUR DIET YOU CAN HELP WITH RETAINING THAT YOUTHFUL PLUMPNESS AND GLOW.

WHEN HAIR GOES DOWN THE DRAIN. HAIR CAN THIN OR SHED FASTER AROUND THE TIME OF MENOPAUSE. AT THE SAME TIME, IT MAY SHOW UP WHERE YOU DON'T WANT IT TO, ON YOUR CHIN AND CHEEKS. TO SAVE WHAT YOU HAVE, SWITCH TO COLOURING PRODUCTS THAT DON'T HAVE HARSH CHEMICALS. AVOID THE SUN, WHICH IS DRYING. DIET AND STRESS ALONG WITH A DROP IN OESTROGEN AND PROGESTERONE CAUSES ANDROGENS (MALE HORMONES) TO INCREASE IN PRODUCTION WHICH, IN TURN, SHRINKS HAIR FOLLICLES AND MAY RESULT IN HAIR LOSS. BY HAVING YOUR HORMONES CHECKED BY A SPECIALIST, YOU MAY BE ABLE FIND A TREATMENT THAT WILL HELP WITH LIMITING THIS LOSS OF HAIR.

OSTEOPOROSIS

BONE DENSITY DROPS RAPIDLY, UP TO 20-30% AFTER MENOPAUSE BUT ALSO BEGINS TO DECREASE FROM 30YRS ONWARDS. THIS ALL PUTS US AT RISK OF OSTEOPOROSIS. CREATING A GOOD EATING HABIT, INCREASING CALCIUM AND ENSURING OUR VITAMIN D LEVELS ARE SUPPORTED, CAN ALL HELP WITH BETTER BONE DENSITY. MORE IMPORTANTLY, ENSURE IMPACT AND WEIGHT BEARING EXERCISES ARE ADDED TO YOUR WORKOUTS. SWIMMING AND CYCLING ARE GREAT FOR CARDIO AND MUSCLE STRENGTH BUT IMPACT ON YOUR BONES HELPS TO REBUILD BONE DENSITY. BY STARTING TO IMPLEMENT THIS EARLY, YOU CAN REALLY HELP OVERALL BONE HEALTH.

BREAST SORENESS

BREAST SORENESS IS USUALLY CAUSED THROUGH A SHIFT IN HORMONE LEVELS AND IS THEREFORE MORE PREVALENT DURING MENSTRUATION, PREGNANCY AND MENOPAUSE. ENSURE YOU HAVE WELL FITTED BRAS AND AVOID SLEEPING ON YOUR FRONT. DRINK PLENTY OF WATER AS DEHYDRATION CAN CAUSE BREAST TENDERNESS. FISH OILS, EVENING PRIMROSE OIL AND VITAMIN B CAN ALSO HELP, ALTHOUGH ENSURE YOU GET SPECIALIST ADVICE BEFORE STOCKING YOUR CUPBOARD WITH 100'S OF DIFFERENT SUPPLEMENTS.

EXERCISE

NOT ONLY DOES REGULAR EXERCISE ALONG WITH A GOOD DIET HELP TO CONTROL OUR WEIGHT BUT IT INCREASES HAPPY ENDORPHINS WHICH CAN HELP WITH MOOD AND OVERALL MENTAL WELLNESS. IMPACT AND WEIGHT BEARING EXERCISES HELP TO BUILD MUSCLE AND BONE DENSITY ALL OF WHICH WILL KEEP YOUR BODY SAFER AND HELP WITH METABOLISM AND DIGESTION. RESEARCH SHOWS THAT REGULAR EXERCISE ALSO IMPROVES YOUR SLEEP ALONG WITH MOBILITY AND JOINT HEALTH. REMEMBER, YOU DON'T NEED TO SET ASIDE HOURS IN THE GYM. SHORTER MORE DOABLE WORKOUTS ARE OFTEN MORE EFFECTIVE AND ALLOW YOU TO CREATE AN EXERCISE HABIT.

MENOPAUSE WILL IMPROVE MY SEX LIFE REVEALS NEW RESEARCH OF UK WOMEN

Results from our recent survey following over 1000 responses

74% of women suffer negative mental health as a result of menopause symptoms – worrying about mood swings, weight gain and hot flushes

46% of women pre-menopause believe their sex lives will improve in menopause compared to **38%** of those who don't.

80% of woman in the menopause said that exercising and feeling fitter is the number one impact on libido.

An alarming **71%** of those in pre-menopause are worried about its effects on mental health, and **60%** of them already feel anxious about it.

An alarmingly low **18%** of women in menopause feel as though they received adequate support from their GP.

niixfit is offering a series of online webinars, workout plans and support groups for women to prepare themselves and voice concerns.

Menopause affects us all differently with varying symptoms and times at which they appear. Perimenopause symptoms can slowly creep in from our late 30's to early 40's. Getting the correct support and advice is essential during this time. Don't be shy and ask for your doctor to refer you to a specialist. Due to time limitations and lack of specialist knowledge, GP's may misdiagnose menopausal symptoms for depression or other issues. Finding the right specialist for you is therefore crucial.

As with many things, it is not a one stop shop for all. There are many options available to help navigate menopause including HRT, which also has many health benefits. Finding what is right for your individual body is central to managing your symptoms.

Most importantly, don't suffer in silence.

Head to niix.fit for more information and support or join our niix community of like-minded women on Facebook Instagram and Twitter

niix x