

# simplyhormones.com

...getting your life back

presents...



# About the Author: Kathryn Colas

simplyhormones.com  
...getting your life back



© This Morning

*Kathryn Colas talking about vaginal problems  
on ITV 'This Morning'*

**Kathryn Colas** is Founder and Managing Director of **SimplyHormones.com** and **Mentoring Through Menopause**

Kathryn asked herself during her 10 years of menopause hell "is this as good as it gets"? There had to be more to life. She went on to create on-line mentoring and educational programmes, raising awareness and encouraging women to Take Courage, Take Action and Take Control! **This is the New Face of Menopause!**

Kathryn is the first lay person elected to the Medical Advisory Committee of the **British Menopause Society**  
[www.thebms.org.uk](http://www.thebms.org.uk)



LinkedIn

## ***INTRODUCTION***

Welcome to **SimplyHormones** and the **Menopause Survival Kit**

This e-book is all about *getting your life back* – Enjoy!

Whether your 40, 50 or 60+ you can do something right now.  
Don't suffer in silence!

Say NO to debilitating symptoms – get back your own  
Quality of Life



Linked 

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# HRT & Bio-identicals



What are your choices?  
Where do you find it?

Read on for details of UK doctors specialising in women's health and who will provide an holistic programme of care

## Bio-Identical Hormones

**Recommended from one who knows!** I can't say enough about hormone supplements as a therapy... New research shows the protective benefits that HRT can offer . It's worth looking into.

In the UK, please ask your GP for your prescription to reflect your individual hormonal needs checking hormonal levels from a blood test (other countries may do this as a matter of course). The generic HRT of 'One-size-fits-all' is history, in my view.

GP not interested? Ask for a referral to a Menopause Specialist (not just a gynaecologist).

Don't forget to ask about Testosterone ~ Your Libido will thank you for it and so will your partner!

Don't be frightened of hormone supplements. Get the right advice

In the UK bio-identical hormones are available at your GP surgery as well as private practice.

*Women tell me: "I couldn't do my job without HRT".*

## MENOPAUSE SURVIVAL KIT: Bio-identical Hormones

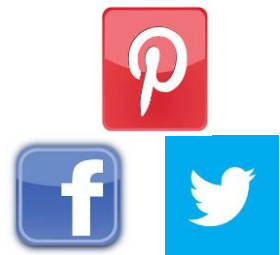


GP's have shut up  
shop on HRT!"

Prof. John Studd

Straight from the horse's mouth ~ This lovely man is incensed over the information now being taught to new doctors. It is giving such a disservice to women who suffer as a consequence.

If you're in the UK, do pay a visit to Prof John Studd – here are his details: [www.studd.co.uk](http://www.studd.co.uk) or see links to other recommended doctors.



*I recommend all these doctors,  
specialists in menopause (all  
UK based):*

- **Dr Annie Evans**, Bristol based, expect nothing less than total empathy:  
[www.annieevans.com](http://www.annieevans.com)
- **Dr Nyjon Eccles** at [www.thenaturaldoctor.org](http://www.thenaturaldoctor.org) based in Harley Street, London: Bio-identical hormones, breast cancer awareness, nutrition and much, much more.
- **Dr John Moran** in Wimpole Street, London  
[www.holisticmedical.co.uk](http://www.holisticmedical.co.uk)  
Taylor made bio-identical hormone and nutritional treatment for menopause and andropause — for more information please click on the link.

## HRT & Bio-identical Hormone Therapy

*More on the next  
page*



*Page 2 of my  
recommended list of  
doctors who care about  
women:*

- **Dr Alison Grimston** - Alison works in East Sussex, She uses bio-identical hormones, nutrition, acupuncture and energy healing, as well as running courses and workshops.

[www.dralisongrimston.com](http://www.dralisongrimston.com)

- **Dr Tina Peers** has various clinics throughout Surrey, specialising in PMS and Menopause:

[www.drtinapeers.com](http://www.drtinapeers.com)

- **Dr Susie Rockwell** based in Hove in Sussex

[www.susierockwell.co.uk](http://www.susierockwell.co.uk)

- **Prof John Studd** – lived and breathed menopause and HRT for many years based in Wimpole Street, London

[www.studd.co.uk](http://www.studd.co.uk)

## HRT & Bio-identical Hormone Therapy



## Natural Symptom Relief



I came across this isoflavone supplement, called **Promensil**, at a menopause medical conference I attended. And it's not only me that's impressed with the research, showing 80% of women benefit by its use. Clinicians recommend it, too.

Used by women when they do not want to or cannot take HRT.

More information is available at

<http://promensil.co.uk>

Full of useful information

I started using **Juice Plus** three or four years ago and continue to use it. I stopped using HRT (no particular reason other than I felt I didn't need it). **Juice Plus Premium** stabilised my wayward hormones, reduced joint aches and improved my general wellbeing. It really does what it says on the tin – research backs this up. Improves the immune system, bone and gum health. In capsule form for convenience.

<http://bit.ly/vYC1jl> or contact me direct:  
[kathryn@simplyhormones.com](mailto:kathryn@simplyhormones.com)

## NATURAL SYMPTOM RELIEF cont'd



**COLDFRONT! Hot Flushes** can now be managed with this very user-friendly cold pack. It's Revolutionary! Created by a woman!

<http://www.incoshop.co.uk/coldfront-personal-cooling-system-718-p.asp>

I'm delighted to report how effective this product is. It's not only cute and discreet, it's very, very useful!

Women have trialled it for me and find it very effective for relieving overnight flushes and sweating as well as using it at work. Also useful when the weather or it gets really HOT at work.

Kathryn ☺

A revolutionary way to keep cool for up to 12 hours. Coldfront is the worlds first on the go and on demand personal cooling kit with patented Re-cool Technology.

Coldfront stays cold for up to 12 hours without being a cold, drippy mess. The technology inside coldfront re-cools the soft palm packs within 20 minutes after each use, ensuring cool relief whenever you need it. Day or night.

*Also safe to use on children and fevered patients*

Ideal for sports athletes to cool down injuries

## NATURAL SYMPTOM RELIEF cont'd



**PHYSICOOOL is a medically formulated coolant** that cools, hydrates and calms, reduces body heat and redness and gives instant, long-lasting relief. Physicool is Clinically approved.

<http://www.physicool.co.uk/>

The cooling mist smells lovely and the product could certainly be popular for women who cannot take HRT.

9 out of 10 women reported that the Cooling Mist significantly reduced their hot flush symptoms in a recent Independent study.

*"It does what it says on the tin" - Kathryn*

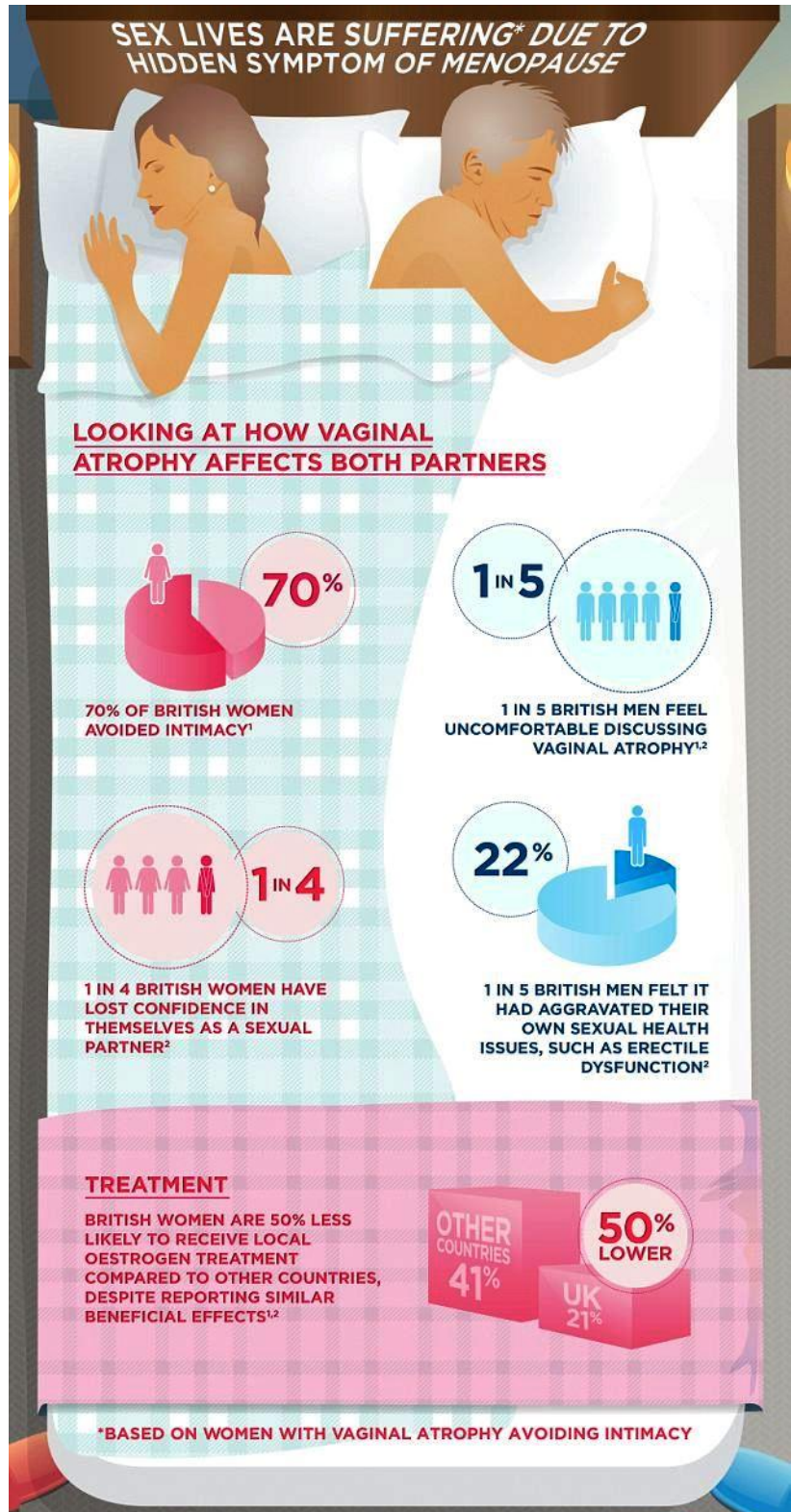
## ALTERNATIVE CHOICES cont'd...



Do take a look at **Magnopulse, by Ladycare**. A small magnet that you attach to your pants. Research shows that it can work. Their other product is **MN8 for menstrual problems** - helps the monthly cycle align with the lunar cycle (magnetic force). More information at <http://www.ladycaremenopause.com> . Dr Nyjon Eccles (mentioned elsewhere), has trialled this product and is thrilled with it – so you can also ask him about it!

## Vaginal Atrophy/Dryness

A Picture  
paints a  
thousand  
words...  
No need  
to suffer!





## VAGINAL DRYNESS

You can't get away from this as it affects all women. It all starts as a result of the decline in hormones (estrogen). Effectively, it's a thinning of the vaginal walls, reduced muscle strength and and loss of mucous.

This will affect your sex life (painful sex, due to loss of lubrication, some women bleed). Vaginal smears can become a challenge and not doing anything about it could increase risk of infection (vaginal itching, thrush, etc).

The ph balance changes as hormones decline and this normally acidic area is turned on its head.

You can do something about this! Try a locally applied bio-identical hormone treatment plus testosterone can also be added – they say it really puts the lights back on!

All the doctors mentioned in this document can discuss this and prescribe a personalised solution for you. You can also discuss options with your own GP. Treatments come in creams, gels and pessaries.

If too embarrassed, ask to see a nurse, they're generally very helpful. You'll thank me for this information, honestly!

See following pages for product information.

## Vaginal Dryness, cont'd...

**Vagifem** is a very special product that improves internal skin and muscle tone as well as restoring mucous to the vaginal area. Only available on prescription. A small tablet is applied internally into the vagina. Go on to their lovely website for more information: [www.vagifem.com](http://www.vagifem.com).

See my story here:

<http://www.youtube.com/watch?v=fPSENo6sPiY&feature=youtu.be>

Don't suffer in silence, get it sorted! It'll save your blushes and your sanity!

You may also be experiencing 'leakage' - [See page 20](#) for information about Stress Incontinence – you really don't have to wear Special Knickers ;)

See also [www.simplyhormones.com](http://www.simplyhormones.com) for a more in-depth feature on incontinence.



## VAGINAL DRYNESS cont'd



**YES!YES!YES!** The first Soil Association Certified Organic product. Find out more: [www.yesyesyes.org](http://www.yesyesyes.org)

Here's what the Professionals say:

**Mr Nick Panay** BSc MBBS MRCOG MFSRH – Director of the West London Menopause and PMS Centre, and Chairman of the British Menopause Society.

"In my capacity as a Consultant Gynaecologist with a special interest in **premature menopause**, I see many women suffering from menopausal vaginal atrophy, whose symptoms can be significantly eased through the use of an appropriate vaginal moisturiser / lubricant.

Based on my professional experience of such products, and the feedback from my patients I can say without hesitation that the Yes range proves to be the one of the most successful in combating the discomfort of dryness. I have confidence that its natural formulation affords effective re-moisturisation, while treating sensitive tissues with great gentleness."

I've noticed that after intimacy I often get very itchy (like thrush) (it's that change of ph balance I spoke about) YesYesYes can be used, internally and externally to relieve it and I find it works!

*Kathryn ☺*

## VAGINAL DRYNESS cont'd



**SYLK.** A vaginal *lubricant*. A natural, plant based product said to replicate the ph balance of the vaginal area, can be used any time of day and is available over-the-counter. N:B: this is a lubricant and will probably need to be applied before intercourse.

Get your **FREE SAMPLE** and further information here: [sylk.co.uk](http://sylk.co.uk)

## INCONTINENCE/STRESS INCONTINENCE



Don't suffer in silence! Oestrogen deficiency affects the vaginal area as well as the urethra resulting in stress incontinence. **INCOSTRESS** is proven to help overcome it.

[www.incostress.com](http://www.incostress.com)

### Here's what the Professionals say:

Mr Simon Emery, Consultant Urogynaecologist, ABM University Trust, Swansea, Wales says *"This device has become a routine part of our management for stress incontinence. An intriguing aspect of **Incostress** is that as well as providing immediate support of the urethra and bladder base, it also encourages constant exercising of the pelvic floor, leading to restoration of natural continence in some patients."*

I've said it before... Ignore this area of your anatomy at your peril! Weight, diet – all sorts of things can cause leakage, even Prolapse. And you don't want one of those, believe me. I'm using **Incostress** myself – Here's my blog:

[www.themenopauselady.com](http://www.themenopauselady.com)

Kathryn 😊

## INCONTINENCE/STRESS INCONTINENCE Cont'd...



**What Users say:** "Thank you for all your help and advice on Incostress. Mum has been transformed by it, even though when she initially tried it in the loo at Marks and Spencers, it shot down the loo - eww!! Hasn't happened since! I was with her all day yesterday and she said 'Im cured'. Certainly, the frequent, urgent trips to the loo have stopped. Regards Remi."

### More from the Professionals:

Incostress is the most significant innovation in the female pessary market in the last 100 years. I have used this device for my patients with stress urinary incontinence with excellent results. The device is an excellent way of providing patients with greater sensory feedback from the pelvic floor and is especially useful when used as part of a program of pelvic floor fitness training.

Bruce S. Crawford MD  
Urogynecologist

*Don't miss the opportunity to get your hands on Incostress right now!*  
*Kathryn ☺*

add to cart

## Breast Health

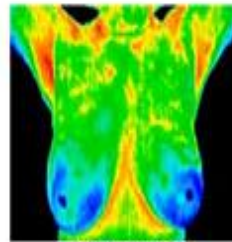


(<http://www.breasthealthuk.com>) for me this company offers the perfect package for breast health. Video information on how to self-check for lumps and when you consider more tumours are found by women self-checking than by mammograms, this is something well worth doing, they also offer 'thermal imaging'. In my view this far outstrips the pain of enduring a mammogram. Don't get me wrong, mammograms still have a place but if you could find out sooner that DNA was out of sync, wouldn't you want to do something about it? Me, too! Do check this company out.

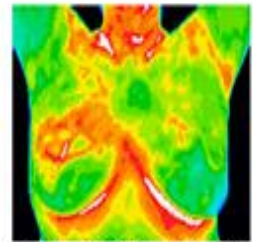
**Thermal imaging**  
(it's just cameras  
focused on your  
breasts for five  
minutes) can  
**detect rogue cells**  
up to TEN YEARS  
earlier than a  
mammogram.

## Breast Health cont'd

### Thermal Imaging:



Normal Breasts



Significant vascular activity



**naturaldoctor**  
HARLEY STREET



Dr Nyjon Eccles

I have recommended in these pages, some excellent doctors. I've mentioned Dr Nyjon Eccles and he crops up again, here because he also specialises in Thermal Imaging.

In case you haven't noticed, I so prefer this method to detect tumours. You may know my feeling on what they can do with those monstrous mammogram machines. Ouch!!

[www.thenaturaldoctor.org](http://www.thenaturaldoctor.org)

## Skin Care



Another challenge for women at any age – is **DRY SKIN**. My skin, face and body, became allergic to well known branded cosmetics and body creams.

It took my skin a year to recover from the problems created by a well known cosmetic house and then I came across **Electric Body skin elixir** and I haven't touched anything else since: It's a bio-available cream (*that just means your body recognises it as real food*), **chemical free - an all-in-one face and eye cream, anti-wrinkle, anti-ageing, skin repair treatment.**

(I have been using it for over three years now - good for sun-burn, too). Its magic ingredient is **New Zealand Colostrum** and other pure life-giving ingredients. Its profound health promoting effects allow it to cross the cosmetic barrier to a skin repair cream. Contains **NO parabens, alcohol, petrochemicals or toxic chemicals** – I have no hesitation in recommending it.

[www.electricbody.co.uk](http://www.electricbody.co.uk) +44 (0)1444 235475

## Skin Care, cont'd...

### Dr.Hauschka Skin Care

I'd like to recommend [www.drhauschka.co.uk](http://www.drhauschka.co.uk). My skin suffered badly going through menopause. I discovered **Electric Body** as the perfect moisturiser, which I speak about on the previous page but I also needed to change my make-up.

I now use Dr Hauschka's tinted moisturiser (on top of Electric Body) as I seemed to be allergic to any other cosmetics I used – my eyes went puffy and I looked as if I'd done a round with Mike Tyson. I can wear this product without a problem. I also use their face powder and mascara.

I tried their cleanser and it made my eyes itch but it may work for you.

Good quality products, anyway. Enjoy!



## Birth Control!

*I bet you didn't think we'd be discussing **Birth Control** as something to be aware of going through menopause? But until you have had at least one year without any periods at all - **you could still fall pregnant.***

A good choice is the Mirena Coil which not only prevents you becoming pregnant it also helps reduce heavy periods – another common problem as you go through menopause. Having the Mirena coil fitted may also help avoid hysterectomy!

Good research reported here:

<http://www.birmingham.ac.uk/news/latest/2013/01/11-jan-Mirena-coil-is-best-treatment-for-heavy-periods,-major-trial-shows.aspx>

*HRT will NOT prevent you becoming pregnant (unless you have the Mirena coil as part of your treatment, see above). Be Warned!!! Find out more about relationships at [www.simplyhormones.com](http://www.simplyhormones.com).*

## Bone Health ~ Osteoporosis

You've probably heard about OSTEOPOROSIS and thought it was an old woman's disease. In a way, it is but did you know it takes about ten years before diagnosis takes place for this brittle bone disease?

You will lose around 20% of bone density through the decline of your hormones as you go through menopause. However, you CAN do something about it.

The sad part is, women are not called for screening until they are 65 – too late, in my opinion. Here's the website for all the information you need:

[www.nos.org.uk](http://www.nos.org.uk) National Osteoporosis Society.

Take control! Get to know your own body better and deal with it.

## Bone Health ~ Osteoporosis cont'd...

There are things you can do to help your own bone health. First off, you should be doing some weight bearing movement, or exercise, even just walking or **using the stairs** instead of the lift is good and take a good look at **what you eat** – your **nutrition** becomes a vital life saver as you age. If you've already been diagnosed, here's a product that I can recommend (research to back it up and I've personally witnessed the benefits on a young woman)... what am I talking about? It's a combined product called **Osteodenx™ + Caldenx™** = Bone Health. This is a product from the **Nikken** range of products – here's what they say about it... “our bones are the storehouse of nutrients for the body. Calcium needs to reach those bones. Calcium supplements alone are not efficient. Osteodenx is proven to help stabilise bone loss. Before and after bone scans show the results of bone re-growth and reversal of osteoporosis because with these two products, the calcium enters the bone, rather than being excreted as urine; an all natural product with no side effects. “

See <http://www.nikkenwellbeing.co.uk>

## Sleep, sleep – Perchance to Dream!!

**Not sleeping well?** This is all part of menopause and if you've exhausted all the well known remedies: reducing stress, increased your daily exercise regime, reduced alcohol and caffeine intake, stopped or reduced smoking, improved daily nutrition intake, then you might try this **Sleep System** from **NIKKEN**.

Recognising the importance of sleep for our mental and physical well-being, Japanese wellness company **Nikken** has developed a **Sleep System** incorporating the most ground-breaking advances in sleep science. For product range go to website:

<http://www.nikkenwellbeing.co.uk/p/naturest-kenkopad.html> I know people who have tried and swear by this Sleep System. Find a local consultant/supplier on their website.

## STI's (Sexually Transmitted Infections)

Many women are divorcing at menopause and enjoying new relationships. Unfortunately this can lead to STI's, like Chlamydia, for instance:

<http://www.nhs.uk/conditions/chlamydia/Pages/Introduction.aspx>

Even though this article goes on about young women, I'm told there is an alarming rise in women over 50 now experiencing this. Be warned!

Here is a good list of the major STI's that you should be aware of:

<http://www.nhs.uk/conditions/sexually-transmitted-infections/pages/introduction.aspx>

## Links



There are a number of good links within this E-book but I thought you'd like some more!

### Cancer:

- [www.beatcancer.org](http://www.beatcancer.org)
- <http://www.cancerresearchuk.org/>
- <http://www.macmillan.org.uk/>

### Hysterectomy:

- <http://www.gynalternatives.com/hysterec.htm>
- <http://www.hysterectomy-association.org.uk/>
- <http://www.hystersisters.com/>

### Loads of Info here, too:

- <http://www.thebms.org.uk/>
- <http://www.daisynetwork.org.uk/>

## And Finally...

Many women find that having a personal conversation with me really helps – a life saver, some say, so if you'd like to have a personal conversation with me, you can arrange it here:

<http://www.simplyhormones.com/mainpage.asp?pid=53>

Get access to our new 'fun with menopause' website here:  
[www.themenopauselady.co.uk](http://www.themenopauselady.co.uk)

Any Questions? Email me:  
[enquiries@simplyhormones.com](mailto:enquiries@simplyhormones.com)



Kathryn Colas x