



Welcome to  
**THE MENOPAUSE SURVIVAL KIT!**

**Kathryn Colas is Founder and CEO of SimplyHormones.com.**

“I put this Survival Kit together after asking myself during my 10 years of menopause hell “is this as good as it gets”? There had to be more to life and here it is.”

Kathryn Colas is a hugely respected voice for women going through the menopause and a sought-after media commentator and public speaker working with NGOs, public and private sector organisations, improving understanding of menopause and what happens in the workplace including working with individual women and women’s groups.



Together with our growing force of Menopause Ambassadors, we can deliver information and support about menopause throughout the UK, the USA and Canada.

For more information about anything in this ‘Kit’ or to enquire about our training courses, contact us: (+44) **1825 582010** or [enquiries@simplyhormones.com](mailto:enquiries@simplyhormones.com)



## HRT & Bio-identical Hormones

Recommended from one who knows! If your body is not producing enough of something, why not supplement it. This was said to me recently by a woman experiencing debilitating symptoms of menopause.

For me, I can't say enough about hormone supplements as a therapy... New research shows the protective benefits that HRT can offer include heart, brain and bone health . It's worth looking into.

In the UK, please ask your GP to provide a prescription to reflect your individual hormonal needs rather than the generic version of 'One-size-fits-all' which is history, now and does no good service to women.

GP not interested? Ask for a referral to a Menopause Specialist (not just a gynaecologist). Email: [enquiries@simplyhormones.com](mailto:enquiries@simplyhormones.com) with your location and we will send details of known specialists in your area.

While talking to your GP, don't be scared to mention your libido if you've gone off sex. Ask about adding Testosterone to your prescription ~ Your Libido will thank you for it and so will your partner!

Don't be frightened of hormone supplements. Get the right advice. Email us if you can't find it.

*"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 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.

## Natural Symptom Relief



I came across this isoflavone supplement, called **Promensil** at a menopause medical conference I attended. Promensil menopause is a natural standardised extract of red clover – manufactured to

the highest standards and approved by International regulatory bodies. Promensil Red Clover is the only menopause food supplement backed by over 15 years of scientific research proven to help reduce common menopause symptoms and is available in 40 and 80mg tablets. Email [customer-services@pharmacareeurope.com](mailto:customer-services@pharmacareeurope.com) quoting **PRM2SH** in subject

line for a **Free Sample**.

**Promensil Cooling Spray** is the latest addition to the range and provides instant relief for hot flushes and night sweats using rapid evaporation technology. Visit [www.promensil.co.uk](http://www.promensil.co.uk) to view the full Promensil range.



Do take a look at **Magnopulse, by Ladycare**. A small magnet that you attach to your pants. Research shows that it can work. More information at <http://www.ladycaremenopause.com>.

## Stepping into a new life phase – with Weleda

We are hugely delighted to be a Preferred Partner with Weleda UK. Over 85% of their staff is female which puts them in prime position to understand the impact the years leading up to the menopause can have. Weleda are well placed to address embarrassing symptoms like hot flushes, headaches, irritability, brain fog and night sweats.



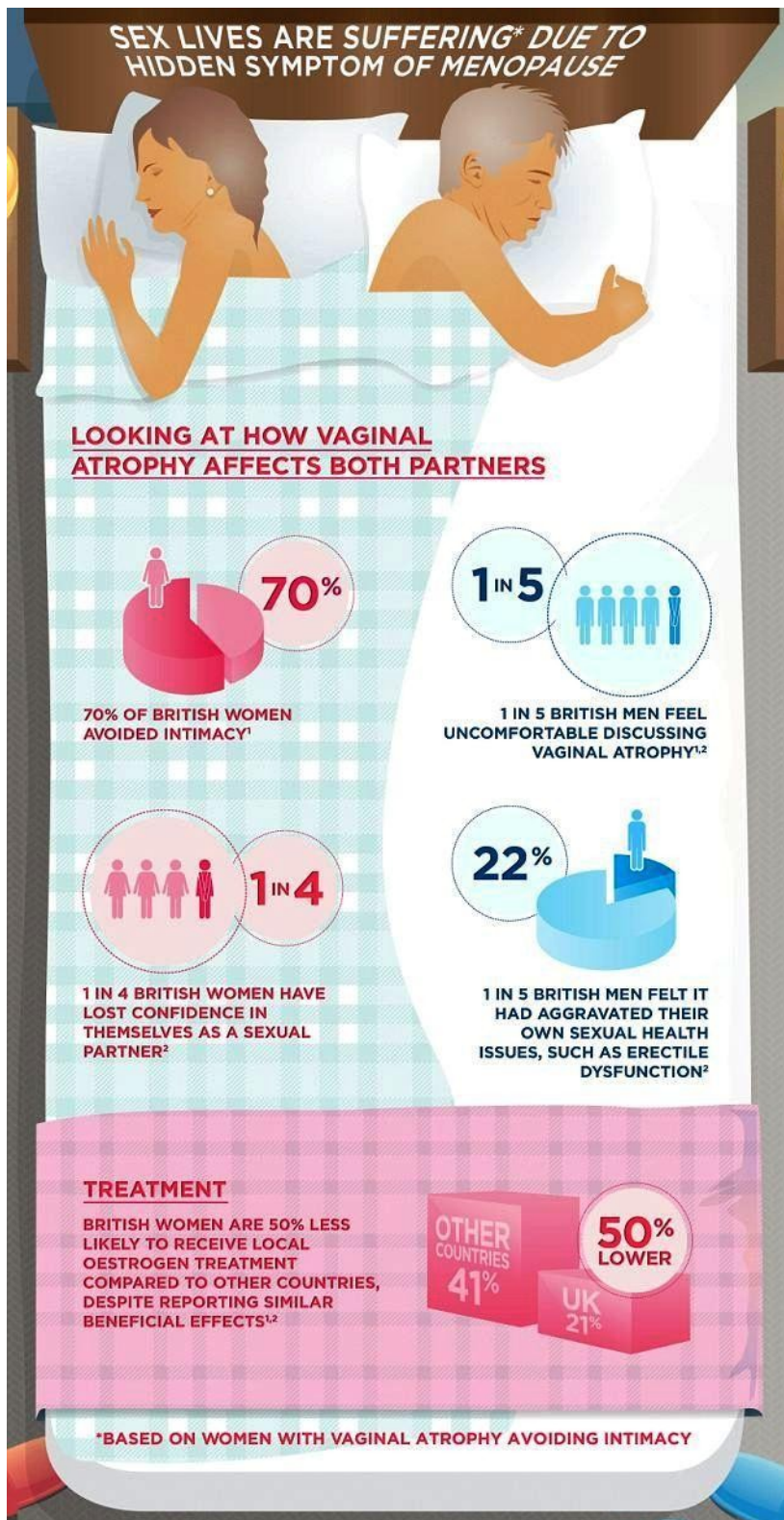
Weleda recognise that on a psychological level, middle age often sees us questioning the meaning of life and becoming spiritually restless where we ignore things like sufficient relaxation, exercise, a healthy diet and natural remedies which may help you get through 'the change' leading up

to the menopause. Weleda's 100% certified natural skincare can support you during this time of change.

Weleda offer a number of products, including an Evening Primrose based range plus natural **Deodorants** with skin friendly ingredients (formulated without zirconium or aluminium salts), there is also **Foot Balm, Body Wash and Bath Milk and Stress Relief Spray**. We have tested their **Avena Sativa Comp Drops** with good results - traditionally used to aid peaceful relaxation and restful sleep, it can also be used as a daytime remedy for nervous tension, irritability, restlessness and edginess. Last but not least, their organic **Blackthorne Elixir** provides the perfect pick-me-up after a tiring day. *Always read the label. If symptoms persist, consult your doctor. See [www.weleda.co.uk](http://www.weleda.co.uk) for full details and to get your **SimplyHormones Unique Discount Code**, please use **MENOPAUSE2017 at checkout**, Plus, please take time to read the interview by Weleda with our own Kathryn Colas: <https://www.weleda.co.uk/interview-kathryn-colas>*

# Vaginal Atrophy/Dryness

A Picture paints a thousand words... There's no need to suffer!



## VAGINAL DRYNESS

Vagina dryness (or atrophy) kicks off during peri-menopause from the decline of oestrogen. What's happening is a thinning of the vaginal walls and reduced muscle strength plus loss of mucous.

This will affect your sex life (painful sex, due to loss of lubrication, some women report bleeding). Vaginal smears can become a challenge and not doing anything about it could increase risk of infection (vaginal itching, thrush, etc). when invited for a cervical smear DO NOT IGNORE IT!

What's interesting to know is that the ph balance changes as hormones decline and this normally acidic area is turned on its head.

You can do something about this! You can try locally applied hormone treatment, or there are an increasing number of over the counter products now available. Here is a brief list of some of the products either on prescription or over the counter.

**Vagifem** is a very special product that resolves all these issues for many, many women. Available on prescription, it comes in tablet form applied internally into the vagina. 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!



## SYLK.



A vaginal *lubricant* which is 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.

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

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 strengthen the muscle walls.



## BIRTH CONTROL!



*I bet you didn't think we'd be discussing Birth Control as something to be aware of going through menopause. Let me remind you that until you have had at least **twelve months** without any periods at all - **you could still fall pregnant.***

One way of avoiding this is to use the **Mirena Coil** (seen here on the left). A very popular choice which not only prevents you becoming pregnant but also helps reduce **heavy periods**. The Mirena Coil can be used as part of your hormone replacement

programme (HRT). See the research here: <http://www.birmingham.ac.uk/news/latest/2013/01/11-jan-Mirena-coil-is-best-treatment-for-heavy-periods,-major-trial-shows.aspx>

## Bone Health ~ Osteoporosis

You've probably heard about OSTEOPOROSIS and thought it was an old woman's disease. Osteoporosis is called 'brittle bone disease' and you may not know that women lose around 20% of bone density through the decline of oestrogen during perimenopause. But, you CAN do something about it. **It may surprise you that HRT provides protection against osteoporosis.** I know this works, as having been diagnosed with osteopenia (the forerunner of osteoporosis) myself, HRT has been the answer for me and many other women.

Here's the website for all the information you need: [www.nos.org.uk](http://www.nos.org.uk) **National Osteoporosis Society.**

There are a few things you can do to help your own bone health and these include movement and exercise, walking more and with purpose and even using the stairs more, instead of the lift.

In fact a review of your total lifestyle is now on the cards. When it comes to taking a good look at what you eat, forget calories, it's the quality of the food you're eating that's important, not the quantity. Looking at nutrition could help you avoid **Type 2 Diabetes** as well.

You may need some supplementation with Vitamin D3 and/or Calcium. Calcium supplements alone are not efficient. Please consult a specialist to discuss.

Take control! Get to know your own body better and how you can take preventative action.

### **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, evidence now shows 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 - Further reading, research, etc**

#### **Cancer:**

- [www.beatcancer.org](http://www.beatcancer.org)
- <http://www.cancerresearchuk.org/>
- <http://www.macmillan.org.uk/>
- <https://www.targetovariancancer.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.womens-health-concern.org> - Professional telephone or email advice on all prescription and other related queries
- <http://www.daisynetwork.org.uk/> for concerns regarding early menopause
- **UK MENOPAUSE CLINICS** - . <http://www.menopausematters.co.uk/clinicfinder.php>

### **And Finally...**

*"There's nothing like having a conversation with another woman, one who knows what I'm talking about".*

- If you'd like to arrange a one-to-one telephone consultation, email us: [enquiries@simplyhormones](mailto:enquiries@simplyhormones).
- Training in the Workplace? SimplyHormones are specialists in this area, providing training, support and advice for key personnel and individual women and groups.

For ALL your needs, contact us on **01825 582010** or **email:** [enquiries@simplyhormones.com](mailto:enquiries@simplyhormones.com)

**Wishing you a better Menopause Experience, Regards**

**Kathryn Colas x**