



INSIGHTFUL
MINDS

HOW TO OVERCOME YOUR MENOPAUSAL
SYMPTOMS NATURALLY AND TO BALANCE
YOUR LIFE BY CREATING A LIFE YOU LOVE



By Liz Almond, The Mindset Shifter

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Your midlife years are a time that you will start changing and looking at yourself inwardly and deciding whether you like what you see or not in your life. Both men and women go through this change and transformation. In women, it is called menopause and in men it is called andropause. Both sexes experience this transition in different ways - for some it is easy and for others it is much harder work and the effects on their mental health can be much more severe.

Whilst you are transitioning this time, you may find it harder to do your work, which could affect your productivity, concentration on tasks and also apply more pressure on relationships around you at work and at home. You may feel that you are going 'mad' as you are emotionally going up and down. Others around you may not understand what you are going through which may isolate you further. You may feel that people around you are 'rejecting you' and you may feel a bit lost and terribly lonely.

If you would like some more information about how to 'survive' this time more easily, then read on. All I ask is that you have an **open mind**. Your life journey is yours only and as you read on, you will be encouraged to take a holistic approach to viewing your menopause, rather than continuing on a journey thinking that a doctor and medicine has all the answers for you. Looking within yourself will allow yourself to heal in different ways and in conjunction with the medical approach is the way forward. The winning combination is Medicine, Energy work and a Positive mindset. As you read on, you will find some links to current Neuro Science research and there is now evidence that a different approach must be taken by medics, hence the introduction of social prescribing ie. doctors prescribing a walk in nature or joining a running group rather than medication to help you.

Time for you to change your life for the better – thinking, actions and beliefs!

Good luck and get in touch if you would like assistance to help you manage your transition and to help you feel more emotionally stable, balanced and to give you clarity of how to progress in your life.

With gratitude

Liz xx

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Your Energy is Shifting - Kundalini Energy

The energy in the body starts to shift in your early 40's which is known as Kundalini energy. You will naturally be seeking your life purpose, to have a fulfilling life and may feel compelled to make changes and gain clarity so that you can be the person you always wanted to be. You will start looking more carefully at your life and deciding what you do like and don't like. You may not like the fact that you have wasted time or you are feeling 'old' so try to turn the clock back by doing activities which make you feel younger. You might start worrying that you haven't lived yet, and feel you need to challenge yourself to do more. You may do some things which are out of character as well as realise that there is more to life, than you have been currently living.

Life Transitions

It is also a time when there is a natural transition of children growing up and not needing you any more, empty nest syndrome, parents growing elderly and you needing to support them and your relationships around you may or may not be working for you, depending on whether you have been nurturing them well or not over the years. It is also a time where long term relationships can falter and you may go through the heart ache of separation, divorce and having to find a new partner and often a new home.

If you have been ignoring your health and fitness, your body may well be showing signs of wear and tear such as being overweight, your hair is going grey, muscles being tight, heavy shoulders, or something more serious such as Heart Disease, Diabetes, Cancer, ME, Fibromyalgia, Chronic Fatigue Syndrome, Irritable Bowel Syndrome, etc. Your sleep pattern may also be getting worse and worse.

As we get older, we experience more losses too and if we haven't used the right coping mechanisms, then we will be weighed down emotionally by all the bereavements – whether this is loss of a job, loss of a parent/child, loss of a beloved pet, loss of a home, financial loss, etc.

Have You Been Ignoring Your Inner Guidance?

It is time for you to be taking a holistic view of your life and not necessarily be trying to 'medicate' the pain or symptom you are feeling. If you are experiencing lots of symptoms, pain, or worse still chronic illness/dis-ease during your menopause, then you haven't been listening to your body for some time. You are not at 'ease' with who you are and this is showing that you are not relaxing enough into who you are as a person. You may be feeling 'beaten' by how life has treated you up to this point and be feeling tired and defeated. You maybe feel that you have 'suffered' a lot and be feeling burnt out by the experiences you have been through. There are lessons in life for you to be learning which can transform your health and make your life much brighter and happier.

So what is the Menopause – According to the Medical Profession.....

Menopause/Andropause Symptoms (www.nhs.uk)

Female symptoms

Peri menopause starts at age 43+ and the actual menopause is when you haven't had periods for 12 months. The window of being 'menopausal' is about 13 years!! You can also be put into 'surgical' menopause by having surgery such as a hysterectomy. About 8 in every 10 women will have additional symptoms for some time before and after their periods stop.

Common symptoms include:

- ♥ hot flushes – short, sudden feelings of heat, usually in the face, neck and chest, which can make your skin red and sweaty
- ♥ night sweats – hot flushes that occur at night
- ♥ difficulty sleeping – this may make you feel tired and irritable during the day
- ♥ a reduced sex drive (libido)
- ♥ problems with memory and concentration
- ♥ vaginal dryness and pain, itching or discomfort during sex
- ♥ headaches
- ♥ mood changes, such as low mood or anxiety
- ♥ palpitations – heartbeats that suddenly become more noticeable
- ♥ joint stiffness, aches and pains
- ♥ reduced muscle mass
- ♥ recurrent urinary tract infections (UTIs)
- ♥ The menopause can also increase your risk of developing certain other problems, such as weak bones (osteoporosis)

Male Symptoms

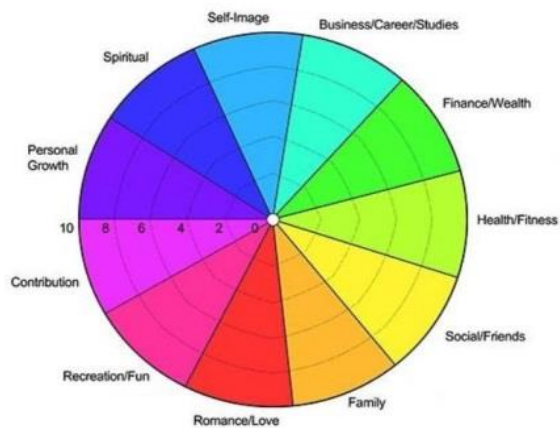
Male menopause is called 'Andropause.' Some men develop depression, loss of sex drive, erectile dysfunction and other physical and emotional symptoms within their 40's and 50's.

Other symptoms common in men this age are:

- ♥ mood swings and irritability
- ♥ loss of muscle mass and reduced ability to exercise
- ♥ fat redistribution, such as developing a large belly or "man boobs" (gynaecomastia)
- ♥ a general lack of enthusiasm or energy
- ♥ difficulty sleeping (insomnia) or increased tiredness
- ♥ poor concentration and short-term memory

A holistic view of symptoms

In my book *Are you worth it?* I discuss the fact that you need to be looking at your health in a different way. It is important to put your happiness first in all aspects of your life. It is time to be really honest with yourself and to assess all aspects to be able to see where you need to make changes. Remember the medical model is not looking at you as an individual, which is how you need to look at your health. You haven't had the same life or experiences as another person. Your behaviours and reactions to life are different to everyone else's. Your priority of values (in your mind) for your health should be:



- ♥ Happiness
- ♥ Mental Health (Peace of Mind)
- ♥ Healthy Eating
- ♥ Exercise
- ♥ Energy

They must be in this priority order. Your mind must be focused on your happiness at all times, and you need to be really aware of your thoughts, so that you can change them for the better as you may have subconscious thoughts which are sabotaging your happiness and success in life. Often individuals (especially those with chronic health conditions) are bored with their lives and are missing the joy in life. Their heads are seeking 'Energy' or to be 'Pain Free' first, and this means that they tire themselves out seeking these, by overthinking and analysing the life they see through their eyes. They are not living in the moment – being mindful.

Louise Hay Guidance Meets Current Neuro Science and Energy Medicine

In 1986, the late renowned healer, Louise Hay wrote her book 'You can heal your life'. Louise was way ahead of her time by stating that thoughts created illness. If you were not at 'ease' with yourself, you will create dis-ease. The key is to be relaxed and happy with yourself. You must remember that you need to balance your Mind, Body and Spirit. You need to be giving off a positive 'vibration', to attract good experiences into your life.

Neuroscience is now proving that in fact we have three brains – our head, heart and gut and what we say to ourselves creates ill health. Did you know that according to the Heart Math Institute, our hearts are 5000 times more powerful than our heads, yet we make the majority of our decisions from our logical minds. It is now time to get in alignment with your heart and passion for life and to train your mind and gut to be in alignment with your heart. Your head, heart and gut all have their own duties and if you are trying to make a decision from the wrong 'brain', you will suffer the consequences, often by experiencing an unpleasant health symptom.

Your body has an Autonomic Nervous System and it affects the quality of your brains function. Your Autonomic Nervous System controls the function of your cardiovascular, respiratory, digestive, urinary, reproductive functions and your body's response to stress. There are two

elements to your Autonomic Nervous System – Parasympathetic and Sympathetic. If these systems are out of alignment, and not balanced, you will experience harsher symptoms. You need to understand how you are reacting in situations which create emotions as well as understanding how your body may be holding onto negative emotions which are making you feel worse. For some people, they can't find the balance between the Sympathetic and Parasympathetic and they live their life in a permanent state of 'dis-ease', stress and exhaustion.

By using techniques such as meditation, breathing techniques, Hypnotherapy, Emotional Freedom Technique, Neuro Linguistic Programming, Time Line Therapy, Reiki, etc you can get your body to come into 'Coherence' which basically means balance. By being balanced and no longer 'reacting' to triggers from your past experiences, and by living in the present, you can heal yourself. You will suffer from less anxiety, will feel calmer, generally will be in better health.

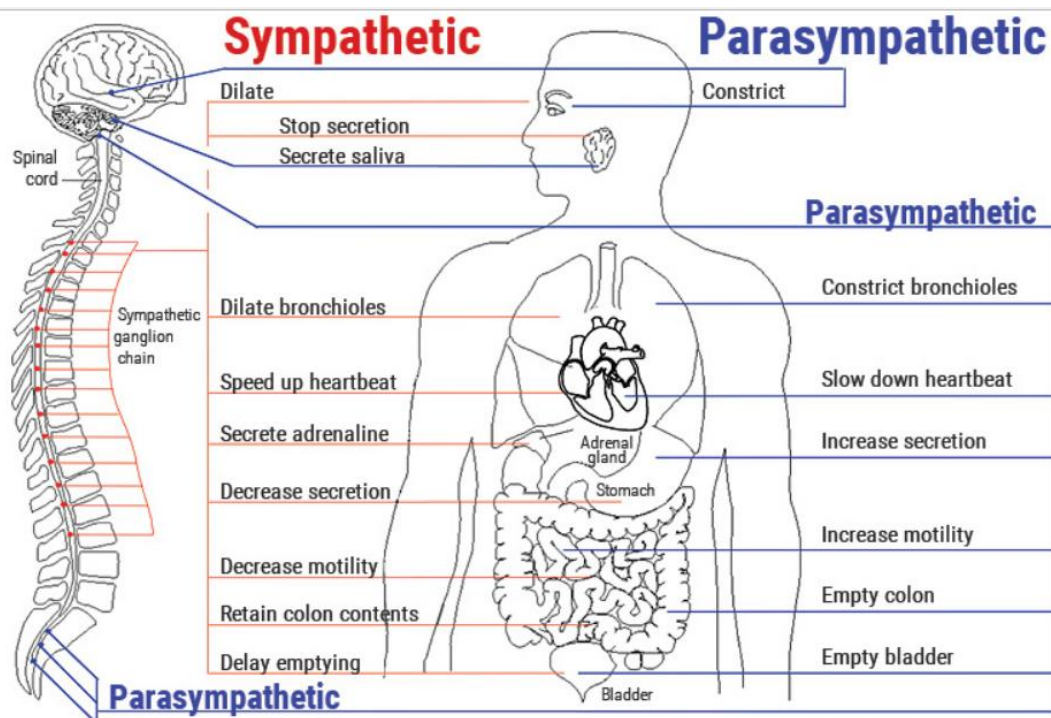
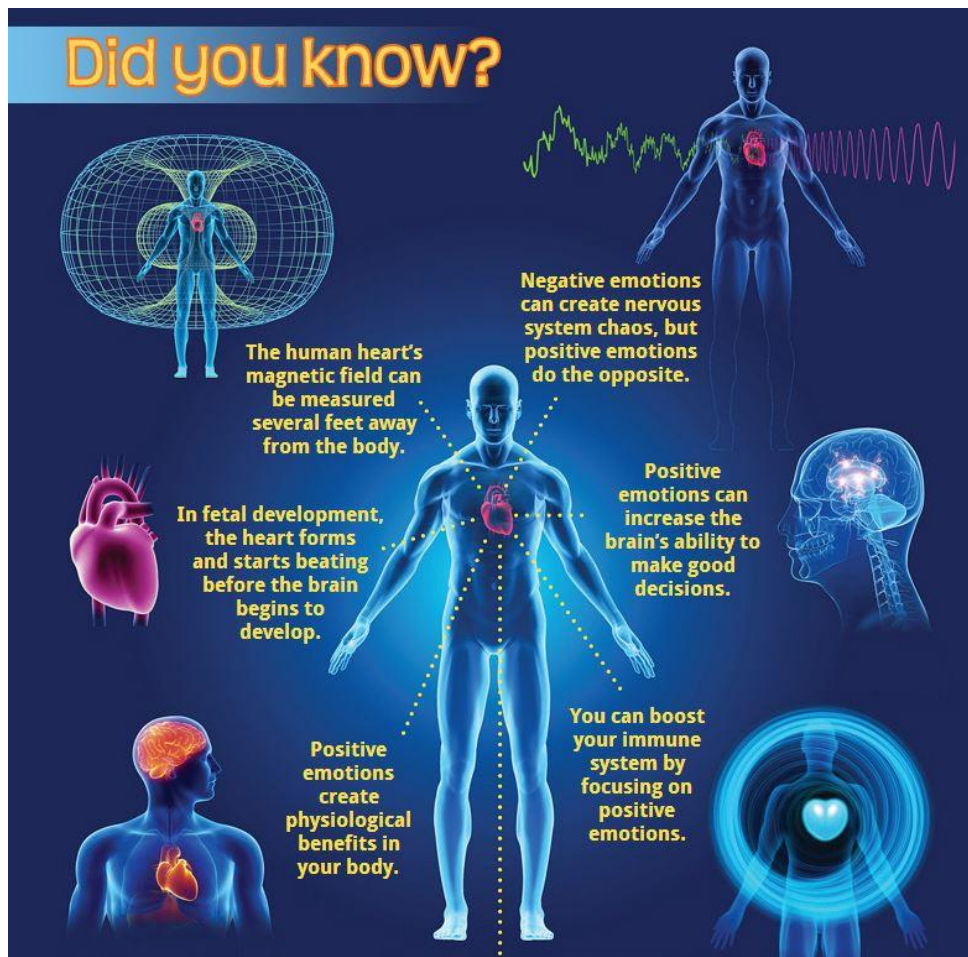


Figure 1.1 Innervation of the major organs by the autonomic nervous system (ANS). Parasympathetic fibers are primarily in the vagus nerves, but some that regulate subdiaphragmatic organs travel through the spinal cord. The sympathetic fibers also travel through the spinal cord. A number of health problems can arise in part because of improper function of the ANS. Emotions can affect activity in both branches of the ANS. For example, anger causes increased sympathetic activity while many relaxation techniques increase parasympathetic activity.

Credit for image: Heart Math Institute



The illustration above is from the Heart Math Institute. www.heartmath.com

For further evidence, you may like to read 'Mbraining – Using your multiple brains to do cool stuff' by Grant Soosala and Marvin Oka. The science of Neuro Linguistic Programming (NLP) has been around for over 40 years and this backs up the science too. Tuning into the Human Biofield by Eileen Day McKusick will also help you understand your biofield (aura) and how this links to your health and energy.

Therapies which can help your symptoms

- ♥ Reiki/Angelic Reiki
- ♥ Emotional Freedom Technique
- ♥ Neuro Linguistic Programming
- ♥ Time Line Therapy
- ♥ Hypnotherapy
- ♥ Cognitive Behavioural Therapy
- ♥ Life Coaching
- ♥ Kinesiology
- ♥ Bach Flower Remedies
- ♥ Access Bars
- ♥ Vibrational Sound Healing

There are masses of other therapies out there which can give you some relief, however you do need to look at all aspects of your life when using them as well as understanding the link between your thought processes, energy and behaviour.

Going Deeper – What do your symptoms really mean?

Louise Hay’s definition for Menopause problems is: Fear of no longer being wanted, fear of aging, self rejection and not feeling good enough.

It is important to review all aspects of your life and to be honest with yourself. By going within and being honest with yourself, you can identify reasons why you are feeling ill and potentially unhappy. What are you actually saying to yourself in your mind? The answers in how to heal your self are actually within you, rather than external e.g. a doctor’s advice or needing to take medicine to feel better.

To give a more holistic and quick glance view of what the above symptoms mean in alignment with Louise Hay’s guidance as well as my own intuitive insights having worked with many menopausal clients is below.

Symptoms	Possible Issues to address
<i>Hot flushes</i>	Balancing your life as new energies come into your life and you become more awakened to your spiritual self. The hot flushes are related to the energy chakra system.
<i>Insomnia</i>	Fears of moving forward in life. Fears not yet addressed in life. You need to clear patterning/issues from the past which are keeping you awake
<i>Tired and Irritable</i>	Boredom. Not living a life you love and putting your happiness first. Anger not released.
<i>Reduced sex drive</i>	Negative money/self worth beliefs/ lack of dealing with relationship issues over time e.g. speaking up for what you really would like in the bedroom, bored with sex life
<i>Problems with memory and concentration</i>	Chronic overthinking. Mind full of thoughts. Poor behaviour about focusing on one thing at one time. Possibly boredom
<i>Vaginal dryness/pain/itching/discomfort during sex</i>	Lack of regular sex over the years, not staying connected with your partner. Emotional pain not shared with your partner. Guilt. Insecurities. Money/Self worth beliefs. Need to work on confidence and stepping into your power. May be feeling unsatisfied and be ‘itching’ to get out of your relationship.
<i>Headaches</i>	Self critical in your thoughts, fear surfacing, putting yourself down in situations

Symptoms	Possible Issues to address
<i>Anxiety or Low Mood</i>	Unfounded worries and trust issues from the past surfacing, feeling insecure and not safe in some situations (could be linked to past abuse)
<i>Palpitations – heartbeats becoming more noticeable</i>	Longstanding emotional issues not resolved. Lack of joy in your life, heart emotionally hurt, putting self under stress e.g. perfectionist behaviour.
<i>Joint stiffness, aches and pains</i>	Not going in the right direction in life, longing for love, longing to be held. Guilt. A need to love oneself. Feeling disconnected from your partner. You may be strongly resisting changing yourself. The more you resist, the more you will feel pain. Stiffness can be to do with you being stubborn!!
<i>Reduced muscle mass</i>	A lack of confidence and stepping into own power. Resistance to new experiences and ability to move forward in life
<i>Recurrent urinary tract infections</i>	Pissed off, usually at the opposite sex or a lover. Blaming others. Anger/Irritation and being judgemental needs to be worked on.
<i>Osteoporosis</i>	Fear that there is no support left in life. The need to stand up for yourself and within your power.
<i>Erectile dysfunction</i>	Sexual pressure, tension, guilt. Social beliefs. Spite against a previous mate, fear of mother. Lack of joy with sex life.
<i>Depression</i>	Anger you do not feel the right to have. Hopelessness. Repressed emotions and lack of vision for the way forward. Believes life is happening to them rather than creating their own life.
<i>Fat redistribution – large belly/man boobs</i>	Emotional issues which have not been addressed. Anger at being denied nourishment. May feel others are not satisfying his needs. Not eating a healthy diet.

Are You Overwhelmed, Stressed and Is Your Mind Full?

How are you feeling at the moment? If you are being honest, are you feeling stressed and overwhelmed? If you are, you are almost certainly going through life too fast, and need to slow down and release negative events, emotions and behaviours from your past. Over analysing information in your mind, over thinking things and being 'head' dominant, will leave you exhausted and experiencing worse menopausal symptoms.

Have you ever tried downloading your personal history from your head onto paper, cataloguing from when you were born to the current day – positive and negative events. It can be very

revealing about what is still playing out in your life now, if you look for patterns which are repeating. You can also look for negative emotions and behaviours which need to change. This is an exercise my clients do for me before working with me on a 1-1 basis and this process is also explained in my book *Are you worth it?*

Downloading your life history onto paper will heighten your awareness about what is going on, you can see what you need to change and work out why you keep being influenced by your past, rather than living in the here and now or living in the future due to anxiety. You can then make changes. It is time for you to see a different perspective about your life and to make the most of it.

Learning how to meditate is a fantastic way to learn how to relax, to uncover the inner you and to release negative emotions and feelings. If you would like a faster way to feel happier or to be guided through the process, then get in touch liz@insightfulminds.co.uk.

A new approach to your Menopause and how to view it

M Mindset

It is essential that you have the right mindset going through the menopause. You need to have a mindset of Positivity, Success and Gratitude. If you get sucked into negativity or getting stuck in ruminating about the past or being anxious about the future, rather than living in the now, you will have a problem. Remember, HOPE stands for Have Only Positive Expectations. You get what you expect. Vision from your mindset what you desire and do want in life. See yourself as a success and celebrate your successes every day. Be grateful for all aspects of your life and practise gratitude on a daily basis by showing appreciation for what you do have in life.

E Energy in Motion

Remember emotions are 'energy in motion'. Your thoughts are energy. During every day life, you are feeling emotions day in day out, depending on how you feel. Neuro Science research actually shows we have 34000 different emotions/feelings! In western society, we haven't been shown how to release emotions from our bodies, and it is not healthy for you to hold onto negative emotions which relate to past aspects of your life or what is going on currently. As you can see from the symptoms above, there are emotions and behaviours to let go of and you need to change your thoughts or let them go i.e. energy in motion. If you are in any doubt about how emotions can affect you, research the work of Dr Emoto who shows in his water experiment, that words are alive in us and they impact our health and how we feel.

N Nourish Your Needs

It is important that you look after yourself. If you have spent years putting everyone else's needs ahead of your own, you need to stop this behaviour. Others are not more important than yourself and if you are always looking after everyone else's needs and ignoring your own, eventually resentment will grow. Resentment is a deep level of anger. If you review the Louise Hay list of symptoms, the emotion of resentment underpins cancer. You need to change your behaviour now. Release negative emotions and look at how to nourish yourself more whether that is changing your relationship with your partner, leaving your partner to find someone new, eating

better, looking after your mind by meditating, etc. You are important. You are good enough and you are worth it!

O Oracle

As you get older, you are becoming wiser because hopefully you are learning from your mistakes. As you trust your own inner guidance, you will channel information which will help you to be the person you want to be. As you get wiser, you may feel the need to share and be in service to others and this wisdom can be shared with others in different formats. This could be in the form of writing a book, speaking at an event, writing an e-book, running a course, creating a set of oracle cards, etc. This wisdom to be shared can be monetised if you wish, which will mean that you will not have a pension pot which is ever diminishing, but one which is refilling all the time as you make sales.

P Purpose

During your mid life years, you will start seeking your life purpose if you aren't already living it. This might spark you to wanting to change your job or start a new business. If you are stuck in a job which you don't love and the inner you knows you want to do something new (your purpose), this can spark depression and anxiety. The key is to live your life on purpose and your life purpose will show up. Enjoy every moment. If you aren't in a job/profession that you love, it is time to change so that you fill your life with pleasure. You will also find out how to serve others with your wisdom. Look at your past to discover your strengths and experience and this will give you clues to what your purpose is. If you are employed, you need to realise that you will be affecting your employer and other employees with your negativity, and it is essential that you get help to either help you be happy about staying in your role or making a jump into something else.

If you don't know what your purpose is or feel confused or lost, book in for an angel or tarot card reading for some guidance about how to move forward. Book via liz@insightfulminds.co.uk.

A Awakening

Menopause is a time of you awakening to who you really are. If you have been living a life believing life happens to you, as you become more self aware and 'awaken' you will realise that you are creating your life. As you awaken to who you are meant to be, you may experience some anxiety though. As you get through your trust issues and live in the present, you will see that your awakened life is what you make it. You can chose who are your friends, who you spend your time with, what you want to do, etc. As you become awakened, you also realise that you can have stillness inside and be calm, even if it is going tits up around you. You no longer have the need to get drawn into situations. This stillness can be achieved by letting go of the past, brightening up your life and making new choices to create a wonderful life. Learning and practising meditation is key.

You will need to understand and come to terms with your spiritual mission. It may be really big (ie. global) and may feel such a huge responsibility and weigh heavy on your shoulders. Remember, you are supposed to have fun too whilst delivering it, so it is about becoming enlightened about how to fulfil your mission and having fun in the process.

U Understanding Self

As with awakening, the more you understand yourself the better. Trust stands for 'The Real Understanding of Self is Trust'. When you 100% trust yourself, you will have no anxiety and will just be excited about the way forward in your life. It is key for you to decide what you do and don't want in life, so that you can focus on your happiness and do what you love. You need to vision your life going forwards. What would you need to achieve in life, so that you have no regrets? What is on your bucket list and how are you going to challenge yourself to achieve this? It is time to take action to achieve what you desire. Life is for living. Are you visioning a new way forward?

S Surrender to Service

When you are experiencing negative thoughts, it is your ego speaking to you and it is time to shift into service spiritually, so your life is not about you. This is about putting your ego second, and devoting your life to helping/serving other without compromising on your happiness. Throughout your life you may have struggled in wanting to control it in some way (links to anxiety/distrust). When you let go and trust yourself and life fully that you are loved and supported, and surrender to service you will find life more enjoyable and fun. The Divine (Source Energy/God) is actually in charge not you and when you let go, and get in alignment with your inner guidance through meditation, you will feel happier and calmer. You will have peace of mind.

E Evolve – Be You

There is only one of you on this planet. Stop comparing yourself to others. Now is the time for you to boost your confidence, to step into your power and to love yourself. If you don't you will continue to have bodily symptoms from the menopause and will continue to 'suffer'. Let go and release the past and do the inner work on who you want to be and how you can gain the most happiness from your life. Speak up for yourself. Stop hiding and pay attention to what you are saying to yourself. Only say positive and loving things. Be authentic and be 100% you by accepting yourself. Stop trying to please others and live the life you want to. Pay attention to patterns repeating in your life, learn your lessons and evolve into who you want to be. Ensure you maximise your potential.

Change your Life Now

1. Take responsibility now for your happiness. Make the choice now to put yourself first and to make a change. Value your ability and potential.
2. Create value for others as what you put out is what you get back. Look at how you can serve others with your wisdom e.g. write a book, help out a charity with your knowledge, help a neighbour, etc. Focus on helping others
3. Do what you love without guilt. Focus on doing a job you love or create a business based on your passion. Stop apologising to others about wanting to do your own thing.
4. Eat healthily. Make sure you are eating many more fruit and vegetables to energise your body. Eat well and this will lift your mood and happiness.

5. Never pressure yourself into anything. Be focussed and do one thing at a time. As yourself when you are working on projects – ‘do I enjoy this?’ If you don’t, stop it or delegate it to someone else. By filling your life with things you enjoy, will lift your spirits.
6. Learn how to overcome your fears. Fear is not real and you want to change it from fear into love. You do this by changing your perceptions as perception is projection from your mind. Fear stands for False Evidence Appearing Real. What you fear is not actually real, just the picture of what you have created in your mind. We often fear things so much, that we try to escape our true feelings. At its worst, suicide is a way of escaping everything but it also shows up by individuals leaving their home and moving house to ‘escaping’ abroad, so that it feels better. Fear in this case is ‘Forget Everything and Run’ and as you learn that you can deal with things, learn your lessons, you will feel better - ‘Face Everything and Rise.’ is a much better approach.
7. Invest in yourself and your passion. For example, invest in your personal development. You can’t always see your full potential and you can sabotage your success. By good quality items to support your passion as this will make you feel good.
8. Know that you are worth it and you are good enough. Stop comparing yourself to others. Be as unique as you can. Stop trying to be the same as everyone else or the person you think they want you to be. Be authentic to yourself and who you want to be. Stop apologising for who you are.
9. Surround yourself with positive people who inspire you. Your friends and family should be lifting you up to be your greatest version. If they are not, start working on getting a different set of more positive, likeminded friends.
10. Work on your stress levels and become calm inside, even if it is going pear shaped outside of you. Stop external events from affecting you. Change your perspective by taking a different view of what is going on and look for hidden blessings in disguise.

If you are curious about knowing more how to feel energised, be pain/symptom free and excited about your life going forward, get in touch for a complimentary consultation.

Book via liz@insightfulminds.co.uk or ring to book an appointment on 07815 904848.

***More information about working with me can be found at:
<http://insightfulminds.co.uk/services/personal-coaching-therapy/>***

My book is *Are you worth it? A spiritual guide to managing your money mindset.* It can be purchased directly from me for £12.50 or via Amazon.

<http://insightfulminds.co.uk/book-are-you-worth-it/>