



## GOAL SESSION 5 HORMONES AND ME

Join our [Facebook group](#)

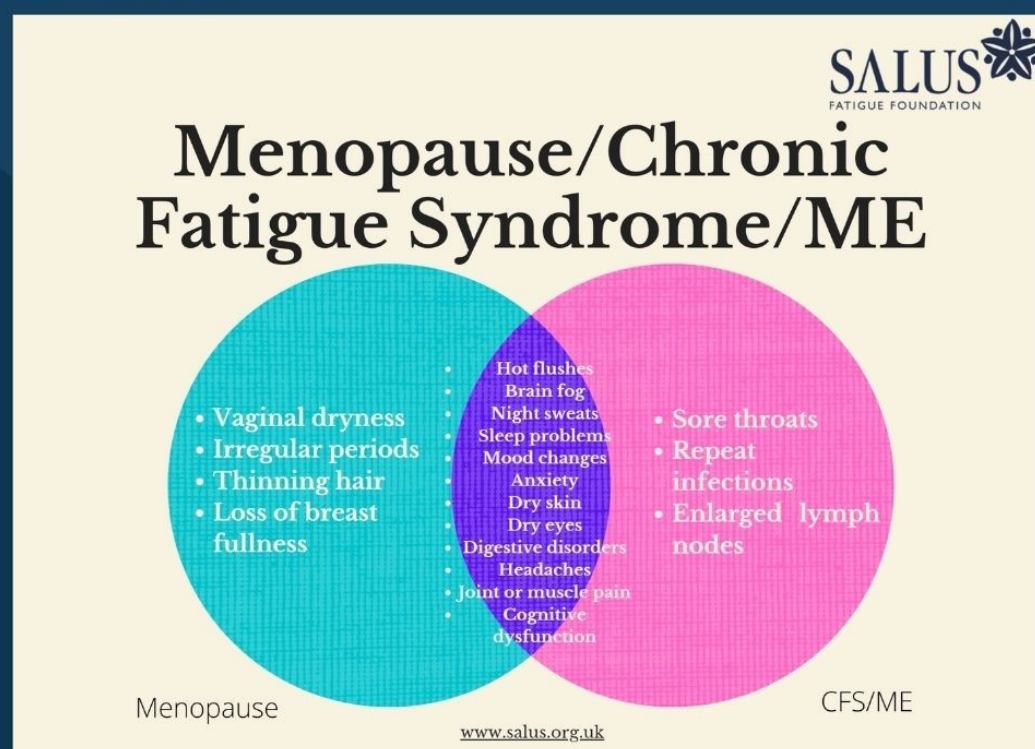
Click here for more videos on [Wendy's nutrition sessions](#)

We are all unique in our experiences as females, when our periods start, how long our cycle is, when we start noticing the changes associated with perimenopause, the symptoms we notice in the menopause. Talking to sisters, aunts, mothers, cousins, daughters can help. People in your family may have had similar experiences to you.

Things we can do to support our bodies as women:

- Being active gently and regularly during our period, yoga, pilates and Tai Chi are really good examples.
- Eat plenty of fresh fruit and vegetables
- Avoid foods full of sugars, processed foods, and caffeine,
- Get enough sleep
- Keep hydrated
- Talk to each other

Some symptoms of perimenopause/menopause may be very similar to Chronic Fatigue Syndrome (CFS). Our [Menopause Course](#) is useful for those wanting a little more help.



**SALUS**  
FATIGUE FOUNDATION

## Menopause/Chronic Fatigue Syndrome/ME

<ul style="list-style-type: none"> <li>• Vaginal dryness</li> <li>• Irregular periods</li> <li>• Thinning hair</li> <li>• Loss of breast fullness</li> </ul>	<ul style="list-style-type: none"> <li>• Hot flushes</li> <li>• Brain fog</li> <li>• Night sweats</li> <li>• Sleep problems</li> <li>• Mood changes</li> <li>• Anxiety</li> <li>• Dry skin</li> <li>• Dry eyes</li> <li>• Digestive disorders</li> <li>• Headaches</li> <li>• Joint or muscle pain</li> <li>• Cognitive dysfunction</li> </ul>	<ul style="list-style-type: none"> <li>• Sore throats</li> <li>• Repeat infections</li> <li>• Enlarged lymph nodes</li> </ul>
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Menopause CFS/ME

[www.salus.org.uk](http://www.salus.org.uk)