

# 12 Menopause Myths

*by Pamela Bailey*



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*Pamela Bailey*

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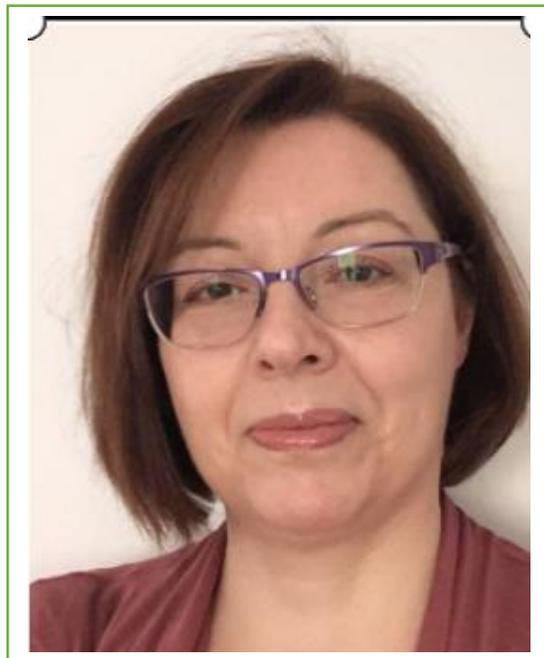
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## About The Author

As a Clinical Hypnotherapist and a Life Coach I love empowering women who are affected by major life events. Many things and people can affect our path through life, so if you going through the Menopause, or are a woman who is looking for a new direction in their life I can help.



### **Pam Bailey – Menopause Expert**

NLP Master Practitioner & Coach – Society of NLP  
Clinical Hypnotherapist – GHR & CNHC Accredited  
Reiki Level 2 Practitioner  
Colour Mirrors Therapist.

# 12 MENOPAUSE MYTHS

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### It's Arrived

I was only 38 years old, I shouldn't have had to be thinking about the Menopause for at least another 12 years, but here I was sitting across from my Doctor trying to take in the information he was telling me.

'You're premenopausal so you should be expecting symptoms like yours, no; a blood test won't be accurate, all women have to go through this at some stage, yes, I can give you medication to help with the Migraines'.

I left the surgery within 10 minutes with a prescription and nothing else. I felt cheated. I felt I was losing control of my body.

In the days that followed I began to get anxious that a hot flush could happen at any point and there is nothing worse than being at work, presenting an item in a meeting and feeling the flush start to erupt.

I wasn't sleeping very well, I was doing the duvet dance constantly, duvet off, duvet on, duvet off again and I was waking dripping with sweat.

These days there are lots of information you can source about the Menopause, but as women we still don't talk about what we all have to go through at some stage in our lives, whether that is naturally or because of cancer or other medical conditions.

Always, always consult your GP or physician with your symptoms.

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### ❖ **You will start the Menopause at 50**

The average age for menopause is 52, but *you* may start anywhere from your late 30s to your early 60s. You are officially in menopause when you haven't had a period for a full 12 months. Women often don't realise they can have symptoms long before officially being menopausal. This transition leading up to it is called perimenopause.

### ❖ **You're going to put on weight**

Unwanted weight gain is common in menopause, but not inevitable. As you go into Peri-menopause and Menopause, oestrogen levels drop naturally and may create an imbalance. Since fat tissue also acts as a source of oestrogen, your body holds on to it even more as your oestrogen levels fluctuate. With these changes taking place, it is time to look at your diet and exercise regimes. One of the important things you can do is to eat! Good nutritional foods help to balance hormones so it is really important at this time you evaluate your lifestyle.

### ❖ **Your sex life is going to get up and go**

Falling hormones can lower your libido. The menopause puts enormous pressure on your body, which can cause tiredness. You could be in a job that is really busy, you may have a family and some women in menopause tend to get low moods. If you put all this together, then no wonder you don't actually feel like doing anything!

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### ❖ **The first symptom you are going to get is Hot flushes**

Despite the fact that hot flushes and menopause are synonymous in our society, your first sign could actually be:

Tiredness; Weight gain; Adult acne; Forgetfulness; Sleep difficulties; Irregular periods; Mood swings; Depression; Anxiety; Joint stiffness; Feeling overwhelmed; Low libido; PMS-like symptoms, eg, stronger cramps, bloating, headaches

### ❖ **If you had your periods earlier, you're going to have an early menopause and if you started later you're going to have a later Menopause**

While predicting the age you'll begin menopause is tricky, there are clues to help you predict when you'll start:

- a) When your Mother started menopause is the best indicator
- b) Smoking may mean an earlier menopause
- c) Drinking alcohol may mean later menopause
- d) More pregnancies suggest later menopause

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- ❖ Every woman will get symptoms and every woman is going to face the most awful, terrible, nightmarish time through the menopause and there is no escape

Although many women experience hot flushes, night sweats and mood swings, every woman is affected differently. For many, menopause symptoms are mild, and for some, the only obvious symptom is the absence of their period.

- ❖ **The Menopause only lasts a few years**

This can vary. Some women will find their periods will stop immediately and they haven't had any symptoms, whilst others will experience peri-menopause (first stage) for up to 10 years. The menopause is said to have ended once a woman has gone 12 months without having a period.

- ❖ **Menopause gives you weak bones**

On average, a woman loses 10% of her bone mass during menopause. We reach our peak bone mass at 30, so we naturally experience more breaking down of bone rather than building up. Whilst most women have enough bone mass to handle this loss, added risk factors such as a poor diet, family history and lifestyle can lead to excessive bone loss of up to 20%

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### ❖ Sleep Problems have nothing to do with Menopause

Rubbish – they do! Often the problems are the result of night sweats, insomnia and mood disorders. To improve the quality of sleep, try doing aerobic exercise regularly. Avoid caffeine, which can take up to eight hours to leave your system. Keep your bedroom cool and comfortable.

### ❖ Mood and irritability aren't real symptoms, they're all in your head

Mood swings are caused by hormonal changes that start to occur in Peri-menopause and are not fictional. Think of menopause as adolescence in reverse. You got through your changing hormones when you were a teenager and you'll get through them this time.

### ❖ Your hair will become dry and brittle

Whilst changing hormones can affect your hair, you don't have to have a lifetime of bad hair days. Keratin, the main protein in hair is stimulated by oestrogen. Whilst this hormone declines at the menopause, you can boost it by eating good quality protein like tofu and beans. Iron is also very important as it helps to boost blood supply and encourages good hair growth. Good sources of iron will include red meat and dark, leafy greens. It is also worth getting your thyroid levels checked out as our changing hormone levels can cause an imbalance in our thyroid gland

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### ❖ There's no upside to menopause

British women spend up to £18,450 on their periods in their lifetime according to a poll of 2,134 women aged 18-45. This includes sanitary products, pain relief, magazines, toiletries, new underwear and even that comforting chocolate – think of the money you will now save! Life gets simpler. No fear of pregnancy, no hassle with your periods, children are now older and possibly leaving home. Post-menopause your energy levels will stabilise. Your world is indeed your lobster

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### Summary

The menopause is a time of change for all women that some find more challenging than others. Evaluating your lifestyle and taking the decision to make some positive changes, you can take back control to manage and embrace this time in your life.

I hope you have found this information useful, of course there are other signs that you may feel are unique to you, but I would always urge you to see your GP to get a proper diagnosis.

Inspired by a study that reduced flushes and sweats by over 80% and in some cases eliminated them altogether, I have developed a variety of programs that can help you take control and get you feeling human again.

If you would like to learn ways to overcome your symptoms using natural support, then please get in touch.

If you know of another woman in your life who you believe would benefit from this information, please feel free to pass on this E-book or ask them to visit my program page.

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