



## TOP 10 CHINESE MEDICINE PERIMENOPAUSE TIPS

### TIP 1 MAKE TIME FOR EXERCISE

For those of you who aren't converts this is an important activity with far reaching benefits (muscle strength, weight, mental health etc.). Weight gain is common during menopause due to loss of oestrogen.

Unfortunately if your teetering on the edge of advanced weight gain this can lead to insulin resistance and ultimately type 2 diabetes.

Evidence based research suggests regular exercise & watching what you eat a crucial part to maintaining overall wellness during perimenopause to menopause.

From a TCM perspective exercise is incredibly important because it moves your 'Qi' (energy).

Think of your body as a form of energy, what happens when it just sits there? Energy becomes stagnant, then it erodes your health.



### TIP 2 REDUCE CORTISOL LEVELS, FEEL MORE CHILLED

Cortisol is responsible for getting us going in the morning for the day ahead. It decreases during the day, tailing off in late evening to allow melatonin to provide a good sleep. Stored in the adrenal glands, cortisol increases blood sugar, stabilises blood pressure & manages inflammation levels.

These days most women are stressed causing high cortisol levels which never drop (over adrenalised). This causes the perfect storm of depletion during perimenopause leading to health issues! Of course there are dietary tips to regulate cortisol, but one of the most effective strategies is sticking to a daily calming practice.

**Try** Mindfulness | Meditation | Yin yoga | Acupuncture | Breathing practices | Qi gong | Tai chi | EFT | Creative writing | Doodling | Art | Stretching | Body scanning. **This practice is unique to you, find something you really enjoy.**

## TIP 3 REDUCE ALCOHOL

Many people enjoy a glass to unwind at the end of a long day! Women by physiological nature have less alcohol dehydrogenase, (a stomach enzyme that helps metabolise alcohol). This becomes a much bigger issue when hormones fluctuate and metabolism slows down.

Alcohol is drying, heating and damp forming from a TCM energetic perspective.

When internal hydration is slowing down it's referred to as Yin deficiency. Alcohol contributes to dryness in many areas in the body (vaginal, skin, hair, nails). Try reducing your intake if you drink daily.

## TIP 4 STOP WORKING SO HARD

For some, you have climbed the corporate ladder to success for others work wasn't a main focus. If you're a type A over achiever it's time to consider a reduction of hours or finding ways to lessen the load.

If you're still working 10 – 12 hours daily and bound to your mobile you're burning valuable energy which will deepen perimenopause symptoms.

TCM refers to this as burning up Yin energy. I'm sure you've had fleeting moments of wanting a shift, now's the time to consider a new way.

## TIP 5 PRIORITISE SLEEP

*'The prevalence of sleep disturbance varies from 16% to 42% in pre menopause, from 39% to 47% during perimenopause, and from 35% to 60% in post menopause.'* Hot flushes tend to be the main issue, but feeling fidgety and anxious when trying to fall off is pretty common.

From a TCM perspective this is caused by Yin & Blood deficiency. These are common patterns, but a conscious effort needs to be made to replenish these valuable substances to get a better night's sleep.

### Here are a few sleep ritual practices:

Go to bed and wake at regular times | Cut out all stimulants | Exercise each day, this circulates your energy & reduces stress | Cut out screen time 2 hrs before bedtime | Wear blue light glasses from the afternoon onward | Reduce or abstain from alcohol, it interrupts sleep receptors.



## TIP 6 FOOD IS MEDICINE

In the western world many folks are catching onto the idea of food being medicine not just a calorie count on a package.

Quality food produces quality energy. When the digestive system is suffering so does hormone balance. Foods high in GI (glycemic index) are often found in processed foods, white refined carbs trigger significant spikes in blood sugar. Add in the fact these foods are often low fibre and high sugar, they increase perimenopausal symptoms.

Eat simply, if you can't understand the ingredients don't choose the item.

When your in the supermarket always stick to the outside edge of the store, these areas often contain vegetables, meat, fish & grains. Once you get into the isles what do you notice? Super processed foods!

## TIP 7 LEARN TO SAY NO

This is very hard for most women to do. I encourage you to release the cycle of helping, pleasing and doing for others.

If you are struggling to say no, bear in mind what the billionaire businessman Warren Buffet famously said: "Successful people say no to almost everything."

Saying no allows you to say yes to what is important to you. It allows you to be a better person because when you say yes, it comes from a good place, not from resentment or fear.

It creates space for what matters most to you, rather than drowning in busyness, like most of us are. Find your boundaries and fiercely protect them.





## TIP 8 CHILL OUT WITH HOT FLUSHES

80% of women experience hot flushes during perimenopause and beyond. Western medicine defines them as ‘transient sensation of heat, sweating, flushing, anxiety & chills lasting for 1 to 5 minutes’. Caused by shifts in thermoregulatory controls related to minor elevations of core body temperature and oestrogen deficiency.

Although there has been decades of research the exact science behind a physiological understanding is still a mystery!

TCM and western medicine differentiate between sensations of heat. Hot flushes (HF) refer to daytime heat and night sweats refer to nocturnal heat (NH) which often causes sleeplessness or insomnia patterns. Women can experience both or one type.

HRT may reduce HF & NH but take a deeper look at what's happening in your life? Do you notice heat pops up when you feel flustered or stressed?

This is a common experience for many women, many emotions become more pronounced during peri.

Can you simplify your daily life to accommodate this time in your life? The first step is accepting the fact your changing physiologically, mentally and spiritually.



### Advice:

- Wear natural clothing, synthetics heat up and do not allow heat to vent outward.
- Keep the bedroom cool at night & choose 100% cotton bed linens.
- Skip spicy foods.
- Cut the caffeine, energetically coffee is heating and drying.
- Cut the alcohol, it's energetically heating.
- Add phytoestrogens to your meal.
- Learn to focus on your breathe during a HF.
- **Short term wins:** cold showers and portable fans.



## TIP 9 BE THE WISE WOMAN

Recognise and respect the life you have forged. You might want to find images of women and make copies to look at when you need inspiration.

When you surround yourself with positive, or at least interesting images of older women, it changes everything: you begin to feel companioned and empowered, filled with the courage to be who you are.

## TIP 10 TRY ACUPUNCTURE

Yes, you might gather I would include acupuncture in the Top 10 list, but that's because it works!

I have over 10 years of full time experience as well as a book to help choose the right food for perimenopausal issues.

Acupuncture can treat an array of perimenopause / menopausal symptoms, not just hot flushes.

Here's an interesting study from 2018 of 53 women assigned to two groups. Group one of 27 women experienced acupuncture and group 2 of 26 women experienced sham points (non points) concluded the group 1 to experience a significant reduction in hot flushes based on measuring oestrogen & FSH & LH before and after the clinical trial.

### Need more information?

The British Acupuncture Council has lots of research and [locator tool](#) to find a highly qualified acupuncturist in your area.

I would love to chat with you, I offer free 20 minute discovery calls, takes a minute to book in. [Book now.](#)



### Testimonial

*"I have thankfully seen amazing results with quite severe perimenopausal issues. My hot flushes are gone for now, my anxiety has reduced dramatically, my sleep is vastly improved and hormonal low moods are now very rare and short lived. Kim is a very calm listener who you really feel understands and always goes above and beyond. Kim's help has enabled me to enjoy life again."*

