

Hello Everyone

Thank you for coming yesterday morning, it was so lovely to see you all. For those who couldn't attend – please don't worry. After each session we will be sending you updates and information so if you can't attend or have to leave early you can still access support.

Just in summary from today:

We talked a lot about Sleep and how the Menopause can impact this. In the Resource Page [Bradford District & Craven Resources](#) you will find lots of useful information there on how to get a good night's sleep and I have also attached a little summary with some links to some exercises and a calming meditation.

SLEEP

Good Aromatherapy oils to help with Sleep are:

- ✓ Marjoram and Lavender – on your pillow – a couple of drops of each

High grade oils can be purchased via our **Doterra** site @

<http://mydoterra.com/halsaessentials>

or

Aromatherapy Associates – which someone very helpfully said that NHS received a % discount. I found some information but if anyone else can share anything please do so!

[20% OFF Aromatherapy Associates NHS Discount & Aromatherapy Associates Discount Codes For March 2022 \(coupert.com\)](#)

- ✓ Magnesium: flakes for bath/foot bath as discussed: [Magnesium Flakes | BetterYou](#)

BRIAN FOG/GENERAL MENOPAUSE SUPPORT

- ✓ Vitamin D - [Vitamin D – BetterYou](#)
- ✓ Essential Oils - Starting point for menopause: Clarycalm – attached is an information sheet for you. This is helpful for hot flushes and generally feeling low/menopausal
- ✓ Doterra Air Roller – attached information sheet (also good for hot flushes!!)
- ✓ Clary Sage
- ✓ Grapefruit – if using Doterra Oils you can put one drop in water and sip throughout the day – this helps greatly with breast tenderness
- ✓ For Brain Fog – Rosemary and Basil – please note to not use Rosemary if you are on medication for High Blood Pressure or have High Blood Pressure
- ✓ Doterra Aromatouch is also great for Brain Fog – you can put a drop in the palm of your hand and inhale
- ✓ **Ladycare Magnets** - [Products Archive - LadyCare Menopause \(ladycare-uk.com\)](#)
- ✓ Davina Documentary: [Davina McCall: Sex, Myths and the Menopause - All 4 \(channel4.com\)](#)
- ✓ Useful Site for HRT consideration: [Balance - Homepage \(balance-menopause.com\)](#)

HYDRATION/NUTRITION

- ✓ Rooibos tea with Honey, Honey and lemon, Grapefruit oil in water
- ✓ Cherries or grapes in the freezer to combat hot flushes and keep sugar cravings at bay!!!
- ✓ There are also lots of recipes on the Resources Page under Nutrition

HAIR THINNING/LOSS

- ✓ [Haircare for sensitive scalps | AVEENO®](#)
- ✓ [Collagen - Ossa Certified Grass Fed Collagen Peptides, All Natural Supplement, Keto/Paleo Protein and Collagen Supplement, with Essential Amino acids : Amazon.co.uk: Health & Personal Care](#)

The other sessions run as follows over the next few months.

March

Menopause Support Group – 17th March, 10:30-11:30am

Self-Care for the Menopause (Reflexology/Musculoskeletal focus) – 23rd March, 1-2pm

April

Menopause Support Group – 7th April, 10:30 – 11:30am

How to care for YOU during the Menopause – 28th April, 12:30-1:30pm

May

Restorative Yoga for the Menopause – 9th May, 10-11am / 23rd May, 1:30-2:30pm

Menopause Support Group - 12th May, 1-2pm

June

Menopause Support Group – 9th June, 3-4pm

Let's talk about The Menopause at Work – 14th June, 1-2pm

July

Menopause Support Group – 7th July, 2-3pm

Coping with the Menopause after Breast Cancer – 21st July, 1-2pm

September

What is brain fog and what can I do about it? – 8th September, 11am-12pm

Menopause Support Group – 15th September, 10-11am

To book, click on the link and register:

<http://bookwhen.com/Halsa-NHSBradford>