

# Spotlight on Women's Health

by Janey Lee Grace

It's only in recent years the media have started to talk about the Menopause, despite it being a wholly natural phase in every woman's life we have largely chosen to keep it secret and anyone suffering with symptoms has been left to suffer in silence! Fortunately a few celebs have spoken up about their experience and women are hopefully more willing to seek help.

I interviewed **Dr Hannah Short** who is a GP and menopause expert, she has a few generic tips for all women. She suggests that we all :

- **Stay hydrated** (fresh water, herbal teas) – minimise/cut out caffeine & alcohol which are all common triggers for worsening symptoms.

- **Layer light clothing** (and bedlinen). Wear natural, breathable fibres when possible.

- **Use good old common sense** for a balanced nutritional diet., women who follow a plant-based diet may suffer fewer menopausal symptoms. Eat the 'right carbs' and 'good fats' and a wide variety of brightly coloured fruit & veg. diversity is key to a healthy gut microbiome (and good hormonal & emotional health). Leafy greens and dark-coloured berries are particularly beneficial. Include beans/lentils/hummus in your daily diet, minimally processed soya foods in your diet too e.g. edamame beans, tofu, tempeh, miso which are helpful for menopausal symptoms, heart and breast health.

- **Minimise refined/processed carbohydrates** and junk food (e.g. refined sugar, white bread, baked goods, take-aways) and animal products (meat, eggs & dairy).

[www.drhannahshort.co.uk](http://www.drhannahshort.co.uk)

Of course vaginal dryness can be a symptom of the menopause and thankfully there is a now a natural solution from the award winning Yes water-based personal lubricant, which enhances sexual pleasure and sensitivity, its pH balanced for the vagina, reducing risk of yeast infections and compatible with natural rubber, latex and polyisoprene condoms and toys. Check out the whole range at



[www.yesyeyesyes.org](http://www.yesyeyesyes.org)

Menopause is also a time, like early motherhood, when women can feel the need to improve their pelvic floor strength. Secret Whispers is a women's health company who have launched a Kegel Exercise Kit to improve women's pelvic floor strength. The founder Julie couldn't find adequate products or info, so created her own 6 Step Kegel Exercise Kit. A staggering 50% of women suffer with pelvic floor issues such as incontinence and, unfortunately, because of the associated taboo women are silenced by shame with few willing to discuss it.

Secret Whispers gives women fast results by tightening and toning the pelvic floor. The Kegel Weights are recommended by gynaecologists, physiotherapists, doctors and nurses.

Women see results after using the Kegel Weight Training Programme from just 15 minutes per day. For the future Julie wants to see girls educated in high schools then investing in her 6 step Kegel Kit from 18 as maintenance for the pelvic floor. Wouldn't it be great if we had more about menopausal health taught in schools too!



[www.secretwhispers.co.uk](http://www.secretwhispers.co.uk)

