



Thriving in MENOPAUSE

1) Get More Movement

When I was a young mom of many (with an entirely different set of hormonally-related issues!), I met a lovely middle-aged woman who was the epitome of elegance and grace. I asked her what her secret was.

Her words have stuck with me for two decades. "Whenever my husband and teenage sons are getting on my nerves, I head to the gym. By the time I get home, I've forgotten whatever I was angry about and I'm calm again."

It's true! My friend radiated serenity, and she had a svelte figure too!

Exercise is one of the best things we can do for our emotional and mental health. It also helps avoid age-related bone loss, keeps our minds sharp, and weight gain at bay.

A simple 10-minute walk (especially after a meal) is proven to have multiple health benefits. I bought a walking pad awhile back (so I'd have no excuse in bad weather!), and I'm obsessed with it. Read more about it [**HERE**](#).



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2) Eat More Beans

Beans are a menopausal woman's bestie. (No, not the beans in your iced coffee but those are necessary too!) *Why?*

Because they fill us up yet are low in calories, and keep us regular (when hormones are wreaking havoc on our bowels), helping prevent weight gain.

They're an important feature of the healthiest, most scientifically studied diet in the world, the Mediterranean Diet, which has also been shown to reduce menopausal symptoms!

All that in a little legume?

Yes ma'am! If you're struggling to include more beans in your diet, download my free **30 Days of Beans**. I keep mine on my fridge!



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3) Protect Your Brain

Menopause brain is real. Just like mommy brain was not in your imagination! Shifting hormones absolutely affect our cognition. If you're feeling forgetful and having trouble concentrating, you're not alone.

Excercise, mentioned above, definitely helps keep us mentally sharp as we age. Something else that's become indispensible to me? My Brilliant gummies. I cannot go without them!

Brilliant gummies contain superfood ingredients that help you sustain focus and improve memory *without* a caffeine crash or jittery nerves. They make such a difference in my day, and help me sleep better too.

Get yours **HERE**. And be sure to enter your name and email when you click that link to redeem your 20% off coupon!



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4) Love the Skin You're In

French women (and you know I'm obsessed with *femmes francais!*) have a saying, "*bien dans sa peau*". It means "being comfortable in one's own skin".

One of the things I love about this phase of my life is that I no longer care what other people think. I'm authentically, unabashedly myself. And I take care of my literal skin (and the rest of my body!) better than ever.

As young women, we often put ourselves last, especially when we have children. When we have more time (and often, finances) to devote to our own self-care, it pays dividends in more self-love, and that makes us glow up with even more confidence!

Good skincare is essential at any age, but as our skin matures, we need to treat it with even more TLC. I love Beauty Society. They're Leaping Bunny certified, which makes my little hippie heart very happy. They combine the best in proven, effective natural ingredients with the highest beauty industry standards, avoiding questionable ingredients (such as fragrances).

I'd love to consult with you to meet your skincare needs! Take my free **skincare quiz** then let's chat!