

A FREE E-BOOK ON MENOPAUSE HEALTH



# HEALTHY HABIT OR A PILL

Dr. Marie Keka

"Your health status before 40  
will determine your health  
status after 40"

**Dr. Marie Keka**

"Menopause health education is  
not a subject for the woman in  
her sixties ONLY. Even women  
in their twenties are affected.  
The best time to OWN YOUR  
HEALTH is now"

**Dr. Marie Keka**

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[www.tekhiglobal.com](http://www.tekhiglobal.com)

## **IF YOU HAVE OVARIES.....**

At birth, a female has over 300,000 follicles in her ovaries. Follicles are the basic functional unit of the ovary. They contain the oocyte surrounded by somatic cells that produce hormones such as oestrogen.

At about 37 years old, the number of follicles will drastically reduce to about 25,000 follicles. By 45-55 years, only a few follicles will be left.

Menopause is a journey of OVARIAN AGING. As this journey unfolds, the body's oestrogen levels decline.

## **AS OESTRGEN LEVELS DECLINE....**

As oestrigen levels decline over the years, your body will start speaking to you:

- Irregular periods
- Hot flashes & night sweats
- Mood swings & anxiety
- Trouble sleeping
- Low libido & painful sex
- Palpitations
- Bone and muscle pains
- Brain fog
- Weight gain
- Dry skin

## **AN INEVITABLE JOURNEY....**

From birth until adulthood, every woman is on a journey of PROGRESSIVE REDUCTION IN OESTROGEN LEVELS. When these low levels reach a significant point, our bodies will begin to speak to us. This stage is called PERIMENOPAUSE.

However, though on the same journey, our bodies may begin to speak to us at different times. For some women it maybe earlier than 40 years (Early Menopause) and for others it maybe later than 40 years.

## **JOURNEY DISTORTERS....**

Some women do not go through the journey of NATURAL OVARIAN AGING.

Their journey becomes distorted by some reasons. Women in this category do not go through the natural progressive journey of oestrogen levels declination.

Their journey is shortened and there is an increased risk of severity of symptoms within a short period of time.

These journey distorters are the etiologies of PREMATURE MENOPAUSE.

## **JOURNEY DISTORTERS....**

- Primary ovarian insufficiency
- Genetic conditions like Turner syndrome and fragile x syndrome
- Autoimmune diseases like systemic lupus erythematosus
- Treatments impacting your ovaries like cancer medications, radiation and chemotherapy
- Oophorectomy and hysterectomy; surgical removal of the ovaries and uterus
- Hypothalamic and pituitary gland diseases, infections like HIV/AIDS

## **TWO CATEGORIES OF WOMEN...**

A. Those who go through the natural journey of ovarian aging

B. Those whose journey get distorted by one or two of the reasons listed above.

## **A COMMON DENOMINATOR...**

Irrespective of which category you belong to, the common factor in every woman as they advance in age is **THE REDUCTION OF OESTROGEN LEVELS IN THE BODY.**



## THE BURDEN OF NUMERATORS...

As a consequence of the denominator, there is an increased risk of other conditions like obesity, osteoporosis, cardiovascular diseases, diabetes, hypertension and depression.

These conditions will further increase the health burden on the woman's body. This stress further worsens the symptoms caused by the denominator (low oestrogen). When the oestrogen levels are affected, they further worsens the severity of the numerators. This cycle goes on and on and on...

## **THE BURDEN OF NUMERATORS...**

The cycle gets worse in the category of women who already have underlying medical conditions prior to the symptomatic manifestations of low oestrogen levels.

This increases the overall stress burden on the woman's body and poses an increased threat to the severity of her menopausal symptoms.

At this point, some women begin to seek support while others die in silence. Depression sets in, and some women feel overwhelmed and suicidal.

## **UNLEASHING YOUR INNER SUPPORT...**

"The lifestyle decisions you made before 40, will have an evident impact on your health after 40"

"You cannot cheat your body's health bank. You will CASH OUT exactly what you CASHED IN"

"Your compliance to MEDICAL PILLS cannot cancel out the health consequences of your non-compliance to LIFESTYLE PILLS"

"The only pill with zeroe side effects is THE LIFESTYLE PILL"

**Quotes by Dr. Marie Keka**

## **FIRST LINE THERAPY...**

Irrespective of your current stage in your menopausal journey (pre, peri, early, premature or post menopause), the first line therapy is **THE LIFESTYLE MODIFICATION THERAPY.**

Lifestyle with regards to health, simply refers to the habits practiced consistently, which have a significant impact on your health.

Your lifestyle will either accelerate or decelerate your transitioning and the severity of the accompanying symptoms through the stages of your menopausal journey.

## **A CONSCIOUS INVESTMENT WHICH ONLY YOU CAN MAKE...**

Most women remember to invest in everything else APART FROM THEIR HEALTH. Investment goes beyond your paid health insurance scheme. A mandatory investment into your menopausal health journey is THE LIFESTYLE MODIFICATION THERAPY

Most women are aware of the importance of a healthy lifestyle but very few proceed from the "AWARENESS" stage into the "DEVELOPMENT" and "IMPLEMENTATION" stages.

## **A WIN-WIN INVESTMENT...**

Irrespective of your age, menopausal stage and medical background, consistently adhering to your lifestyle modification therapy is a win-win outcome.

A healthy lifestyle has a natural boosting ability on your body's oestrogen metabolic activities. This has been proven by current medical research. Menopausal lifestyle modification therapy has the capacity to either prevent, slow down or provide relief from the severity of menopausal symptoms.

The winning power of lifestyle therapy is in your hands.

## **MENOPAUSE LIFESTYLE MODIFICATION THERAPY CHECKLIST...**

1. Good nutrition
2. Regular exercise
3. Reduce alcohol
4. No smoking
5. Reduce caffeine
6. Avoid stress

### **IT CAN BE CUSTOMIZED....**

Your unique health background determines how each factor listed above will be customized to help you attain your specific health goals as per your menopausal stage.

## THE LIFESTYLE PILL

When you are diagnosed of malaria or any common disease, it is very easy for you to be prompt in purchasing your medical pills.

This is because you understand that the healing power of that disease is contained in that pill. Everytime you take your your doctor's prescription pill, you have that confidence that you are taking in the "healing power" for that particular disease.

Your awareness of the value in those medical pills, compels you unto the PURCHASE and COMPLIANCE stages.



## THE LIFESTYLE PILL 💊

When you begin to view each item on your MENOPAUSE LIFESTYLE CHECK LIST as a pill 💊 then you will begin to avail the healing power within each item.



# THE SIX MENOPAUSE LIFESTYLE PILLS

 Good nutrition

 Regular exercise

 Reduce alcohol

 No smoking

 Reduce caffeine

 Avoid stress

# ADVANTAGES OF THE MENOPAUSE LIFESTYLE PILLS

 Available 24/7

 Never goes out of stock

 For every menopause stage

 Self prescription

 No overdosing

 Cost free

 Proven potency and results


 No side effects

 Drug addiction is allowed

## THE POWER OF COMPLIANCE...

Irrespective of your menopause journey, your compliance to your lifestyle pills can completely eliminate medical pills from your life.


For example, weight gain and increased insulin resistance as a result of menopause can cause type 2 diabetes. Compliance to a diabetic customized diet and exercise routine can reverse this condition. This will prevent the permanent intake of metformin (antidiabetic pills).

Poor compliance to menopause lifestyle pills  will increase your stock of medical pills as you age.

## THE POWER OF COMPLIANCE...

Now imagine someone who develops about 5 menopause symptoms (hot flashes, palpitations, depression, insomnia, brain fog, painful sex) + new onset numerators of diabetes & hypertension.

Imagine this woman trying to take medical pills to solve all her menopausal symptoms & the new onset of diabetes and hypertension.

She will become overwhelmed with all those medical pills  and her compliance will be threatened.

## THE RIGHT TIME IS NOW...


It is never too late to build healthy habits. Irrespective of your menopausal stage, you can begin your lifestyle modification therapy today.

You cannot remain in the lifestyle modification therapy "AWARENESS" stage forever. You need to proceed to the lifestyle modification therapy "DEVELOPMENT" and the lifestyle modification therapy "IMPLEMENTATION" stage.

Availing the healing power of the lifestyle pill  is only possible at THE IMPLEMENTATION STAGE.

## **WONDERING HOW TO CROSSOVER TO THE DEVELOPMENT & IMPLEMENTATION STAGES?**

Developing your customized lifestyle modification therapy based on your menopausal stage and your unique health background could be very challenging for beginners.

In order for you to completely avail the healing power from each of the six menopause lifestyle pills , you will need an in-depth understanding of each pill, its impact on your health and how to fully explore it to your advantage.

## **WONDERING HOW TO CROSSOVER TO THE DEVELOPMENT & IMPLEMENTATION STAGES?**

You would need to build your own daily life style modification therapy check list, and monitor your progress accordingly. You will become your own primary health advisor and coach.

You will need to clearly state your desired lifestyle goals as per your age, menopausal stage and your unique health background. Then you will proceed to write down each key strategy, which you intend to use in obtaining your desires lifestyle goals.



## WONDERING HOW TO CROSSOVER TO THE DEVELOPMENT & IMPLEMENTATION STAGES?

Next, you will need a SELF EVALUATION & a well laid out CONSISTENCY PLAN. Remember that lifestyle modification therapy is a life long pill 🍯. It should only have a START DATE, no STOP DATES allowed.

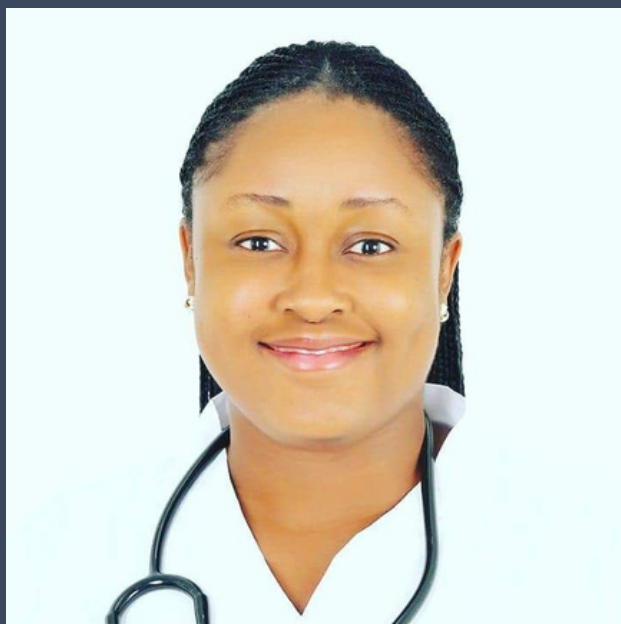
Finally, you will need an ACCOUNTABILITY PLAN. You need to be in partnership with someone who has already developed a resilient compliance to her lifestyle pills 🍯.

## **TAKING THE FIRST STEP....**

Your very first step is to book your first one-on-one virtual lifestyle modification therapy consultation session with me. I will be counselling you on the following:

- **How to determine and define your unique lifestyle goals**
- **How to develop your unique practical strategies to obtain your desired lifestyle goals**
- **How to consistently implement your unique strategies and self evaluate/monitor your progress**

# MEET YOUR MENOPAUSE CONSULTANT



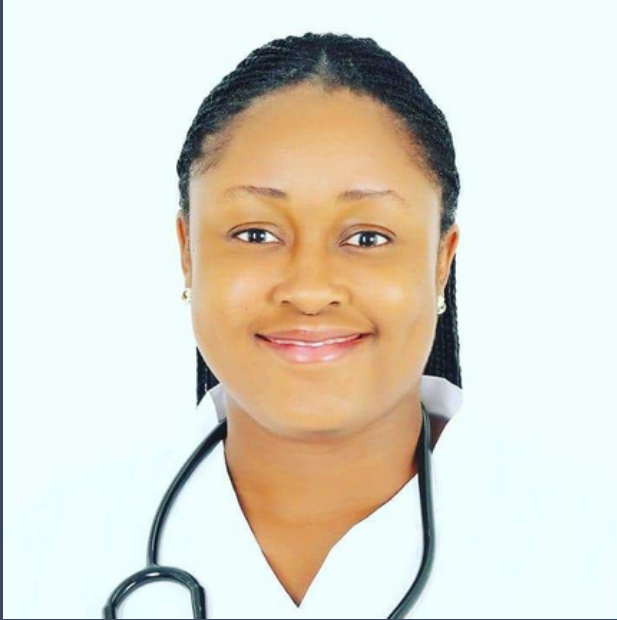
**DR. MRS. MARIE KEKA**

Founder/ceo of TEKHI Global

Menopause Consultant, TEKHI Clinic

Director of the African Meno-Women  
Network

**BOOK YOUR FIRST  
SESSION NOW....**



**CONTACT DETAILS**

Send an email to [info@tekhiglobal.com](mailto:info@tekhiglobal.com)

Or

Book from my website [www.tekhiglobal.com](http://www.tekhiglobal.com)

Or

Book through TEKHI clinic mobile app

**"OWN MY HEALTH"**

## **A 30 DAYS CHALLENGE**

Unleash your inner COMPLIANCE  
POWER and build your own  
customized lifestyle modification  
therapy within 30 days.



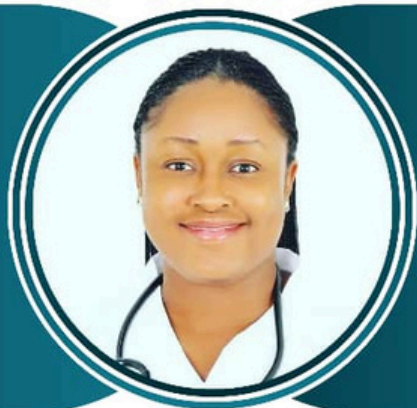
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**30 days challenge**



Become your own personal  
health advisor for 30 days



**SCAN TO LEARN MORE**

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+237678410648 

"The only one with the power to  
implement healthy habits in  
your life is you" Dr. Marie Keka



**Calling on all women aged 20+ to actively participate in the celebration of the world Menopause day-18th of October 2024.**

To purchase a T-shirt, please whatsapp +237 678 41 06 48 (3,500 FCFA or \$ 6 USD ONLY ). Shipping world 🌍 wide at a fee.

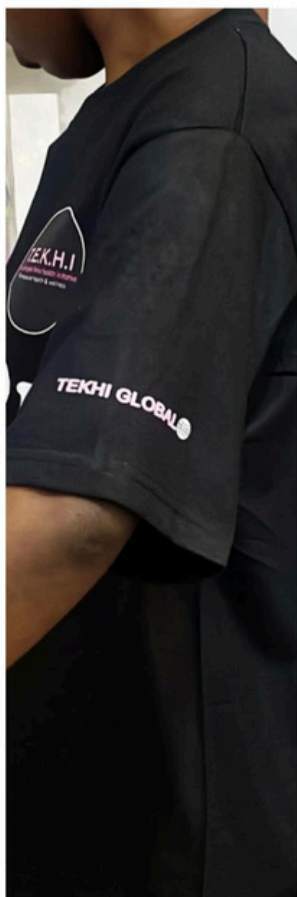
## How can I participate?

- Carry out a menopause health talk in your workplace, neighborhood, school, church, or other local gatherings
- Organize a community workout session
- Actively participate in promoting our educational flyers and write ups on your WhatsApp status, Facebook, LinkedIn profiles and all social media platforms.
- Sponsor one of our community activities or projects. Become our partner.



## How can I participate?

- Reach out to us to guide you on how to plan and execute your activity, WhatsApp +237 678410648
- Compulsory attire for world menopause day celebration community activities is the T-shirt
- Please take good photos and if possible, videos of your activities. They will be uploaded on all TEKHI GLOBAL official platforms. You will be recognized alongside your work.



QuickGrid

## FOR DONATIONS

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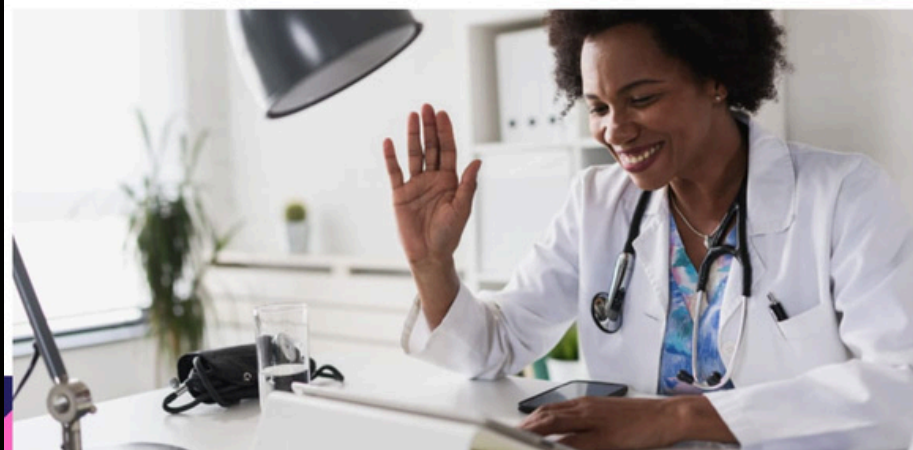
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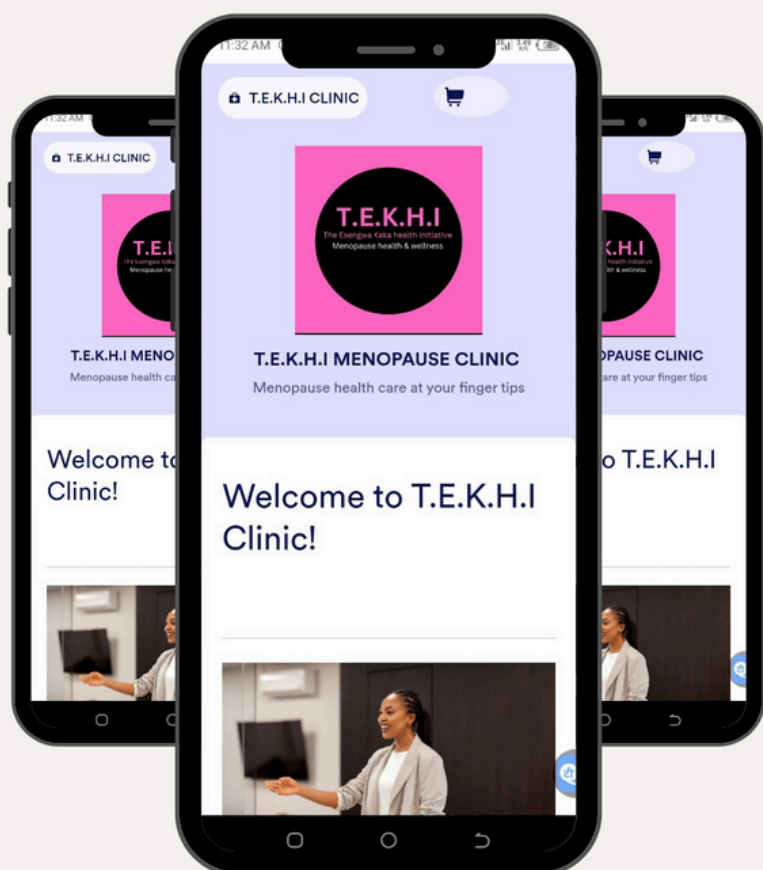
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# Virtual menopause care clinic mobile app

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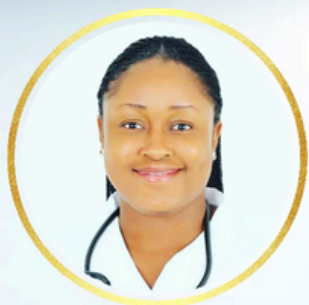
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Learn how to download,  
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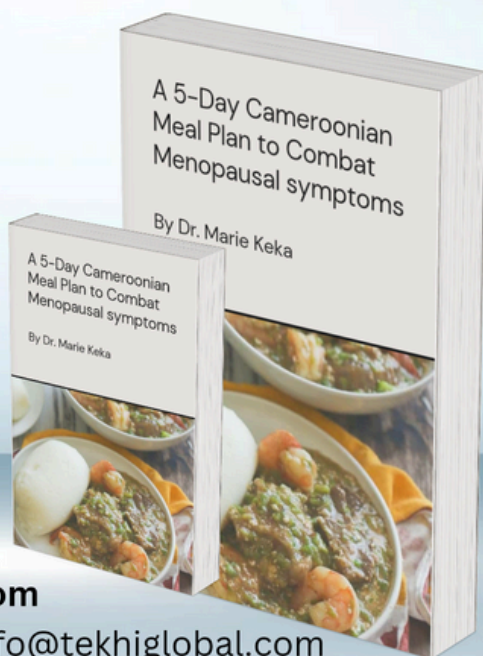
By Marie Keka, M.D.

## A FREE E-BOOK

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### A 5-DAY CAMEROONIAN MEAL PLAN TO COMBAT MENOPAUSAL SYMPTOMS



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