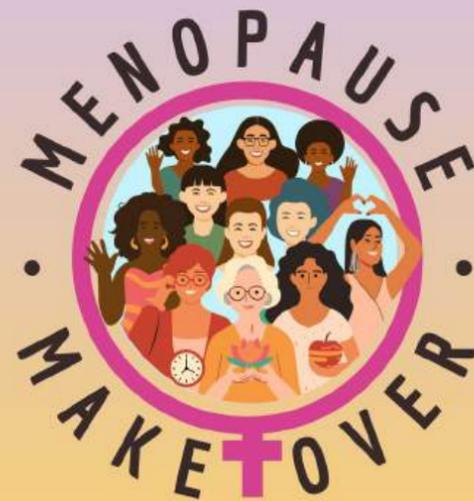
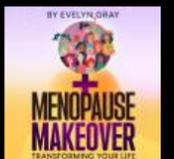


The 7-Day Menopause Relief Kickstart



Chapter 1: The Big Why

- You're not imagining things.
- You're not overreacting.
- And no—you're not alone.
- If you're between the ages of 45 and 55 and feel like your body has launched a full-scale rebellion... welcome.
- You're in the right place.



When Your Body Turns Against You

Let me take you back to the moment I realized my life was changing—and not in a subtle way.

I was standing in a United States Air Force conference room, dressed in my sharpest blues, preparing to brief a 3-Star General and a dozen high-ranking colleagues. Then... it hit me.

A searing heat spread through my body. Not nerves. Not adrenaline. It felt like fire in my veins. Sweat beaded down my back, my heart pounded like a drum, and my vision blurred. I thought—*is this a heart attack?* But no. It was my first hot flash.



From that moment on, the floodgates opened.

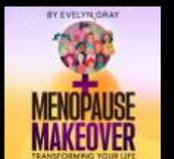
My periods became horror-movie level—lasting 10 to 15 days at a time.

Sleep? Gone. Night sweats turned my bed into a stormy ocean.

My brain? Foggy. My energy? Nonexistent.

Doctors? Unhelpful. Five different ones—three women—told me “it’s just menopause.”

**I felt invisible. Alone. Defeated.
Until I decided to fight back.**



From Surviving to Reclaiming Control

Magnesium helped me sleep again.
Exercise brought back my energy.
And testosterone therapy was the
game-changer.

But more importantly—I *became my own advocate*. I learned that no one else was coming to save me. I had to lead the charge.

And now, I want to share with you what I've learned—so you can reclaim your energy, clarity, and peace, *fast*.

That's what this challenge is about.

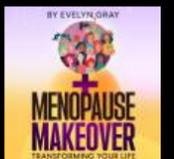


Why This Challenge Works

This 7-day plan is not a miracle cure. But it *is* a fast, focused jumpstart using gentle, natural tools that support your body through one of the most dramatic transitions of your life.

We'll cover:

- ✓ Natural sleep solutions
- ✓ Gentle movement that works with your hormones
- ✓ Foods that soothe inflammation (and your mood)
- ✓ Gut support that can calm chaos
- ✓ Herbal allies used for centuries
- ✓ Simple symptom tracking to help you see the patterns
- ✓ How to stand up for yourself and get real support



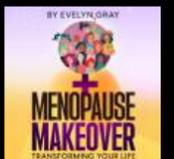
These are the exact tools I used—and you can start feeling better in days, not months.

What You'll Get Out of This

By the end of these 7 days, you'll:

- + Feel more rested and less foggy
- + Understand what's happening in your body
- + Gain tools to manage your worst symptoms naturally
- + Take back control of your health with clarity and confidence

This isn't about perfection. It's about relief. Hope. Momentum.
Let's start this journey together.

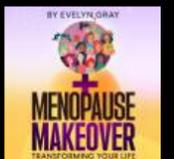


The Problem

If you're like most women in peri-menopause or menopause, sleep becomes a nightly battle. You're exhausted, but your body doesn't care. You wake up drenched. You toss and turn. You dread bedtime.

This is more than just "getting older." Hormonal shifts, especially falling progesterone and estrogen, disrupt your brain's ability to regulate sleep. Add hot flashes, anxiety, and mood swings to the mix... and your nights become hell.

But there's a simple mineral that helped me take back control: magnesium.

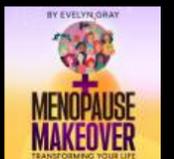


Why Magnesium Works

Magnesium is a natural relaxer. It:

- + Calms the nervous system
- + Reduces night sweats
- + Helps muscles relax
- + Supports hormone production
- + Improves the quality of deep sleep

Most women are *deficient* in magnesium without even knowing it—especially during menopause.



Today's Action Plan



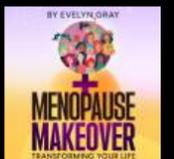
1. Choose Your Magnesium Source

Pick one of the following:

- **Magnesium Glycinate** (best for sleep)
- **Magnesium Citrate** (best for digestion)
- **Epsom Salt Bath** (transdermal magnesium soak)

Dosage:

Start with 200–400mg of magnesium glycinate about 1 hour before bed. Always check with your doctor if you're unsure.



2. Create a Calm Sleep Ritual

Try this tonight:

- Shut off screens 1 hour before bed
- Take your magnesium supplement or bath
- Dim the lights and stretch gently
- Read something calming (not work-related!)
- Keep your bedroom cool (65–67°F is ideal)

3. Track Your Sleep

In a notebook or app, write:

- What time you went to bed
- How often you woke up
- How rested you felt in the morning

You'll use this to track changes as we go.

Bonus Tips

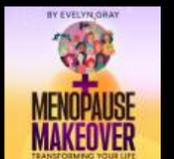
- Pair magnesium with **B6** for better absorption.
- Add **chamomile** or **lavender tea** before bed.
- Try a **cooling pillow** to combat night sweats.



Why This Matters

When you sleep, your body heals. Your brain resets. Your hormones regulate. Getting even one extra hour of deep sleep per night can change everything: your mood, your weight, your sanity.

I promise—this one shift can be a game-changer.



**Day 2: Gentle
Movement –
Exercise That
Energizes
Without
Exhaustion**



The Problem

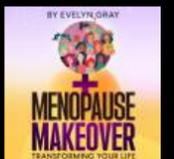
You used to have energy. Maybe you even loved working out. But now?

You're tired, stiff, moody—and even walking can feel like a chore.

The same workouts that used to make you feel amazing now leave you wiped out.

What's going on?

During peri-menopause and menopause, stress and exercise hit differently. Your body is already under hormonal stress—and intense workouts can actually spike cortisol (your stress hormone), making you feel *worse*, not better. The fix? Gentle movement that works with your hormones, not against them.

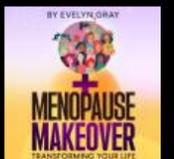


Why Gentle Movement Works

Low-impact, intentional movement:

- ✓ Lowers cortisol (stress)
- ✓ Improves mood and focus
- ✓ Increases circulation (reducing hot flashes)
- ✓ Supports metabolism and weight balance
- ✓ Boosts energy—*without* burnout
- ✓ Balances Cortisol

And most importantly, it helps you reconnect to your body, without punishment.

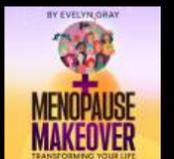


Today's Action Plan

1. Choose One of These Movements:

Pick just one today and do it for 15–30 minutes:

- ✓ **Walking** (outside if possible, aim for a relaxed pace)
- ✓ **Gentle Yoga** (especially stretches for hips, back, and shoulders)
- ✓ **Rebounding** (mini trampoline or light bouncing)
- ✓ **Tai Chi or Qigong** (flow-based movements)
- ✓ **Stretching + Breathwork** (5 deep breaths per stretch)



2. Focus on How You *Feel*

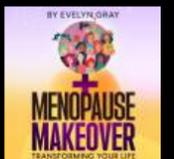
This isn't about calories or steps.
Ask yourself afterward:

- ✓ Did I feel calmer?
- ✓ Did my body feel looser?
- ✓ Do I feel more *here* in my skin?

3. Log It in Your Symptom Tracker

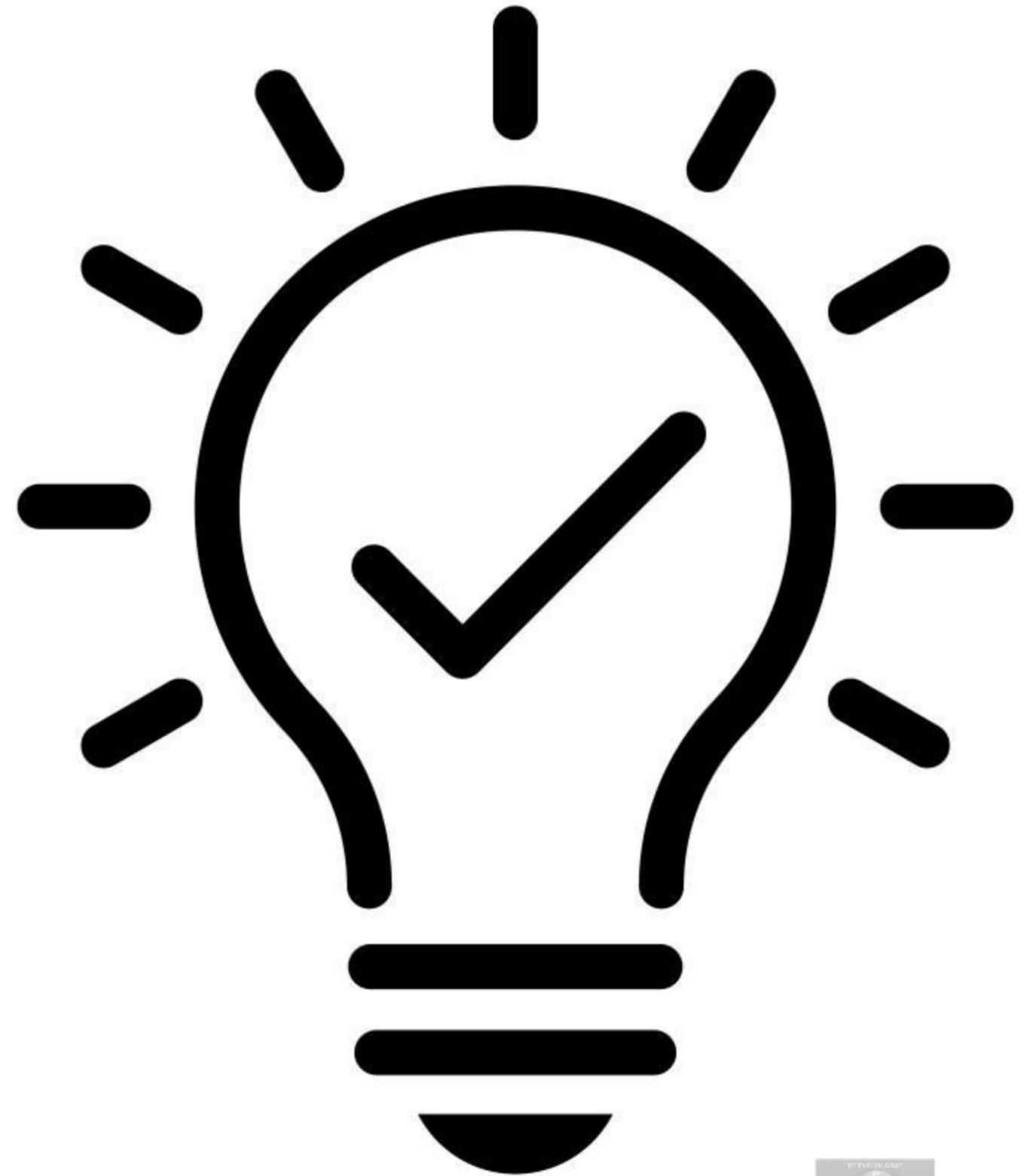
Record:

- What movement you did
- For how long
- How you felt afterward (energized, tired, calm, etc.)



Bonus Tips

- ✓ Pair movement with music that makes you feel good
- ✓ Go outside for bonus mood-boosting sunlight
- ✓ Stretch before bed to help reduce nighttime restlessness



Why This Matters

Movement isn't about punishment—it's about *partnership*.

When you move in a way that listens to your body, you begin to feel safe again in your own skin.

And that feeling is the foundation of healing during menopause.

 **Tomorrow: Day 3 – Anti-Inflammatory Nutrition: Eat to Soothe Your Hormones**

Day 3: Anti-Inflammatory Nutrition Eat to Soothe Your Hormone

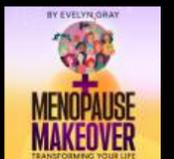
The Problem

You're eating the same—or even *less*—than you used to, but your body feels bloated, puffy, tired, and inflamed.

Sugar cravings hit hard. Your belly feels swollen. Energy crashes are constant.

That's because menopause is an *inflammatory* shift.

Your hormones—especially estrogen—play a key role in regulating inflammation. So when they fluctuate, your body is more sensitive to foods that *trigger* swelling, stress, and chaos inside you.

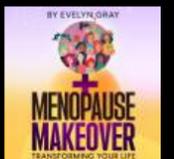


The Solution: Food as Hormone Therapy

Anti-inflammatory foods:

- Reduce hot flashes, bloating, and joint pain
- Support liver detox (to clear old hormones)
- Help balance blood sugar (which affects mood, weight, and sleep)
- Nourish your gut, brain, and energy levels

You don't need a massive overhaul. Just a few swaps can change everything.

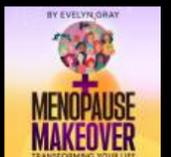


Today's Action Plan. Add 3 Anti-Inflammatory Foods to Your Meals Today

Choose from this list:

- ✓ Berries (blueberries, raspberries)
- ✓ Leafy greens (spinach, kale, arugula)
- ✓ Fatty fish (salmon, sardines)
- ✓ Olive oil (cold-pressed)
- ✓ Avocados
- ✓ Sweet potatoes
- ✓ Walnuts or almonds
- ✓ Chia or flax seeds
- ✓ Turmeric or ginger
- ✓ Green tea

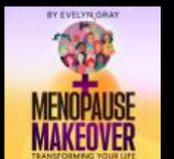
Start with what you *like* and *have on hand*—no need to be fancy.



2. Avoid These Inflammatory Triggers (Just for Today!)

- ✓ Refined sugar (soda, candy, pastries)
- ✓ White bread, pasta, or rice
- ✓ Processed meat (sausage, bacon, deli)
- ✓ Alcohol (especially wine)
- ✓ Seed oils (canola, soy, corn)

Even one day of skipping these can give you immediate relief.

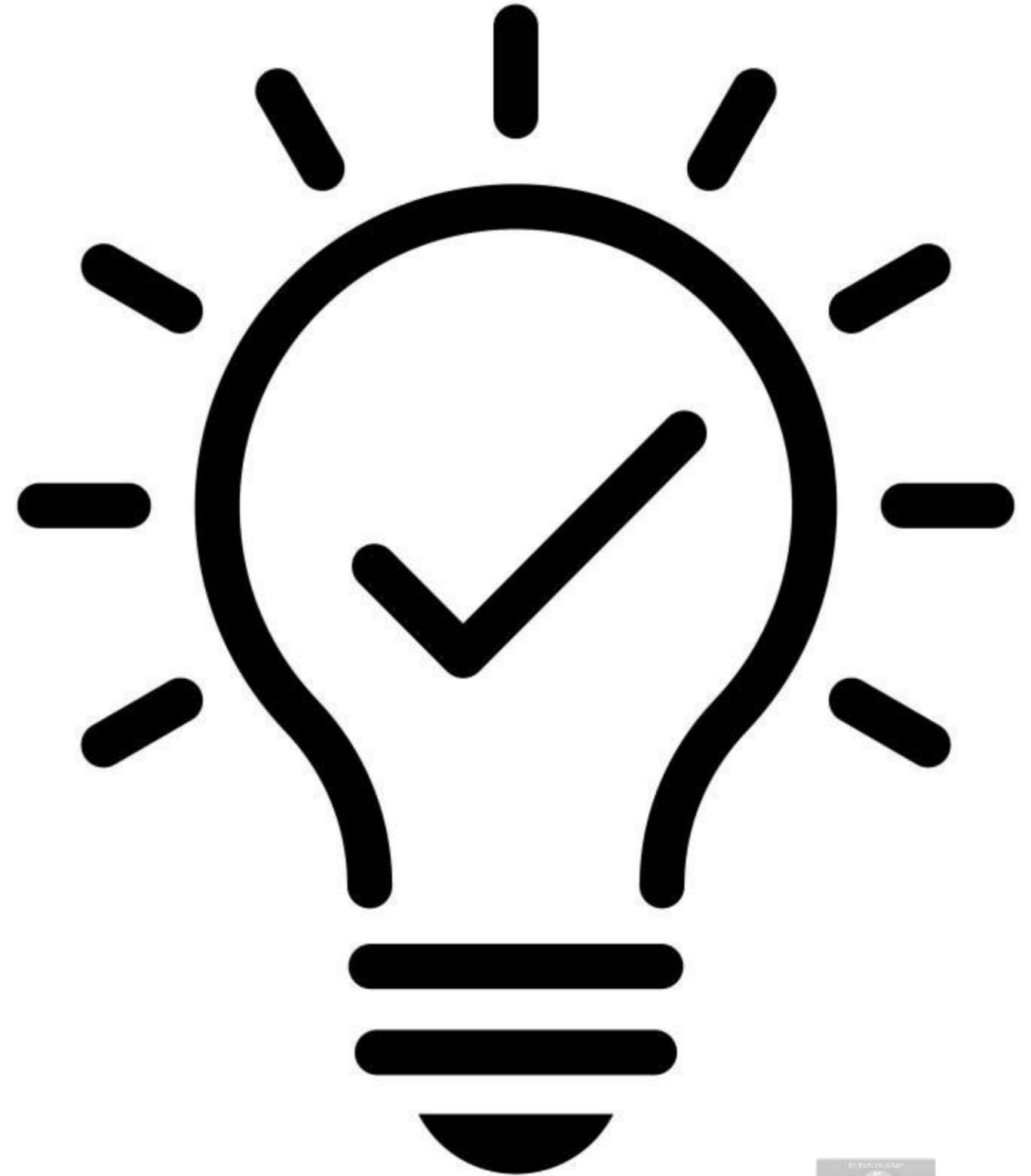


3. Log It in Your Symptom Tracker

- ✓ What you ate
- ✓ What swaps you made
- ✓ How you felt after meals (bloating, energized, sleepy, etc.)

Bonus Tips

- ✓ Drink a glass of warm lemon water before meals to aid digestion
- ✓ Cook with turmeric + black pepper for inflammation-fighting power
- ✓ Add 1 tbsp of ground flaxseed to a smoothie or oatmeal for hormone-balancing fiber



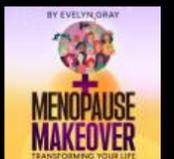
Why This Matters

You don't have to "go keto" or give up everything you love.

You just need to *feed your body like it's healing—which it is.*

Every anti-inflammatory meal is like a love letter to your hormones.

👉 **Tomorrow: Day 4 – Gut Health: Calm the Chaos in Your Belly**



Day 4: Gut Health – Calm the Chaos in Your Belly

The Problem

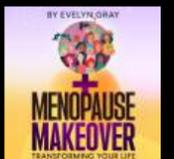
You're bloated by 10 a.m.

You feel gassy, crampy, or backed up.

You suddenly can't tolerate foods you've eaten your whole life.

Here's the truth: your **gut is changing**, right along with your hormones.

Estrogen and progesterone directly affect the bacteria in your digestive system. When those hormones drop, gut function becomes sluggish, sensitive, and inflamed—which makes menopause symptoms *worse*.

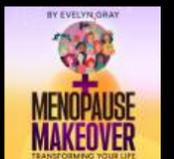


Why Gut Health = Hormone Health

A healthy gut:

- Helps break down and eliminate excess estrogen
- Produces neurotransmitters that regulate mood (like serotonin)
- Reduces inflammation and bloating
- Supports a stronger immune system and clearer skin
- Helps prevent weight gain and sugar crashes

Supporting your gut helps *everything else* work better.



Today's Action Plan

1. Add One Gut-Loving Food to Your Day

Pick one:

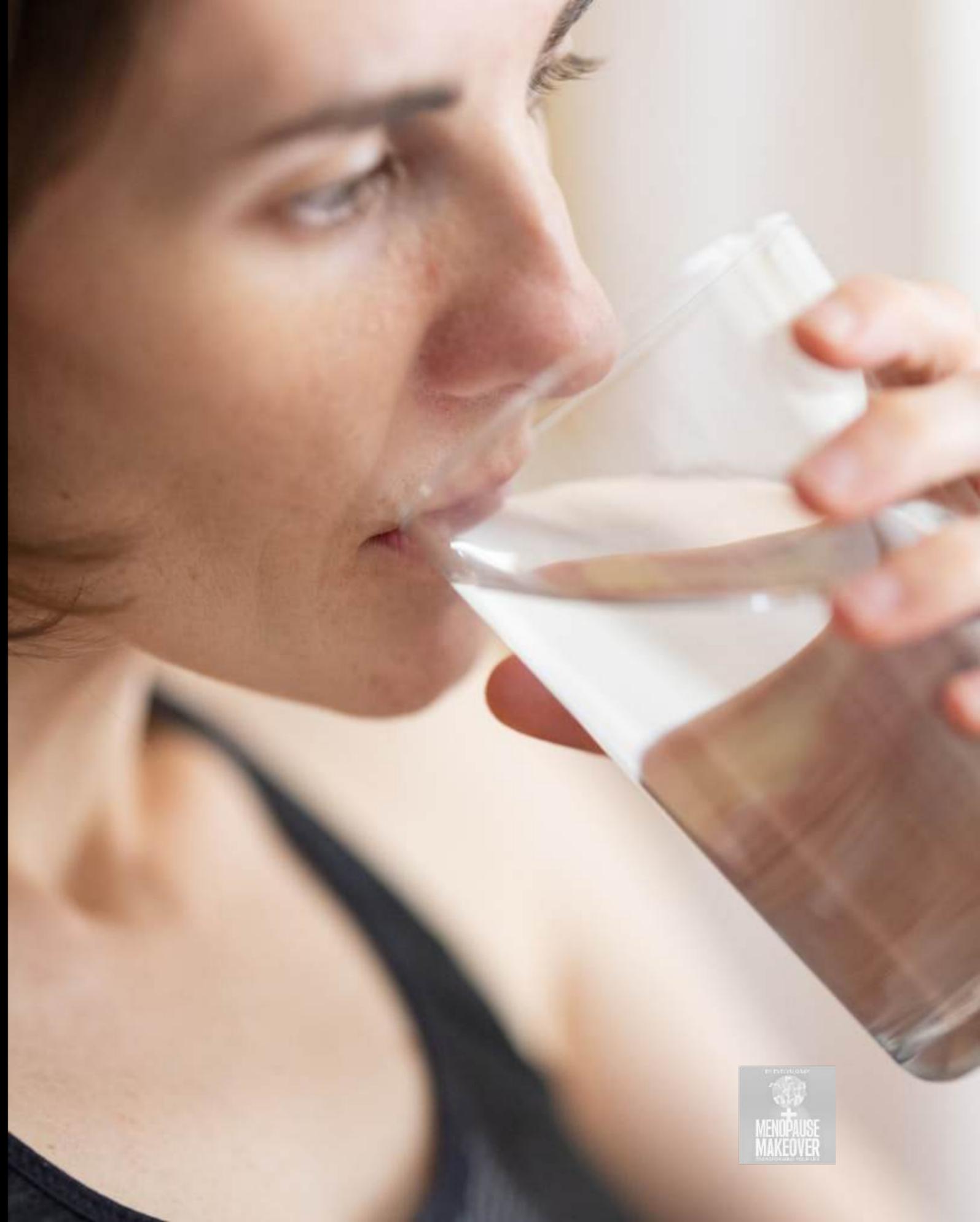
- ✓ Sauerkraut (1–2 tbsp with a meal)
- ✓ Kimchi (spicy Korean fermented veggies)
- ✓ Plain Greek yogurt (no sugar)
- ✓ Kefir (probiotic drink)
- ✓ Miso soup
- ✓ Apple cider vinegar (1 tsp in warm water)
- ✓ Prebiotic fiber: onions, garlic, bananas, oats, or asparagus

If you've never eaten fermented foods, start with small amounts!



2. Drink More Water

Aim for at least 2 liters (about 8 glasses) today. Add lemon or cucumber if it helps you drink more.



3. Move Gently After Meals

A 10–15 minute walk or light stretching helps digestion and reduces bloating.



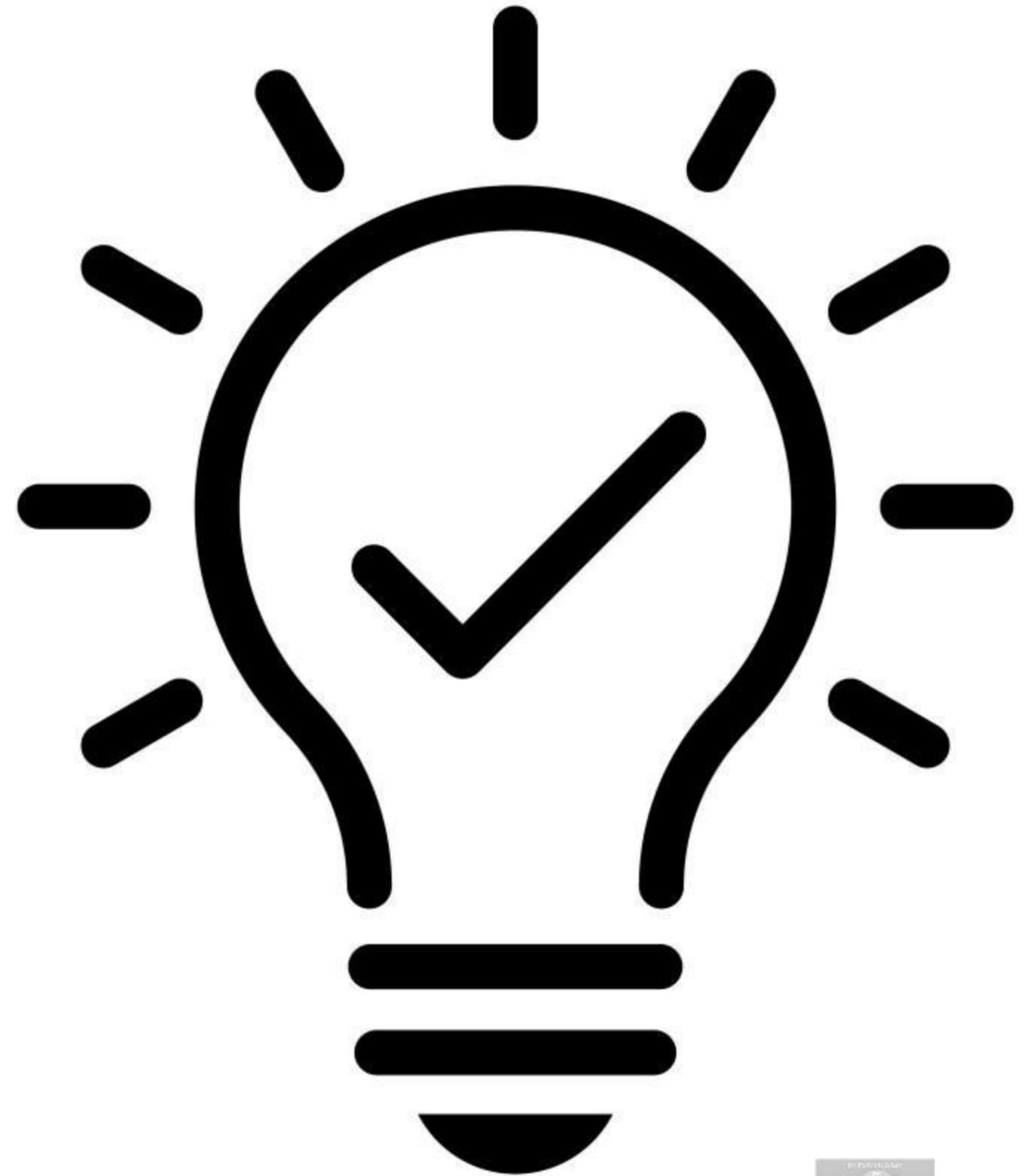
4. Track Your Gut Response

Note:

- ✓ Bloating level (0-10)
- ✓ Bathroom habits
- ✓ Energy after meals
- ✓ Any new foods added

Bonus Tips

- ✓ Avoid antibiotics unless necessary—they wreck gut flora
- ✓ Take a probiotic if you're not eating fermented foods daily
- ✓ Stay away from sugar alcohols (like xylitol or sorbitol—they bloat you!)



Why This Matters

When your gut is off, your whole body feels off.

But when it's supported—even gently—you sleep better, feel lighter, and your hormones can finally exhale.

👉 **Tomorrow: Day 5 – Herbal Allies: Natural Remedies for Real Relief**



Day 5: Herbal Allies – Natural Remedies for Real Relief

The Problem

You're sweating through your clothes.

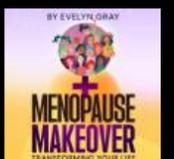
You're snapping at people for no reason.

You can't sleep, can't focus, and feel like a stranger in your own body.

The doctors say, "It's just menopause." But you know better.

You *need* relief—and you want it the natural way.

Thankfully, nature has your back.



The Power of Herbal Medicine

For centuries, women have turned to herbs to ease their transition through menopause. These plants don't just mask symptoms—they support your body in restoring *balance*.

Herbs can:

- Reduce hot flashes and night sweats
- Calm anxiety and irritability
- Improve sleep and mental clarity
- Support hormone production and detox
- Boost libido and energy naturally

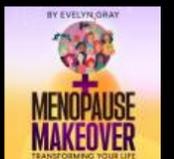
Today's Action Plan.

Pick ONE Herbal Ally to Try This Week

Here are some trusted options (choose what resonates or is accessible to you):

- ✓ **Ashwagandha** – Calms stress and supports adrenal function
- ✓ **Black Cohosh** – Helps reduce hot flashes and mood swings
- ✓ **Chasteberry (Vitex)** – Supports progesterone, balances cycles
- ✓ **Maca Root** – Boosts libido, energy, and mood
- ✓ **Red Clover** – Contains plant estrogens to ease symptoms
- ✓ **Rhodiola** – Great for mental clarity and energy

You can find these as capsules, teas, tinctures, or powders at most health stores.



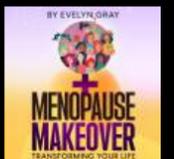
2. Start Slowly

Follow package directions. Start with the lowest dose. Always check with your doctor, especially if you're on other medications.

3. Track How You Feel

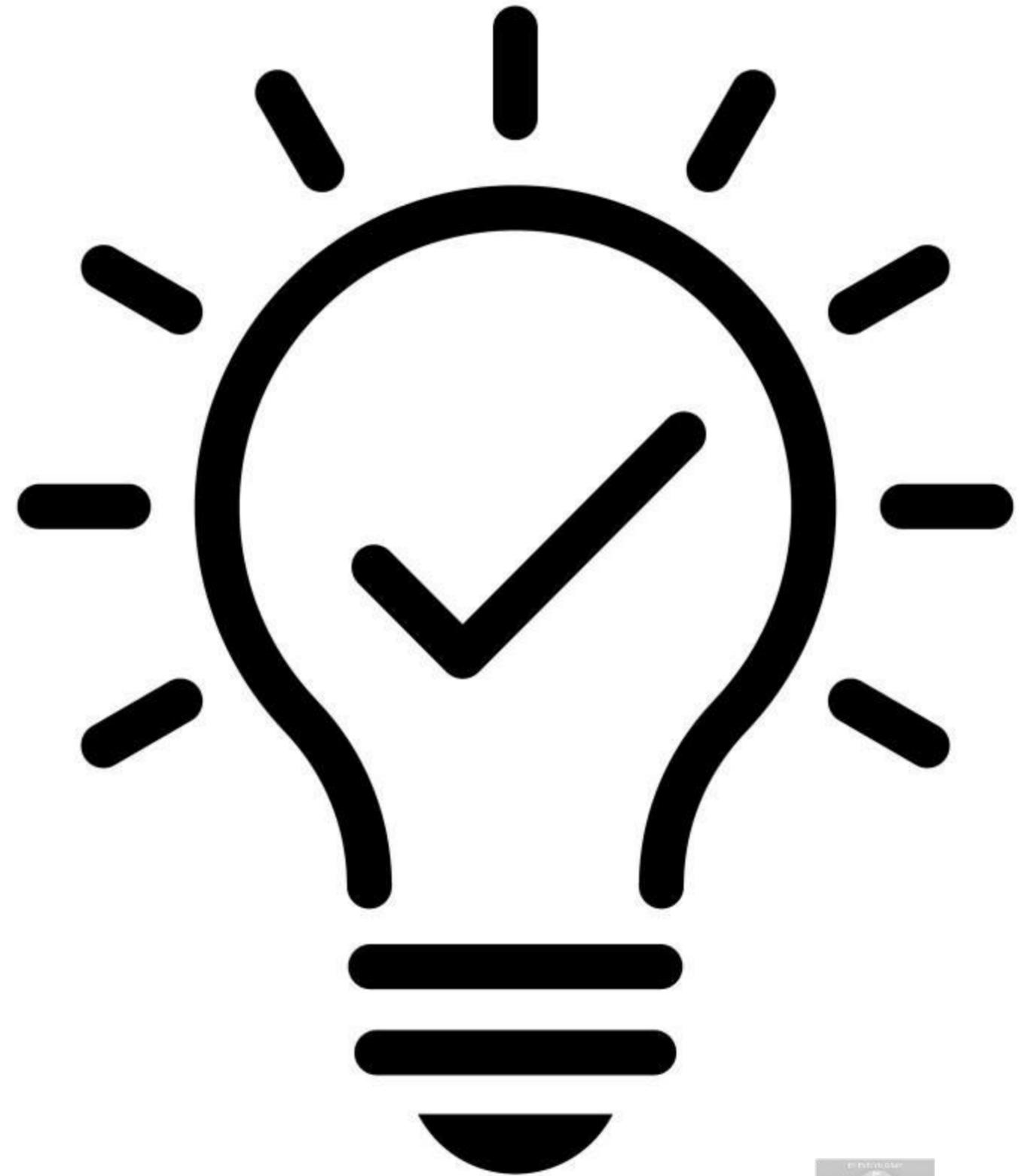
Write down:

- ✓ When you take the herb
- ✓ Any noticeable changes in mood, energy, sleep, or hot flashes
- ✓ Any side effects (rare but important to track)



Bonus Tips

- ✓ Try a nighttime herbal tea with **chamomile, lavender, or lemon balm**
- ✓ Store herbs in a cool, dark place
- ✓ Be consistent—many herbs take 5–7 days to show results



Why This Matters

Your body isn't broken—it's just shifting. And herbs offer gentle, time-tested support as you ride the waves. This is nature's way of saying: *I've got you.*

 Tomorrow: Day 6 – Symptom Tracking: See the Patterns, Reclaim Control

Day 6: Symptom Tracking – See the Patterns, Reclaim Control

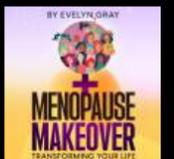
The Problem

One day you're crying at a dog food commercial. The next, you're wide awake at 3 a.m., drenched in sweat.

Then suddenly—nothing. A few peaceful days... before it all comes crashing back.

Peri-menopause and menopause feel unpredictable. But when you **track your symptoms**, patterns emerge.

And patterns = power.





Why Symptom Tracking Matters

Tracking helps you:

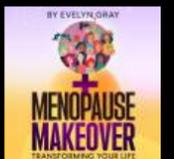
- ✓ See how food, stress, sleep, and cycles affect your symptoms
- ✓ Spot triggers (like wine or certain workouts)
- ✓ Make better choices with confidence
- ✓ Advocate for yourself with real data when talking to doctors
- ✓ *Feel less crazy*—because now it all makes sense

Knowledge gives you your power back.

1. Start Your Symptom Journal

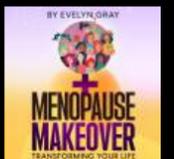
You can use a notebook, a printable tracker (Menopause makeover one!), or an app like:

- **Clue**
- **MyFlo**
- **Menolife**
- Or just a blank calendar!



Track these basics daily: Sleep quality (1–10)

- ✓ Energy level (1–10)
- ✓ Mood (anxious, sad, calm, angry, etc.)
- ✓ Hot flashes (how many + when)
- ✓ Bloating or digestive issues
- ✓ Period (if any)
- ✓ What you ate (briefly)
- ✓ Supplements/herbs you used

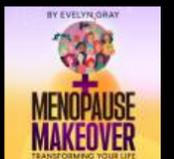


2. Add Notes on Triggers

Start jotting what happened *before* symptoms spike:

- Skipped meals
- Alcohol
- Stressful conversations
- Poor sleep
- Intense exercise

These often show you more than lab tests ever will.



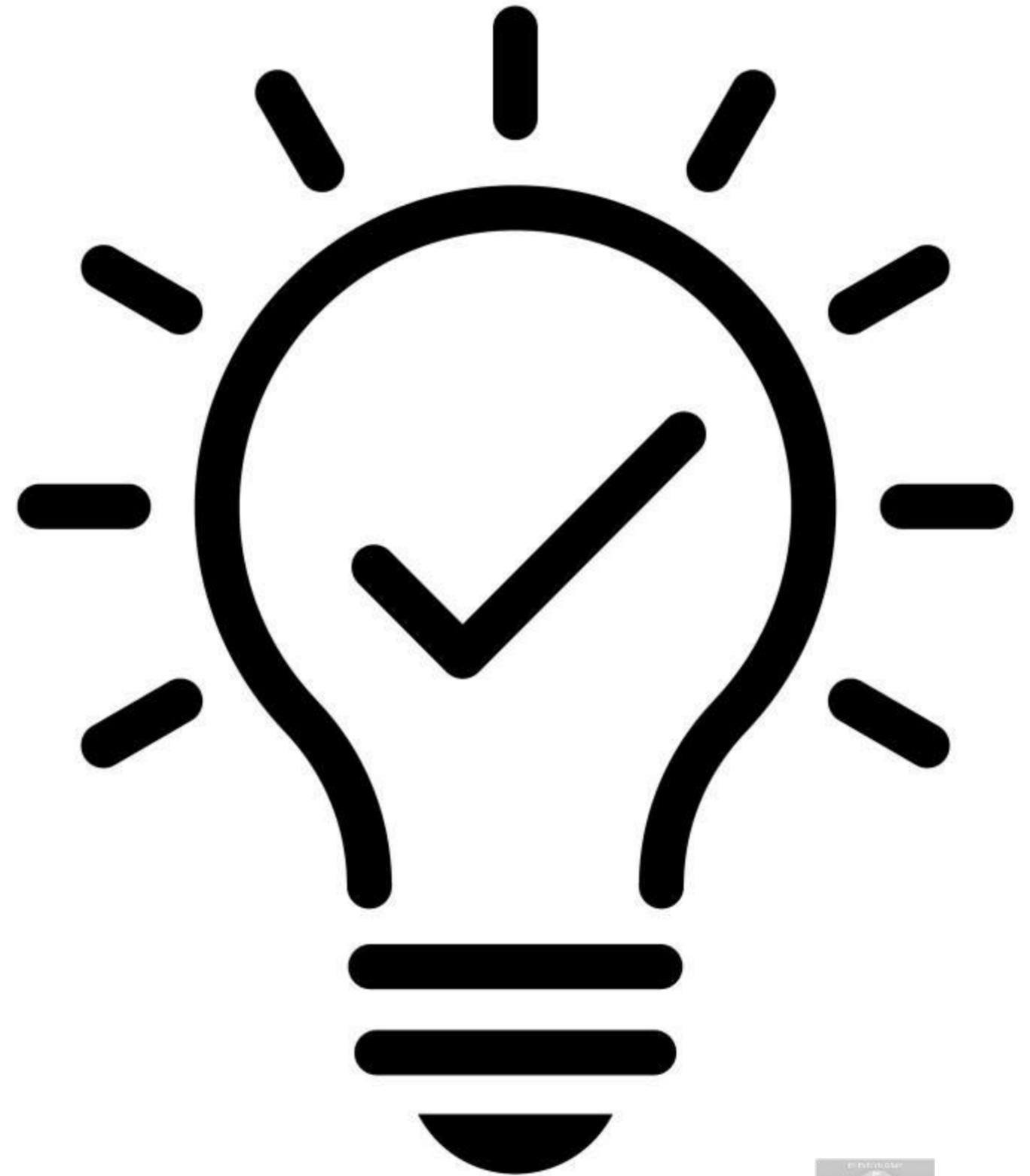
3. Reflect Weekly

At the end of each week, ask:

- ✓ What made me feel best?
- ✓ What flared things up?
- ✓ What should I do more/less of next week?

Bonus Tip

- ✓ Use **color coding** (green = good days, red = rough ones) to quickly see patterns.
- ✓ Even 5–10 days of tracking can uncover the hidden rhythms in your chaos.



Why This Matters

You're not unpredictable. Your body is just sending signals.

When you tune in, you shift from *reacting* to *responding*—and that is the first step toward long-term relief.

👉 **Tomorrow: Day 7 – Self-Advocacy: How to Demand the Care You Deserve**



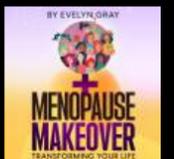
Day 7: Self-Advocacy – How to Demand the Care You Deserve

The Problem

- You've seen the doctor.
- You've described your symptoms.
- You've even cried in their office.
- And still—your concerns were brushed off with: *"It's just menopause. It'll pass."*

Too many women are dismissed, misdiagnosed, or ignored.
And it leaves us feeling powerless.

But today? That ends.

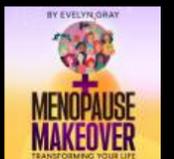


The Power of Self-Advocacy

Self-advocacy means:

- Trusting your instincts
- Asking hard questions
- Refusing to accept “just deal with it” as a treatment plan
- Building a team that listens, respects, and *acts*

You deserve care that sees you as a whole woman—not just a hormonal stereotype.



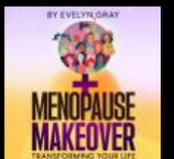
Today's Action Plan

Write Down Your Story

Like I shared on Day 1—your story matters.
Write a one-page summary:

- When symptoms started
- What you've tried
- What has helped
- What makes it worse
- What you want from your doctor (support, testing, options)

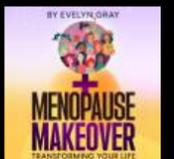
This becomes your script for appointments.



2. Prepare Questions for Your Next Visit

Bring a written list. Don't leave without answers.
Examples:

- ✓ Can I have my hormone levels tested (estradiol, progesterone, testosterone)?
- ✓ What natural or low-intervention treatments can we explore first?
- ✓ What's your experience treating women in menopause?
- ✓ Are you open to working alongside a naturopath or functional doctor?



3. If You're Dismissed—Walk Away

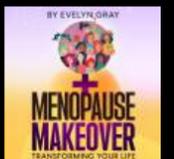
It's not you.

A doctor who doesn't listen doesn't deserve your trust.
Seek second, third, or fourth opinions if needed.

Look for providers who specialize in:

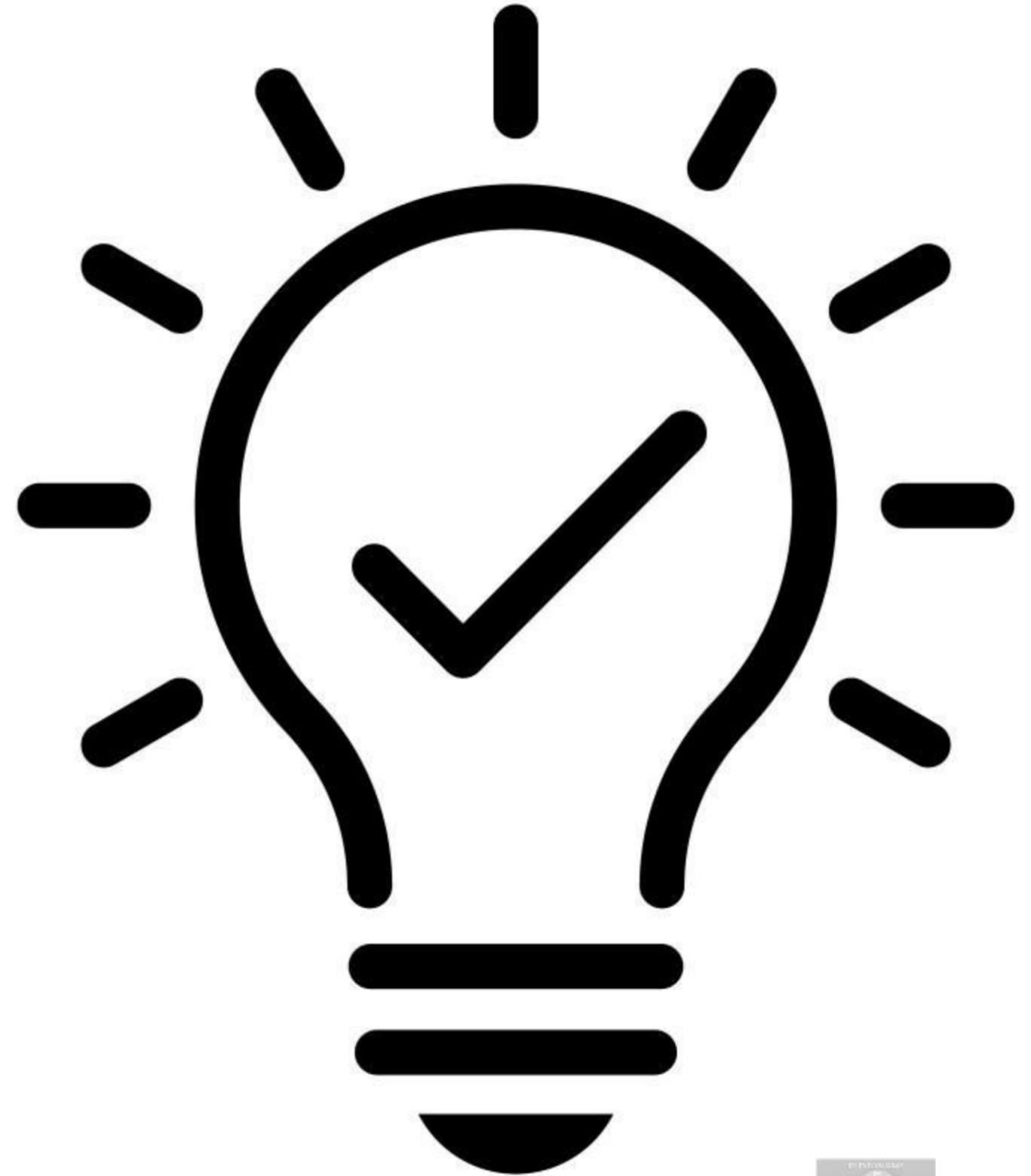
- + Functional or integrative medicine
- + Women's hormone health
- + Menopause-specific care

You are hiring them. Not the other way around.



Bonus Empowerment Tools

- + Join online communities like **Reddit's r/Menopause** or **Facebook support groups**
- + Listen to podcasts like *The Hormone Solution* or *On Health*
- + Read books like *The Wisdom of Menopause* by Dr. Christiane Northrup



Why This Matters

Your story isn't unusual—it's *unheard*.
But not anymore.

The more you speak up,
the more women behind
you will too.
You're not just
healing—you're
leading.

**You Did It. 7 Days.
One Huge Shift.**



Chapter 6: Case Study – How I Took Back My Life

You've now seen the tools. But let me show you how they worked—in *the real world*.

Here's my story, in full color.

My Breaking Point

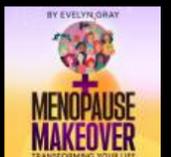
I was standing in a high-level military meeting, dressed in my U.S. Air Force Blues, preparing to brief a 3-Star General. That's when the heat hit me—scorching, sudden, inescapable. My heart pounded. My vision blurred. Sweat poured down my back.

That was my first hot flash.

From that moment on, the chaos began.

🏆 I bled for 15 days at a time. I couldn't sleep. I was exhausted. I felt like I was disappearing. I went to five doctors—three of them women—and they all told me, “It's just menopause.”

But it wasn't “just” anything. It was my life unraveling. **So I decided to fight back.**

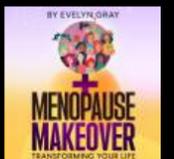


What Changed Everything

Here's what worked:

- **Magnesium** gave me my first full night of sleep in months.
- **Exercise** helped me return to myself.
- **Testosterone pellets** were the game-changer that stabilized my energy and mood.
- **Tracking symptoms** helped me predict flares and avoid known triggers.
- **Self-advocacy** taught me that I'm the expert on my body—and I deserve answers.

This wasn't instant. But it was powerful. Every small step added up.



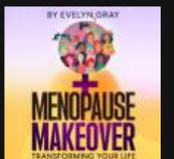
My Results

- No more waking up drenched in sweat
- Energy to work, exercise, and enjoy my life again
- Periods that no longer control me
- A sense of *clarity, control, and confidence*

I didn't cure menopause. I reclaimed *me*.

Bonus Chapter #1: Menopause Relief Cheat Sheet

Sometimes, you just want everything in one place. This cheat sheet is your quick-glance guide to the most powerful tools we covered—and a few extras.



Top 5 Natural Supplements for Menopause Relief

Supplement	What It Helps	Suggested Dose
Magnesium Glycinate	Sleep, anxiety, muscle tension	200–400 mg at night
Ashwagandha	Stress, fatigue, brain fog	300–500 mg daily
Black Cohosh	Hot flashes, mood swings	20–40 mg twice daily
Flaxseed (ground)	Hormone balance, digestion	1–2 tbsp per day
Vitamin D3 + K2	Bone health, mood, immunity	2000–5000 IU daily



10

Hormone- Helping Foods to Keep On Repeat

- ✓ Berries
- ✓ Avocados
- ✓ Leafy greens
- ✓ Sweet potatoes
- ✓ Flax or chia seeds
- ✓ Salmon or sardines
- ✓ Olive oil
- ✓ Turmeric
- ✓ Oats
- ✓ Miso or sauerkraut

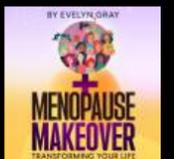


Symptom Tracker Template (Printable)

Daily Tracker:

Date	Sleep Quality (1-10)	Mood	Hot Flashes	Energy	Bloating	Supplements Taken

Keep 7-14 days of logs, then look for patterns.



5 Questions to Ask Your Doctor

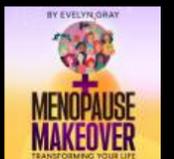
01 Can we test my estrogen, progesterone, and testosterone levels?

02 What are the natural alternatives to hormone therapy?

03 Are there lifestyle or diet recommendations that might help?

04 How do you typically support women in perimenopause?

05 Can we create a long-term plan that doesn't just "wait it out"?



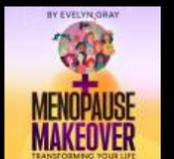
Sample 3-Day Anti-Inflammatory Meal Plan

Day 1

- Breakfast: Oats with berries, flaxseed, and almond butter
- Lunch: Salmon salad with olive oil + avocado
- Snack: Hummus with sliced veggies
- Dinner: Quinoa, sautéed greens, and sweet potato

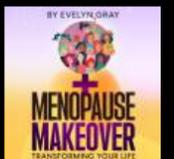
Day 2

- Breakfast: Greek yogurt with walnuts + blueberries
- Lunch: Lentil soup and mixed greens
- Snack: Herbal tea + dark chocolate square
- Dinner: Grilled chicken, roasted carrots, turmeric rice



Day 3

- Breakfast: Smoothie with spinach, banana, flax, and almond milk
- Lunch: Chickpea + arugula wrap
- Snack: Apple with almond butter
- Dinner: Stir-fry with tofu, bok choy, and brown rice



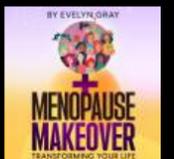
Bonus Chapter #2: FAQs – What Women Ask Me the Most

“How do I know if this is really menopause?”

Look for clusters of symptoms: irregular periods, hot flashes, night sweats, brain fog, mood swings, and sudden weight changes. A doctor can confirm, but your symptoms tell the story.

“Can I still lose weight during menopause?”

Yes—but the approach has to shift. Focus less on restriction, more on stress reduction, strength training, and blood sugar balance. Consistency wins.

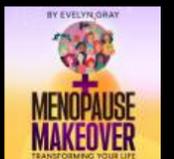


“What if I can’t take hormone therapy?”

Plenty of women can’t or don’t want to. That’s why this guide focuses on natural, lifestyle-based relief. Many see major improvement with consistent use of these strategies.

“How long does menopause last?”

Peri-menopause can last 4–10 years. Menopause itself is a phase, not a life sentence. Your body will find its new normal—but you can speed the process by supporting it.

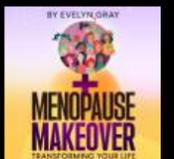


“How do I talk to my partner about what I’m going through?”

Be honest. Use words like: “I’m not myself, but I’m working on it. I need your patience, not solutions.” Share parts of this guide to help them understand it’s physical, not personal.

“Why do I feel so emotional all the time?”

Fluctuating hormones affect your brain’s neurotransmitters. Add sleep loss, fatigue, and feeling misunderstood—it’s overwhelming. You’re not weak. You’re human. And healing is coming.



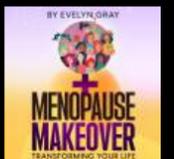
Empower yourself! Educate yourself...Leverage the Menopause Makeover Method. Check out our website.

[Click HERE](#)

Fair warning: menopause does not wrap itself up neatly in 7 days.

If you want ongoing, real-life guidance for the *next* surprise symptom, the **Menopause Makeover: Real Life Edition** is where the real support lives.

👉 Get the Real Life Edition [Click HERE to Check it out!](#)



Empower yourself! Educate yourself...Leverage the Menopause Makeover Series...available on Amazon. [Click HERE](#)

