

# NATURAL

# RELIEF

**For Menopause  
& Perimenopause**

Revised Aug. 2025



MENOPAUSE

IN

*Color*



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# About The Author



Hi! I'm Dr. Stephanie. The founder of [Menopause in Color](#). I'm a mom, pharmacist, and perimenopause and menopause educator and advocate. I help women find their way through perimenopause and menopause by implementing simple health and wellness practices.

In my late 30's to early 40's I started to experience symptoms that were concerning to me. Some of them included heart palpitations, itchy ears, low libido, and mood swings, just to name a few. After speaking to my doctor and running several different test without any findings, perimenopause was never mentioned to me. It was not until I started doing my own research, reading and studying that I realized that I could possibly be experiencing perimenopause. The years of not knowing what was happening to me took a toll on my mental health. I wanted to use the information that I had acquired to help others. I hope to build a fun and supportive community that is welcoming to all.

*Dr. Stephanie*

## Menopause and Perimenopause. What's the difference?



Menopause and perimenopause are two related but distinct stages in a woman's reproductive life.

Perimenopause is the transitional phase that occurs before menopause, when your hormone levels begin to fluctuate and your periods may become irregular.

This phase can last several years and is often marked by symptoms like hot flashes, mood changes, and sleep disturbances, especially estrogen and progesterone begin to fluctuate and decline. These hormonal changes cause symptoms like irregular periods, hot flashes, mood swings, and sleep

problems. At the same time, levels of follicle-stimulating hormone (FSH) start to rise as the body tries to stimulate the ovaries. Menopause is reached when you have gone twelve consecutive months without a menstrual period, signaling the end of your reproductive years. While both stages share some symptoms, understanding the difference can help you better manage the changes your body is going through.

Many of the symptoms that we will discuss can be experienced during perimenopause and menopause. At times, you may see me use the words interchangeably.

## Physical Signs

Perimenopause and menopause come with a variety of signs and symptoms. It is important to check in with your healthcare provider to make sure there are no other underlying causes. Most symptoms during perimenopause tend to be physical, which makes it a helpful starting point for understanding what is happening in your body. You may observe that some symptoms resemble typical premenstrual or menstrual cycle changes, while others align more with what is commonly linked to menopause. This is natural since perimenopause is the phase leading up to menopause.

Some physical signs to be aware of include:

- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Lower Sex Drive
- Irregular Periods
- Breast Tenderness
- Discomfort During Sex
- Urine Leakage
- Urinary Urgency
- Body Odor

## Mental and Behavioral Signs

You may experience several mental and behavioral changes during perimenopause. For example, you may feel fatigued, not necessarily in a physical sense, but more as an overwhelming exhaustion due to stress or anxiety. Additionally, you may have difficulty sleeping, more intense mood swings than usual, and greater irritability around the time you would normally experience PMS. This can also lead to decreased concentration and productivity at work.



Here are a few mental and behavioral signs of perimenopause:

- Irritability
- Trouble Sleeping
- Trouble Concentrating
- Exhaustion
- Anxiety
- Depression

## Risk Factors for Early Perimenopause

Symptoms of perimenopause and menopause are not unusual, and something you should expect to experience as a woman in your mid 30s, 40s, 50s, or possibly even your 60s. This will occur before your periods have completely stopped. Typically, perimenopause starts 8-10 years before menopause. On average, perimenopause last for 4 years. In some cases, it has lasted as long as 10 years. While this usually starts in women in their mid 40's women, it is possible to have perimenopause symptoms at an earlier age.

Women who go through this often have a genetic link, with other women in their family tree also had early menopause. You may also experience early perimenopause if you have had a hysterectomy or you have gone through cancer treatments. Menopause before 45 is considered Early Menopause. Menopause prior to 40 is considered Primary Ovarian Insufficiency or Premature Menopause.

Early or premature menopause can cause serious health problems in some women. Issues such as heart disease, obesity and osteoporosis. While perimenopause is a normal occurrence, there can be complications if you have severe pain or heavy bleeding with clots from your cycle changing. Talk to your health care professional if these or other worrisome things are occurring and you believe it is related to your gynecological health.

# Possible Signs and Symptoms of Perimenopause and Menopause

There are several signs and symptoms associated with perimenopause and menopause. **Talk to your health care professional to rule out other causes.**

Keep this for your next conversation with your health care provider.

- |                          |                                |                          |
|--------------------------|--------------------------------|--------------------------|
| <input type="checkbox"/> | Hot Flashes                    | Night Sweats             |
| <input type="checkbox"/> | Vaginal Dryness                | Lower Sex Drive          |
| <input type="checkbox"/> | Irregular Periods              | Breast Tenderness        |
| <input type="checkbox"/> | Discomfort During Sex          | Urine Leakage or Urgency |
| <input type="checkbox"/> | Body Odor                      | Weight Gain              |
| <input type="checkbox"/> | Trouble Sleeping or Exhaustion | Anxiety or Depression    |
| <input type="checkbox"/> | Irritability or Rage           | Urinary Urgency          |
| <input type="checkbox"/> | Breast Tenderness              | Trouble Concentrating    |
| <input type="checkbox"/> | Dry Skin, Hair or Nails        | Itchy or Ringing in Ears |
| <input type="checkbox"/> | Excessive Facial Hair Growth   | Heart Palpitations       |

Other signs and symptoms that you may be experiencing:

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# Natural Herbs and Supplements Used for Perimenopause and Menopause Symptoms



If you are beginning your journey through perimenopause or menopause, you might feel overwhelmed trying to find the right treatment options. You do not have to jump straight to progesterone creams or prescription medications if that is not what feels right for you. There are plenty of natural remedies that can support you during this phase of life. In this e-book, we will explore a variety of natural approaches to help ease your perimenopause and menopause symptoms. From herbs that can support heart health to those that help soothe mental health

challenges, there are many options to consider as you navigate this time.

Here are a few examples of natural supplements for symptoms associated with perimenopause and menopause. Use this as a guide to speak to your healthcare professional about what option works best for you.

# Magnesium

Magnesium is another mineral that plays an important role during menopause. It supports muscle function, promotes relaxation, and helps with sleep, which is a big concern for many during this stage of life. Magnesium also helps manage mood and can ease symptoms like anxiety and cramping. There are several different forms of magnesium, each with its own benefits. Magnesium glycinate is known for its calming effect and is easy on the stomach, making it ideal for sleep and relaxation. Magnesium threonate is particularly beneficial for cognitive function and mental clarity.

Magnesium citrate, on the other hand, is commonly used for digestive support and to relieve constipation.

**You can also boost your magnesium intake through foods such as:**



- Leafy Greens
- Nuts
- Seeds (including pumpkin seeds, chia seeds, and sunflower seeds)
- Legumes (like black beans, lentils, and chickpeas)
- Whole grains
- Avocados
- Bananas
- Dark chocolate (70% cocoa or higher)
- Fatty fish (like salmon and mackerel)

# Vitamin D

Vitamin D and vitamin K2 work together to support your bone health and cardiovascular system, which are especially important during menopause. Vitamin D helps your body absorb calcium, while vitamin K2 directs that calcium to the bones and teeth where it's needed most, preventing it from building up in arteries. Together, these vitamins can also support immune function and promote overall well-being during this stage of life. Since vitamin D is mainly produced through sunlight exposure, it can sometimes be low if you spend limited time outdoors. Including foods rich in both vitamins can help maintain healthy levels.

Here are some good sources:



- Fatty fish such as salmon, mackerel, and sardines
- Egg yolks
- Fermented foods like sauerkraut (a rich source of vitamin K2)
- Fortified dairy products
- Butter from grass-fed animals

## Omega-3 Supplements

When exploring dietary recommendations for menopause, omega-3 fatty acids are frequently suggested. These essential fats offer a variety of benefits. They help improve skin texture and reduce inflammation, which can ease many common menopause symptoms like joint discomfort, cramping, vaginal dryness, and hot flashes. Additionally, omega-3s can contribute to lower triglyceride levels and support mental well-being during this phase.



While omega-3s are available in supplement form, they can also be obtained through foods such as:

- Salmon, tuna, sardines, herring, and mackerel
- Flaxseed
- Hempseed
- Chia seeds
- canola oil
- Walnuts
- Oysters,
- Spinach,
- Soybeans
- Eggs

## B Vitamins

Vitamin B complex includes a group of important vitamins that support energy production, brain health, and nervous system function—crucial during perimenopause and menopause. These vitamins can help reduce fatigue, improve mood, and support cognitive clarity when hormonal changes may cause challenges. The B vitamins work together, so getting a balanced mix is essential. Key types include B6, B12, and folate, each playing a role in hormone regulation and mental wellness.

Here are some good sources:



- Leafy green vegetables
- Lean meats including chicken, turkey, and beef
- Dairy products like milk and cheese
- Legumes like lentils, chickpeas, and black beans
- Nuts and seeds
- Eggs

## Black Cohosh



If you haven't come across black cohosh before, it's worth learning about. This herb is widely used to help manage symptoms of perimenopause and menopause. Black cohosh belongs to the buttercup family and has been used for centuries, including by Native American communities. The root extract is believed to ease hot flashes, night sweats, vaginal dryness, and even symptoms like ringing in the ears. While studies show black cohosh generally has a low risk of side effects, most research has been limited to short-term use. Because of this, it's important to use it cautiously and consult with a healthcare provider if you have any health

conditions. Always choose supplements from trusted brands to ensure quality and safety.

This is also available in a pill form.

Here are a few symptoms where Black Cohosh may be beneficial:

- Hot Flashes And Night Sweats
- Vaginal Dryness
- Sleep Disturbances
- Irritability
- Heart Palpitations
- Tinnitus

# Diindolylmethane (DIM)

DIM is a compound in the body that occurs when you digest cruciferous vegetables like brussel sprouts, broccoli, and cauliflower. This compound has also been thought to fight different types of cancer when eaten in high amounts. While there are limited studies of DIM it has also been thought to balance hormones estrogen levels.

DIM has been thought to be beneficial in treating:

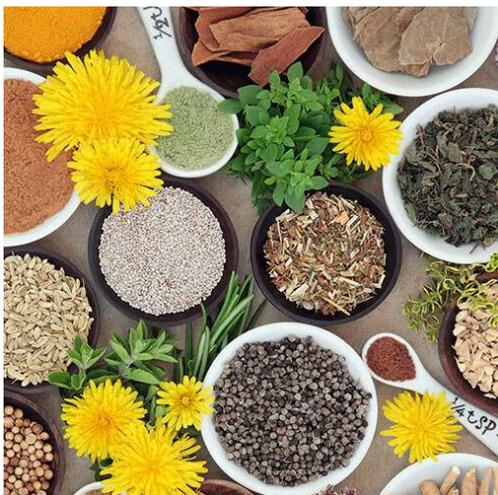
- Hormal Acne
- Hot Flashes
- PMS Symptoms

# Dong Quai



Don Quai is a supplement that has been used in ancient health for over 2000 years. It has been used in the past for blood health, circulation, and pain relief. This is primarily from China, and it thought to help with balancing out your

hormone levels. It has also been used to by women that struggle with menopausal symptoms. It has been thought to help with perimenopause symptoms such as blurred vision, rapid heartbeat, dry skin and eyes . With Dong Quai, you may notice less hot flashes and body pains, plus overall general wellness. It is thought that Don Quai may increase estrogen production in the body.



### Adaptogenic Herbs

These types of herbs are herbal medicine that provide even more benefits than standard herbs. They have been shown to help balance your hormones as well, so if you are looking to improve your hormone levels with herbs, those classified as adaptogens are the first ones you should turn to. These include many you might recognize, like **holy basil**, **ashwagandha**, **maca**

**root** and certain types of medicinal mushrooms. Not only can they help with hormone levels, but they are thought to lower cholesterol, improve thyroid function, and help with anxiety, depression and boosting libido.

### Probiotics

Probiotics are beneficial bacteria that support a healthy balance in your gut, which plays a key role in digestion, immune function, and even hormone regulation during perimenopause and menopause. Maintaining good gut health can help reduce bloating, improve nutrient absorption, and support overall well-being. Probiotics may also help ease symptoms like vaginal dryness and urinary tract discomfort by promoting a balanced microbiome.

You can find probiotics in fermented foods. Adding these probiotic-rich foods to your diet can help support your digestive health and hormone balance during the menopause transition.

### Slippery Elm

The inner bark of this tree that is native to North America has been said to help with vaginal dryness. There are many people who have reported great results by taking this herb in the form of a pill or a powder that can be mixed with water. However, there aren't any major scientific studies or research that has shown this to be beneficial for increasing vaginal lubrication.

Many other herbs can also be useful when it comes to your menopausal symptoms. Eating a healthy diet and checking with your health care professional before adding herbs to your regimen, you are bound to benefit from them. You can also start growing herbs in your backyard, helping to add more exercise to your daily regimen, which is also good for perimenopause and menopause.



### Wild Yam

This is not the same thing as yams or sweet potatoes, which you are probably already familiar with. Wild yam is a wild plant that contains nutrients to help with menopausal symptoms, including phytoestrogen diosgenin. This works similarly to how DHEA can help with human sex hormones. This herb may help

to balance out hormones, which is how can reduce your menopausal symptoms.

Though like all herbs, you should discuss them with your doctor before using them.

### Sage

Next on the list is sage, which can be a beneficial herb. Sage is often used when looking at natural holistic or medicinal herbs, but it can also help if with menopause and perimenopause. The menopausal side effects it primarily helps with are hot flashes and night sweats, both of which are not only uncomfortable but can cause stress at night because they tend to interrupt your sleep.

There are some different ways to get more sage into your diet, from adding the herb to your cooked foods to making a peppermint tea with a little sage added to it.



### Valerian



This herb has been helpful for some going through perimenopause and menopause. It is called valerian or valerian root. This is another herb that has been around for a long time in different parts of the world. It is becoming more popular as a way to treat medical conditions. Recently, it has been used for menopause by helping with anxiety, insomnia, and possibly hot flashes. Valerian can be found in herb form for cooking or adding to a tea, or you can get it in supplement form as a capsule.

# Ease Menopause Symptoms with These Essential Oils

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Essential oils are oils that are extracted from flowers and leaves of various plants and flowers. These essential oils provide a lot of health benefits, including helping ease menopause symptoms. These essential oils may help with relief of symptoms of perimenopause and menopause. Be sure to purchase the correct formulation of the oil that you choose to use. Some can be used orally while others are for external use only.

### Peppermint Oil



You may have heard that peppermint the herb is often recommended for easing your menopause symptoms. Naturally, the essential oil of peppermint can also be really helpful for you. Peppermint oil is extracted from the leaves of a mint plant, similar to how other essential oils are made. There are several different symptoms of menopause that peppermint oil helps with, including relieving your cramping, which is often experienced during menopause, as well as hot flashes and night sweats. Try adding some peppermint oil to your tea or

using an oil diffuser.

### Basil Oil

Basil essential oil is also thought to relieve menopausal symptoms. The reason basil is so useful is that it has a natural compound that works similarly to the estrogen hormone, so it can help balance hormone levels naturally. When estrogen is adjusted, some of your side effects of menopause are also improved. Some things you will notice that get better are relief of menstrual-like cramps, fewer hot flashes, improved mood and less stress.





### Lavender Oil

Lavender is one of the most popular and useful essential oils you can get. This smells amazing and promotes relaxation and calmness. It is also known for boosting mood naturally. Since it relaxes the body and mind, it can help improve sleep and reduce hot flashes. As you can see, there are many uses of lavender. The effects can also help with stress and other emotional issues you might have. It is best to use it at night in your bath or before bed in lavender tea to help with insomnia.

### Geranium

Lastly, an oil that you don't hear much about, geranium essential oil. This is from the geranium flowering plant that has been used to help with your hormonal imbalances during menopause. Some of the benefits that have been seen are supporting menstrual cycle irregularities and improving mood. Adding a few drops of this essential oil to a diffuser each day and you may notice a difference.



Remember that if you use the oils on your skin directly, you first need to dilute them with a carrier oil.

# Dietary Changes to Make During Menopause

Dietary changes are an important first step when you are trying to find relief from symptoms. There are many vitamins, minerals, and herbs that can be found naturally in foods. Symptom relief can also be found by eliminating certain foods in your diet.

Here are some recommended dietary changes to make.

## Reduce Your Fatty Foods



The first thing you need to do if you want to make dietary changes for the relief of your menopausal symptoms is to reduce the fatty foods you are eating. This might be hard at first, but small changes are totally fine. Just remember not only will it help with perimenopause, but with your overall health as well. Fatty foods that are loaded with trans fats like margarine and vegetable oil are not good for you and can increase your cholesterol levels. Try to stick to healthy fats. This

will make you will feel much better. Reducing your sugar and salt intake can also help with symptoms. This is also a good limitation you should start with to help manage your symptoms.

## Eat More Healthy Fats



You may think the words ‘healthy’ and ‘fats’ don’t go hand-in-hand, but that isn’t at all true. While you may not want to just eat unlimited fats all day long, there are healthier fats that are great for you. These can help to balance your hormones and actually help you lose weight. You want to avoid manmade and processed fats like margarine and vegetable oil, and instead go for healthier fats like grass fed butter, coconut oil, nuts and seeds, and avocados. Try to add these to your diet and you will notice all the amazing benefits.

## Increase Your Calcium

One of the more important nutrients to have in your body when you are going through menopause is calcium, but make sure you don’t have too much of it. You want to aim for no more than 1,000 mg a day of calcium between supplements and natural food sources. Natural is always better, so first try to get your calcium from your diet, such as with dairy products or non-dairy milk like coconut milk, as well as vegetables like leafy greens. If you don’t get enough through these sources, then take a supplement every day.





## Get More Iron and Fiber

Two more nutrients that are important to include in your diet for menopause are iron and fiber. Both of these help women who are in the perimenopausal and menopausal stages of life by reducing their symptoms overall and making them healthier. Iron is often found in eggs, leafy greens, nuts, and red meat. Whether you are a meat eater or not, there are options available to you. To get more fiber, try whole grains, fruit, pasta, and vegetables.

## Eat More Fruits and Veggies

You probably know by now that you should be eating a certain amount of fruits and vegetables each day. This is not only important during menopause, but for overall health at this stage of your life as well.

Try to have 5 servings or 2 cups of fruits and veggies every day, more if it fits within your daily diet.



# How to Relieve Stress During Perimenopause

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One of the many emotional side effects of perimenopause is dealing with stress. Not only can it worsen stress, due to the other symptoms that we discussed, but it can be hard to find relief. This endless cycle can be helped with the following natural remedies.



## Ask For Help

A lot of your stress may come from simply trying to get too much done during the day. If you feel like you are always being asked to host events, run errands, and do favors for people, it might be time to learn how to say no or to ask for help. This can be hard to do, but your stress can affect nearly every aspect of your life, including making menopausal symptoms worse, so it is important.

Just be honest with people if they ask you to help out with something you simply don't have time for right now. Don't be afraid to say no.



### Reduce Caffeine and Alcohol Intake

Both caffeine and alcohol can trigger stress and other symptoms associated with menopause and perimenopause. They might give you a short-term boost in your mood, but then when they wear off, you feel even worse than you did before. Not only are they bad for your stress and can make it worse, but they are also depressants. Caffeine has also been shown to have a negative effect on the stress hormone cortisol, which is only going to make your stress worse. They both have

been shown to increase the effects of hot flashes as well. Plus, alcohol tends to affect the normal REM sleeping cycle. Which means you may fall asleep but may have a hard time staying asleep. Try to switch to other beverages that you can enjoy like herbal teas and non-caffeinated drinks.

### Improve Sleep

If you are dealing with high stress levels while going through menopause, then you should start focusing on getting better sleep. Insomnia is unfortunately a common side effect during menopause, so take your time and figure out what works best for you. This might be taking a relaxing bath with lavender essential oils, drinking a cup of herbal tea before bed, or doing your workout at night so that it can make you tired enough for adequate sleep before bed.





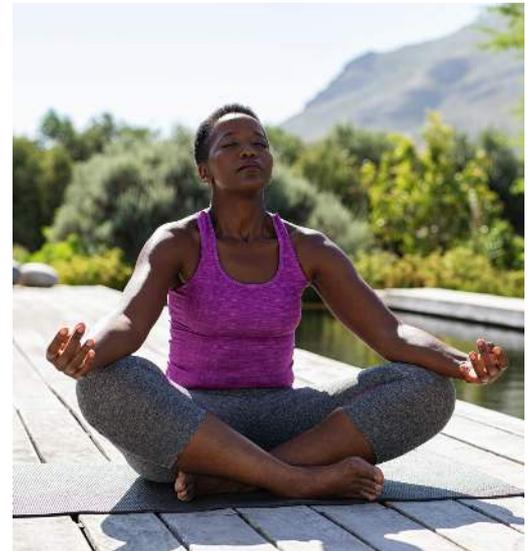
## Do Something Good for Yourself

Many women find themselves overwhelmed with personal and work responsibilities, and rarely have time for themselves. If this sounds like you, then it is time to pamper yourself more. Schedule time for yourself to get your hair done, get a manicure, go to lunch, or go for a walk-in nature.

## How Yoga Can Benefit You During Menopause

Exercise is an essential part of maintaining a healthy lifestyle during menopause and helping to ease some of those uncomfortable symptoms. In addition to regular exercise, yoga can be very beneficial.

On the next page we will discuss a few ways that yoga can help during menopause.





### You Can Reduce Your Stress

An excellent reason to start doing yoga when you are perimenopausal is that it can lower your stress levels. If you are already going through perimenopause, then you are quite aware of how stressed you can become, and the effect it has on your mind and body. Plus, stress can then lead to anxiety and even depression, so it is best to get a handle on it now. Yoga is an excellent way to get

relief from your stress in a more natural way by focusing on breathing exercises and various moves which can get rid of all those negative feelings causing the stress in the first place.

### It Helps to Reduce Physical Pain

Another common side effect of menopause is that you have some physical discomfort. Where you experience pain or discomfort may vary from person to person, so you might have headaches or migraines, neck pain, or muscle cramps. It is also very common to experience cramps in your abdomen or back very similar to menstrual cramps. For these types of pains, yoga is ideal. You should try Hatha yoga, which is great for beginners and has more gentle moves and poses. Let your yoga instructor know if you have any physical discomfort, and they will show you some modifications as well.





### Relief of Hot Flashes

One of the first symptoms people notice when they go through menopause is hot flashes. These are common and can also be accompanied by night sweats. Hot flashes happen randomly throughout the day, where you feel fine one minute, then suddenly it is too hot for you to handle anything or complete any task. This can also lead to more stress. Luckily, yoga is also useful for relieving hot flashes, especially when you continue going to yoga regularly. Try some restorative and

cooling poses to help relieve this symptom.

### You Can Sleep Better

If you have been dealing with insomnia with your menopause, you should try yoga. Yoga helps with sleep problems in several ways. It helps you sleep better since yoga helps with stress and anxiety, plus it helps with those hot flashes and night sweats. The breathing exercises help you to relax before bed, and simply doing exercise during the day also helps you to sleep better at night.



### Other Treatments: Meditation

Among the different natural remedies available for perimenopause and menopause, meditation is one of the best. Here are a few different ways you can benefit from doing meditation.

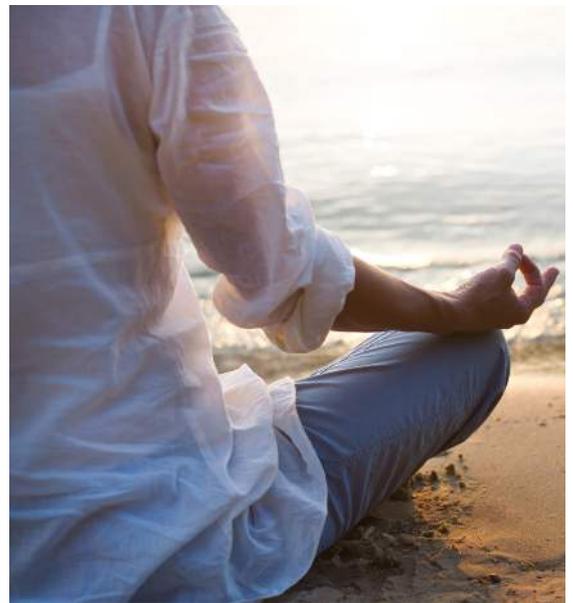


### It Helps Reduce Your Symptoms

The first way that meditation can help you during this phase of your life is to help reduce those uncomfortable symptoms. The symptoms of menopause can be hard on you after a while, from the hot flashes that occur randomly throughout the day, to having cramping similar to menstrual cramps, and various other body pains. With meditation, you are relaxing your body and mind, which can help you to regain your focus and mentally decrease the symptoms you experience.

### Meditation Helps You Get Better Sleep

Reduced sleep quality is another major symptom and side effect for women who are going through perimenopause. While there are many different natural remedies out there to help with your insomnia, like herbal supplements and listening to certain music, you can also get help through meditation. Similar to your other side effects, meditation can help you to de-stress and relax, which is going to be useful in helping you to get better sleep as well.





## You Can Reduce Your Stress and Anxiety

While many women think about the physical side effects of perimenopause, like menstrual-like cramps, hot flashes, night sweats, and other muscle cramps, it can also affect their mental health. Having a trigger in stress and anxiety is very common during menopause. Luckily, meditation can also help with these symptoms. So, if you are dealing with a lot of stress that is keeping you from good sleep or your anxiety is affecting your personal or professional life,

then meditation just might be the answer.

## It Provides Good Alone Time Each Day

Having some time to yourself each day is really important for self-care purposes. If you have been looking for more ways to take good care of yourself, then this can be the answer you are looking for. Meditation should be done when you are alone, often in silence or with guided meditation. By meditating each day, you are making sure to schedule some time all to yourself, so you are benefiting from it in multiple ways. If it is hard to find time alone, think of other times during the day when you have a few minutes to yourself, like walking during your lunch break or in the shower each morning. You can also meditate during these types of activities.



# Ways to Cool Off Your Body When You Have Menopause

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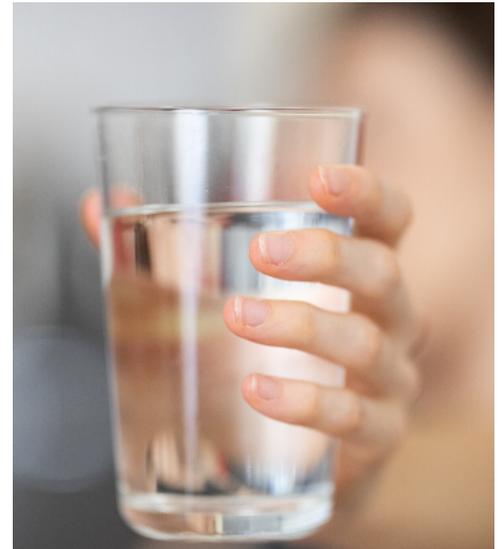


One of the biggest side effects of menopause and the most uncomfortable is having hot flashes. Hot flashes can happen to anyone going through this stage of her life, but that doesn't mean there isn't help out there.

The following methods are all-natural and can be very effective.

## Make Sure You Hydrate

If you are struggling with hot flashes and night sweats during menopause, the culprit might be dehydration. Many women drink water throughout the day but aren't drinking enough of it. Remember that you need extra water when exerting yourself during workouts or when it is especially hot out. If you are spending more time outdoors, you need to increase your water intake. One good way to tell if you are probably hydrated is by looking at the color of your urine. The clearer it is, the more hydrated you are.





### Wear Breathable Clothes

The hot flashes tend to be worse at night when you start getting night sweats. It often feels like nothing you do will take away the intense heat you experience, making it hard to sleep properly. One way to combat this is by wearing more breathable fabrics. Wear fewer layers, ditch the pants and socks, and look for ‘cooling’ clothing materials. Many retailers now sell pajamas specifically for people who get hotter than normal, so these can help tremendously. If you can’t find them, cotton is usually a safe bet for sleep clothes.

### Limit Spicy Foods

There are even dietary changes you can make that will help to cool you off during the day. One of the recommendations is to stop eating spicy foods. The spice tends to peek the internal temperature of your body, even more so when you are going through menopause. If you tend to like hot and spicy foods, you might notice that your hot flashes are becoming more common. The best thing you can do is start to limit how much spicy food you eat.



### Change Your Sleeping Environment

Your bedroom itself can also be what is making the heat worse at night. Try to keep a fan blowing on you or sleep next to an open window for cool, fresh air at night. There are also mattress pads and pillows that provide cooling power so that you are not too hot at night. Using a light-down comforter is better than a thick comforter that provides too much warmth.

# The Key to Getting Better Sleep during Menopause

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If you struggle with insomnia with menopause, you are not alone. Insomnia can come from the emotional and physical side effects of perimenopause, from stress and anxiety to getting hot flashes or night sweats at night.

The following natural remedies are available for you to get better sleep when you have menopause.



## Try to Cool Off Your Body

The first thing you need to do is work on cooling your body at night. Your insomnia is probably at least partly due to the night sweats and hot flashes you experience. You need to find easy ways to cool off your body without having to use your air conditioner all night long. This might be wearing lighter fabrics, using a cooling pillow, or switching the type of sheets and blankets you are using.

For some women, having a fan is essential, while others find that cooling mattress pads with cotton sheets work wonders. Try different things until you figure out what works best for you.

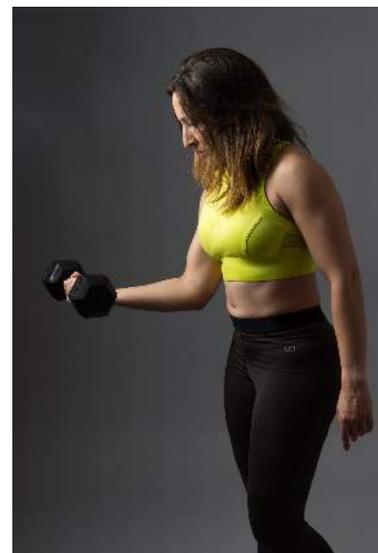


## Take a Warm Bath or Shower Before Bed

Taking a warm bath might seem like it would make the hot flashes worse, but it can help. Hot showers and bath open the pores and helps release heat from the body. This decreases the temperature of your core. When you take a cold bath or shower, you body tries to regulate the body temperature by increasing the temperature of your body.

## Make Sure You Get Enough Exercise

Exercise provides excellent benefits for you during menopause, from helping to relieve your stress, to giving you more energy. However, when it comes time to go to sleep, the exercise you did during the day just might be the trick to sleeping better. Your body will be tired by bedtime from the workout, so you can sleep much more soundly.



## Choosing Natural Sleep Aids

Instead of constantly taking Benadryl or over-the-counter sleeping aids, try instead to look for natural remedies. This might include a cup of chamomile tea or using an essential oils diffuser with lavender essential oil to relax you. These are popular methods that are completely natural and also provide some other menopausal remedies at the same time. Similar to other recommendations, you just need to figure out what works best for you.

# Everyone Going Through Peri/Menopause Needs a Good Support System

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This time of life can be a big transition for anyone, so don't assume you have to deal with it silently or alone. Having emotional support is an integral part of dealing with this new phase in your life. That is one of the main reasons I started this platform.



## The Transition Can Be Difficult

While menopause is a completely normal phase of life that every woman will go through, that doesn't mean it is easy. Similar to when you are a pre-teen and start your first menstrual cycle, it can be a tough transition to get through. There are a lot of different changes that happen, including mental, emotional, and physical ones. You reach the age where you can no longer get pregnant, which is hard on some women. You also deal with all the physical changes, discomforts, and pains, along with

heightened stress and anxiety. You need a solid support system to transition into menopause and figure out the remedies that work best for you.

## There Are Emotional Changes with Perimenopause

As mentioned in the previous section, perimenopause comes with quite a few emotional changes. You might be sad that a certain phase of your life is over, or you may notice that your stress is heightened due to night sweats, insomnia, headaches, and body pains. This is completely normal, but don't let it get you down. And most

importantly, don't assume you have to deal with it alone. Menopause is not something you need to be silent about or pretend like everything is okay. Reach out to your partner or spouse, family, and friends, and talk to them when you need to. Get that emotional support that you need during this phase and it will go much better for you.



## You Might Need Support Due to Your Physical Changes

Of course, women are often more concerned about physical changes. Even though you don't have your menstrual cycle anymore, you might still get menstrual-like cramps, which can be hard to handle during menopause.

Some other physical changes include headaches, neck or shoulder pain, back pain, hot flashes, and night sweats. There are many ways to deal with these naturally, like essential oils, herbs, yoga, and dietary changes. But you should also have someone close to you that supports you.

# Conclusion

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In conclusion, natural remedies for perimenopause and menopause are a likely alternative to traditional medical treatments. They have been used for centuries and have been thought to be effective in reducing the symptoms associated with this stage in your life. Continue to do your own research and talk to your health care professional about what works for you. By incorporating a healthy diet, exercise, and natural supplements, you can alleviate the discomfort and mood swings that often accompany peri-menopause and menopause.

Additionally, practices like mindfulness and stress management can also play a crucial role in promoting overall well-being during this transition. It's important to note that these remedies should be used in conjunction with your doctor's advice and that they may not work for everyone. Nonetheless, exploring the options available through natural remedies can be an empowering and holistic approach to managing this stage of life.