

WELCOME TO



NATURAL

MENOPAUSE

SUPPORT

Hosted by Naturopaths Alison Mitchell and Laura Yen



THANK YOU FOR JOINING US.



Welcome to our community of like-minded women.

*Your hosts are the founders of Natural Menopause Support,
Alison Mitchell and Laura Yen.*



OUR MISSION



- Empower
- Educate
- Inspire
- Encourage

We strive to teach as many women as we can how to navigate the transition through menopause with ease.

Our promise is to teach you what we know about eating well, living well and using nature to enhance your health and life.

We also aim to re-establish the tradition of the wise elder, the crone, and elevate menopausal women to the respected and revered position they always should have held.

We are women empowering women.



OUR QUALIFICATIONS

Science

- Anatomy & physiology
- Chemistry
- Biochemistry
- Pharmacology
- Pharmacognosy
- Botany
- Nutrition

Traditional healing

- Remedial massage
- Homoeopathy
- Herbal medicine
- Flower essences
- Iridology
- Holistic counselling



NATUROPATHY

"Treat the person, not the disease"

- Consultation:
 - Health history
 - Diet and lifestyle review
 - Iridology
 - Body composition
 - In clinic testing
 - Education
 - Counselling
- Treatment plans:
 - Dietary changes
 - Lifestyle modifications
 - Nutritional medicine
 - Herbal medicine



WHAT TO EXPECT

- Six easy to navigate webinar presentations.
- Two weeks of meal plans including recipes and shopping list.
- Nutrition quick reference guide (do's and don'ts)
- Your Healthy Menopause day planner

Core Modules

1. Hot flushes
2. Sleep
3. Cardiovascular health
4. Bone Health
5. Mental health
6. Vaginal health

Still to come

- Gut & liver health
- Libido
- Hair loss
- Weight management
- HRT
- Home guide to herbs
- Acupressure guide
- Exercise tips
- History of menopause
- Prevention



A close-up, high-angle shot of a vast field of tulips. The flowers are in various stages of bloom, with colors ranging from pale pink to deep magenta. The petals are layered and ruffled, creating a textured, almost abstract pattern of soft pinks and whites. The lighting is bright and even, highlighting the delicate details of the petals.

LET'S GET STARTED!

First Module:
Hot Flashes

