

# Menopause 101: What Every Woman Should Know



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Menopause is something every woman will go through, yet it's still often misunderstood or whispered about. At its core, menopause is a natural life transition, not a disease, not a failure of the body, but a phase marking the end of menstrual cycles. And like any big life change, it helps to understand what's happening and how to take care of yourself through it.



## What is Menopause, Exactly?

Menopause is officially defined as the point in time when a woman hasn't had a period for 12 consecutive months, usually occurring between ages 45 and 55, with the average in Canada being around 51. But the journey begins earlier, during perimenopause, the months or years leading up to menopause when hormones begin to shift and symptoms appear.

It's important to remember: every woman's experience is different. Some sail through with few symptoms; others face real disruption. Either way, you're not alone and you're not imagining it.

## The Hormonal Rollercoaster


As estrogen and progesterone levels fluctuate and decline, the body goes through a range of changes. Hot flashes, night sweats, and irregular periods are common, but women also report mood swings, anxiety, brain fog, fatigue, joint aches, vaginal dryness, and sleep issues.

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## What Can Help - and How to Feel Better

The good news? There's a lot you can do to feel better, naturally and holistically.

 **Move your body daily.** Even a brisk walk or gentle stretching helps regulate mood, improve sleep, reduce joint stiffness, and manage weight.



**Eat to nourish.** A balanced diet rich in whole foods, calcium, and protein supports bone health and energy. Omega-3s (from fish or flax) may help reduce inflammation and lift your mood.



**Make sleep sacred.** Prioritize sleep hygiene with a consistent bedtime, limited screen time, and calming nighttime rituals.



**Talk it out.** Whether with friends, your doctor, or a support group, sharing how you feel can be incredibly validating and healing. Remember, all women go through it.



**Explore mindfulness.** Practices like yoga, deep breathing, or meditation help reduce stress, improve focus, and support emotional balance.



**Menopause Hormone Therapy (MHT)** can ease symptoms like hot flashes, night sweats, and vaginal dryness. When started around menopause, it's safe for many women and may also support bone and heart health. June can help you find the solution that is right for you. Looking for more natural ways to support symptoms? The list above is a great place to start!



## Menopause Is More Than Symptoms

This stage of life is also an opportunity: to slow down, reflect, and refocus on your own health and happiness. As estrogen shifts, it's a time to pay attention to your heart, bones, and mental health. Preventive care and screenings become even more important, not out of fear, but from a place of strength.

## You're Not Alone

One of the hardest parts of menopause is feeling invisible. But here's the truth: midlife is powerful. You've lived, learned, and now you're entering a new chapter...one where you get to prioritize yourself.

Menopause isn't something to suffer through, it's something to move through with support, knowledge, and compassion. Talk about it. Laugh about it. Learn about it. You deserve to feel informed, supported, and empowered.

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