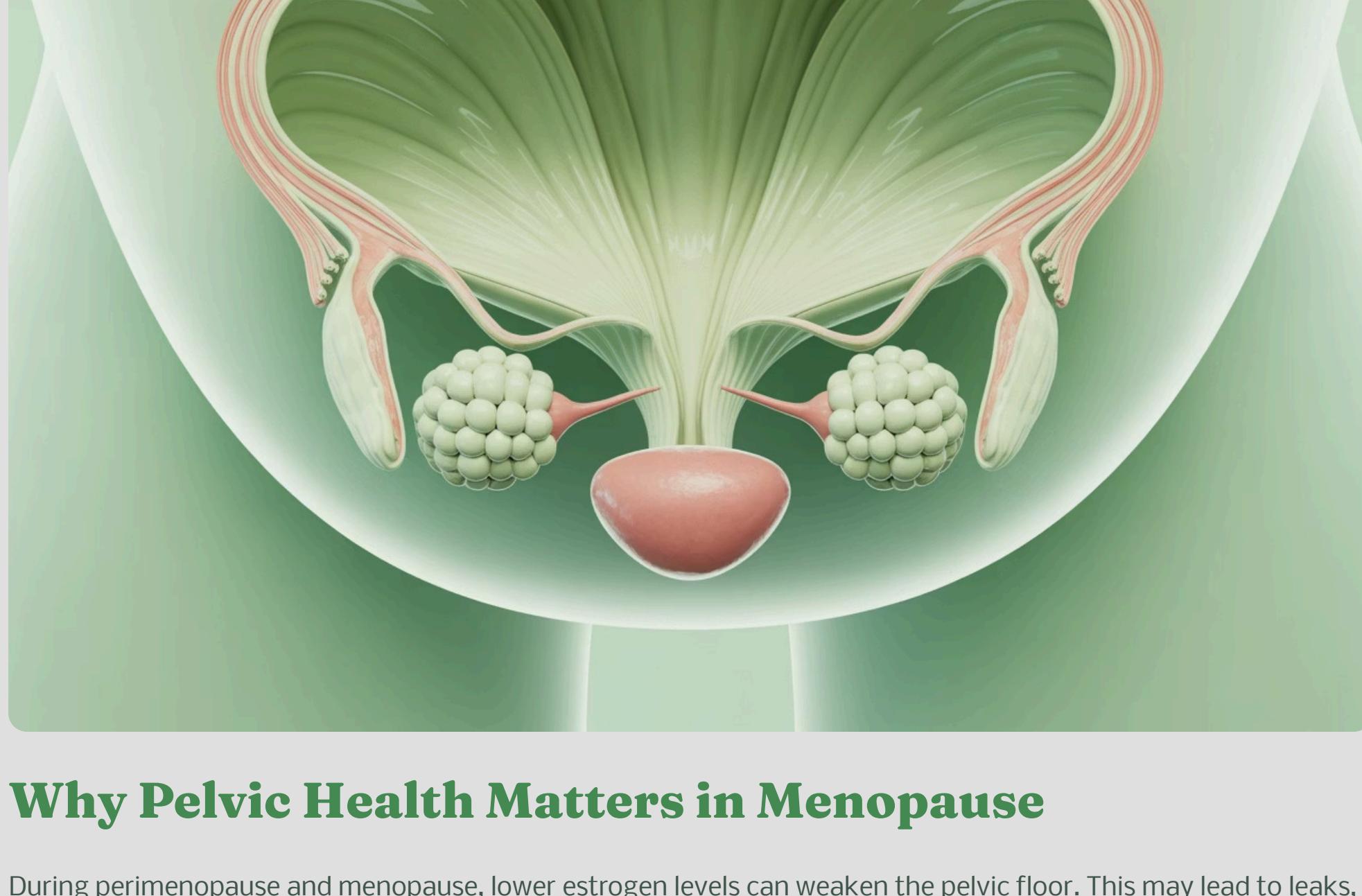


## MENOLUX CHEAT SHEET

# Menopause & Pelvic Health

### What Is Pelvic Health?

Pelvic health is all about how well the muscles, bones, tissues, and nerves in your pelvic area work together. When your pelvic floor is healthy, you can laugh, sneeze, exercise, and enjoy intimacy without leaks, discomfort, or worry. A strong pelvic floor supports your bladder, bowel, and sexual health.



### Why Pelvic Health Matters in Menopause

During perimenopause and menopause, lower estrogen levels can weaken the pelvic floor. This may lead to leaks, dryness, painful sex, or a heavy feeling in the pelvis. Caring for pelvic health now improves confidence, comfort, and quality of life.

### Signs Your Pelvic Floor May Need Support

- Leaking urine when you cough, sneeze, or laugh
- A heavy or dragging feeling in your pelvis
- Pain or dryness during sex
- Rushing to the bathroom urgently
- Difficulty starting or controlling urine flow



### Simple Steps for Stronger Pelvic Health

- Eat fiber-rich foods to avoid constipation
- Drink enough water daily
- Stay active with walking, yoga, or light strength training
- Practice Menolux Relaxation Breathing (Connection Breath)
- Maintain a healthy weight
- Limit bladder irritants like caffeine and alcohol

#### The Menolux Relaxation Breath

1. Sit or lie comfortably, with one hand on your belly and one on your ribs.
2. Inhale slowly, feeling your belly and ribs expand, letting your pelvic floor relax.
3. Exhale gently, imagining your pelvic floor lifting upward.
4. Repeat for 8-10 breaths, 2-3 times daily.

### Movement Matters

If exercise causes leaks or discomfort, try:

- Reducing weight or reps
- Changing your breathing pattern
- Shortening your range of motion
- Adding more rest between sets
- Choosing low-impact activities like swimming or cycling

### When to Seek Help

See a pelvic health physiotherapist, OB-GYN, or menopause specialist if:

- You can't feel your pelvic floor engaging
- Symptoms like leaking or pain persist
- Sex is consistently painful
- You notice worsening urgency or heaviness

### Menolux Support

At Menolux, we provide tools, coaching, and resources to help you thrive through menopause:

- Menopause 101 online course
- Your Menopause Roadmap book & workbook
- Executive Menopause Coaching for women and workplaces

Learn more at: [www.menoluxhealth.com](http://www.menoluxhealth.com) or send us an email: menoluxhealthandwellness@gmail.com