

MENOLUX NEW YEAR'S RESET

A Whole-Life Lifestyle Reset for Perimenopausal & Menopausal Women

This is not a diet. This is a reset of how you nourish, rest, move, think, connect and care for yourself during menopause.

"When the body feels safe, it cooperates."

WHAT THIS RESET IS

The Menolux New Year's Reset is a Lifestyle Medicine reset, designed specifically for women in menopause and perimenopause.

This reset supports you to:

- Calm fluctuating hormones
- Improve mood, clarity and emotional balance
- Reduce inflammation and belly weight
- Improve sleep and energy
- Restore motivation and self-trust

This is not about perfection. This is about **consistency, compassion and regulation.**

"You are not broken – you are adapting."

THE 6 PILLARS OF THE MENOLUX RESET

1. NOURISHMENT RESET
Hormone Safety Through Food

2. REST & SLEEP RESET
Hormone Medicine

3. MOVEMENT RESET
Move to Heal, Not Punish

4. STRESS & NERVOUS SYSTEM RESET
Mental Health Core

5. MINDSET & MOTIVATION RESET
Self-Trust Over Pressure

6. CONNECTION & PURPOSE RESET
Healing in Community

1. NOURISHMENT RESET

Hormone Safety Through Food

For the first 14 days, we intentionally remove:

- Added sugar
- Alcohol
- Ultra-processed foods
- Refined white carbohydrates
- Sugary drinks and juices

Why this matters in menopause

Sugar and ultra-processed foods:

- Spike insulin and worsen belly fat
- Increase hot flashes and night sweats
- Disrupt sleep
- Worsen anxiety and low mood
- Drive cravings and fatigue

Removing them allows your body to:

- Stabilise blood sugar
- Calm inflammation
- Improve mood and energy
- Reduce cravings naturally

"This is not deprivation – it is restoration."

☐ **The Menolux Meal Principle**
At every meal, aim for:

Protein + Fibre + Healthy Fat

- **Protein** supports mood, muscle and metabolism
- **Fibre** helps clear excess estrogen and supports gut health
- **Healthy fats** nourish the brain and hormone production

"Every balanced meal is an act of self-respect."

2. REST & SLEEP RESET

Hormone Medicine

Sleep is one of the most powerful tools for hormonal balance during menopause.

Menolux Sleep Support Practices

- Keep a consistent bedtime
- Dim lights after 8pm
- Avoid heavy meals late at night
- Use calming evening rituals (stretching, prayer, breathing)

Why this works

- Improves insulin sensitivity
- Reduces hot flashes
- Stabilises mood
- Improves motivation and focus

"Sleep is not lazy. Sleep is healing."

3. MOVEMENT RESET

Move to Heal, Not Punish

This reset removes punishment exercise.

Best movement choices

- Daily walking (even 10 - 20 minutes counts)
- Light strength training (2 - 3 times per week)
- Stretching, yoga or mobility work

Why this works

- Lowers cortisol
- Protects muscle and metabolism
- Improves confidence
- Boosts dopamine (the motivation chemical)

"Movement is a conversation with your body – keep it kind."

4. STRESS & NERVOUS SYSTEM RESET

Mental Health Core

Menopause is not just hormonal – it is neurological.

Daily Menolux Calm Practices

Choose 1-2 each day:

- Deep or box breathing
- Prayer or gratitude journaling
- Sitting quietly for 5 minutes
- Gentle music
- Warm showers before bed

Why this works

- Reduces anxiety
- Improves emotional regulation
- Lowers cortisol
- Makes habits easier to sustain

"You cannot heal in a state of constant urgency."

5. MINDSET & MOTIVATION RESET

Motivation during menopause comes from self-trust, not pressure.

Menolux Mindset Tools

- Release all-or-nothing thinking
- Focus on one supportive choice at a time
- Track how you feel, not just the scale
- Celebrate consistency over perfection

☐ **Daily Affirmations**

- My body is learning a new rhythm.
- I nourish myself with intention.
- Progress lives in consistency, not perfection.
- I am allowed to change and still be worthy.

"You don't need more discipline – you need more compassion."

6. CONNECTION & PURPOSE RESET

Healing does not happen in isolation.

Menolux Connection Practices

- Share your journey with supportive women
- Eat at least one meal mindfully
- Reach out to one encouraging person
- Reduce doom-scrolling and negative input

Why this works

- Improves mood
- Increases accountability
- Boosts oxytocin (the calming hormone)

"Healing happens faster in safe company."

FINAL MENOLUX MESSAGE

This season of life does not require warfare with your body. It requires **wisdom, patience and nourishment.**

You are not failing

You are not weak

You are evolving

"This reset is not the finish line. It is the beginning of a healthier relationship with your body."