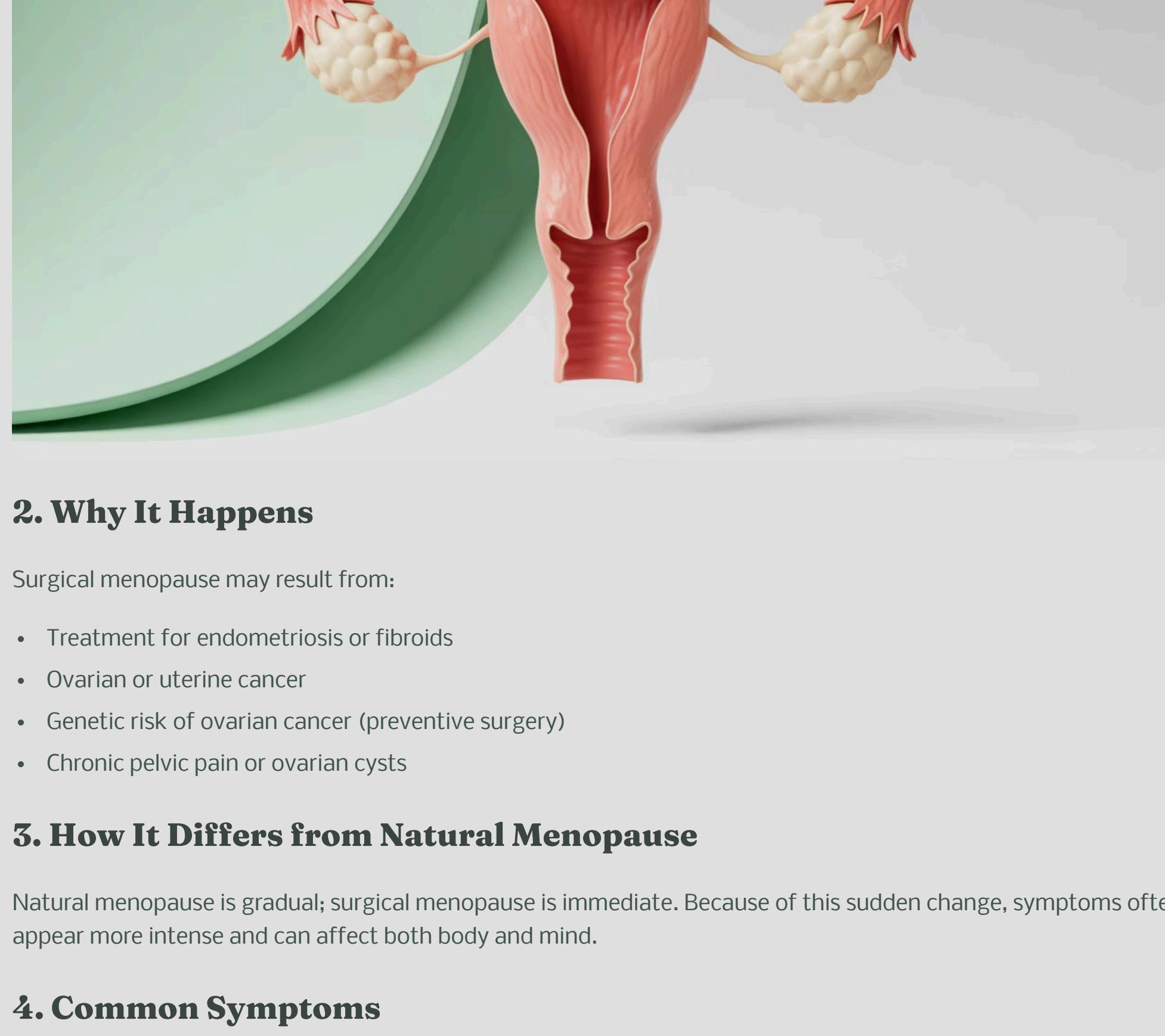


# Menolux Surgical Menopause Guide

## Guiding Women Through Every Season

### 1. What Is Surgical Menopause?

Surgical menopause occurs when a woman's ovaries are removed, usually during a hysterectomy or other pelvic surgery. This causes an immediate and permanent drop in estrogen and progesterone levels. Unlike natural menopause, which happens gradually, surgical menopause begins suddenly—creating an instant hormonal shift.



### 2. Why It Happens

Surgical menopause may result from:

- Treatment for endometriosis or fibroids
- Ovarian or uterine cancer
- Genetic risk of ovarian cancer (preventive surgery)
- Chronic pelvic pain or ovarian cysts

### 3. How It Differs from Natural Menopause

Natural menopause is gradual; surgical menopause is immediate. Because of this sudden change, symptoms often appear more intense and can affect both body and mind.

### 4. Common Symptoms

• Hot flashes and night sweats	• Loss of libido
• Fatigue and poor sleep	• Joint or muscle pain
• Mood swings, anxiety, or brain fog	• Emotional sensitivity or sadness
• Vaginal dryness or discomfort	

### 5. Hormone Therapy & Other Treatment Options

Hormone Replacement Therapy (HRT) can help restore balance and protect heart, bone, and brain health.

Other supportive approaches include:

- **Phytoestrogens** - soy, flaxseed, red clover
- **Supplements** - calcium, vitamin D, magnesium, omega-3s
- **Herbal and natural supports** - black cohosh, ashwagandha, maca

Always consult your healthcare provider before starting any treatment.

### 6. Mind–Body Connection & CBT Support

Surgical menopause can stir feelings of loss, identity changes, or fear of aging.

Cognitive Behavioural Therapy (CBT) helps by teaching you to:

- Notice negative thoughts ("My body has failed me")
- Reframe them into balanced truths ("My body is healing and adapting")
- Use gentle affirmations to replace anxiety with acceptance
- Practice mindfulness and gratitude daily

Menolux integrates this approach into wellness coaching—helping you build emotional resilience and self-compassion.

### 7. Self-Care & Lifestyle Support

- Eat nourishing, whole foods
- Stay active—yoga, walking, swimming
- Prioritize quality sleep and relaxation
- Connect with women who understand your journey
- Journal your progress and emotions
- Celebrate your strength through each new day

### 8. Intimacy & Emotional Health

Hormonal changes can influence body image and relationships. Open conversations, self-kindness, and small acts of intimacy can rebuild confidence. Healing takes time, and you deserve patience and love—especially from yourself.

### 9. The Menolux Approach

At Menolux, we recognize that surgical menopause is not just a medical event—it's a life transition. Through coaching, workshops, and personalized support, we guide women to reclaim balance, energy, and peace of mind.

#### Affirmation

*"My body has changed, but my strength and femininity remain. I embrace this new season with grace and power."*

### Ready to Begin Your Healing Journey?

You don't have to navigate this season alone.

Book a Menolux coaching session, wellness service, or a free complimentary discovery call to explore how we can support your transition through surgical menopause.

Visit [www.menoluxspa.com](http://www.menoluxspa.com) to book today.

Menolux Health & Wellness - Guiding Women Through Every Season.

