

THE UK'S DEDICATED MENOPAUSE PRINT MAGAZINE WITH INFORMATION YOU CAN TRUST

# Menopause matters™

Spring 2023

£5.99

## Black Women

For some menopause can start earlier and be more severe - why?

NOW A 116 PAGE ISSUE!

OUR MENOPAUSE Women share their stories

### MENOPAUSE & MOVEMENT

How to build a better relationship between the two

### SELF LOVE & KINDNESS

### KNOW WHAT PMDD IS?

It's Premenstrual Dysphoric Disorder - learn why we need to talk about it more

### A LITTLE STRESS CAN DO YOU GOOD

Hormesis - what is it and what triggers would you choose?

### ARE YOU FEELING SLEEPY?

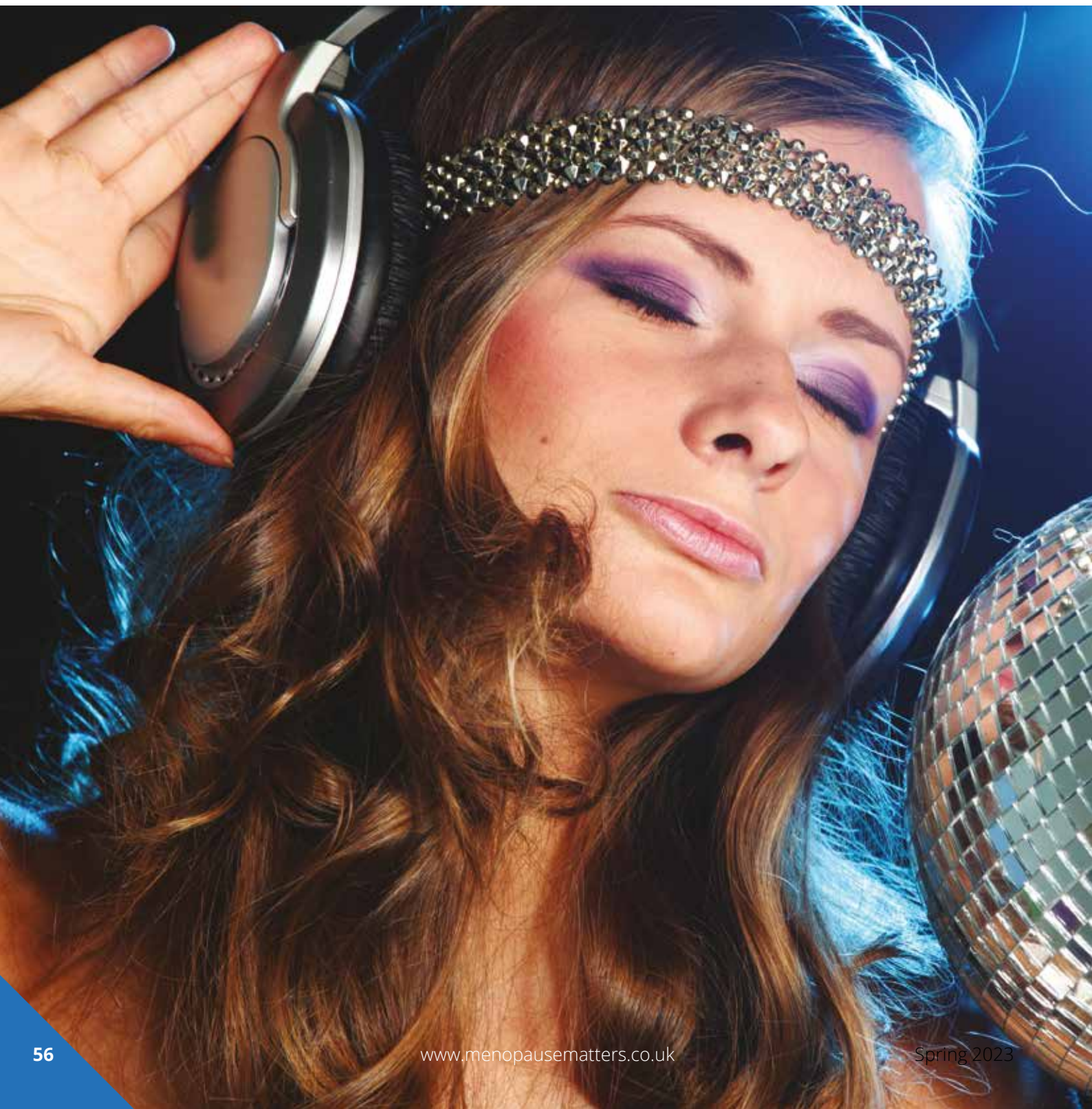
If not we have help for those with disturbed sleep patterns

### + PLUS...

Let's Dance  
Menopause & The Law  
Dr Currie's Casebook  
Teeth & Hormones  
Trauma & Menopause  
and more...



# Get up



# and boogie

**Slow, slow, quick, quick slow. Does it matter? Just dance like no one's watching says Dominique Levack. It's a free prescription for before, during and after menopause.**

*"The desires of the heart are as crooked as corkscrews  
Not to be born is the best for man  
The second best is a formal order  
The dance's pattern,  
dance while you can.*

*Dance, dance, for the figure is easy  
The tune is catching and will not stop  
Dance till the stars come down from  
the rafters  
Dance, dance, dance till you drop."*

*W.H Auden*

**D**ance has been part of pre-human culture since we evolved from early primates. Dancing as a ritual, celebration and ceremony.

We danced ourselves into civilisations as archaeologists have found traces of dance carved onto rocks from prehistoric times.

Dancing is a primeval form of expression that allows our bodies to flow and express what lies deep within us.



Wherever you try it, whatever  
your age, alone or with others,  
the feeling is the same...  
exhilaration and joy.

.....



Our dancing is like our DNA, unique and innately ours.

Who doesn't love to dance, even if it's secretly? A little skip in your step or a full twerk has the knock-on effect to make you feel like a teenager again, doesn't it?

I do think that our grandparents' generation had it good with the dancehall and ballroom traditions. The big bands, sprung dance floors and beautiful costumes all looked so romantic, particularly when couples would dance together in synchronisation.

The grace and beauty of the moves, the perfect timing of the feet, endless twirling and catching.

Slow, slow quick, quick slow.

### Times past

The UK has had a love affair with ballroom dancing since the 1920s and Victor Silvester who rose to fame as the winner of the first World Ballroom Championship in 1922 with Phyllis Clarke as his partner. He was a significant figure in the development of ballroom dancing during the first half of the 20th century, pioneering new steps and becoming a founder member of the Imperial Society of Teachers of Dancing, writing several books and opening dance academies across London. He even had his own show on the BBC throughout the 1950s called *The BBC Dancing Club*. A forerunner to *Come Dancing*.



Silvester became a bandleader and arranger, his records selling more than 75 million copies from the 1930s through to the 1980s. He was a stickler to the strict tempo of the dance styles, precisely because he knew how important the correct tempo of a dance was.

Perhaps this is where the name *Strictly Come Dancing* found its origins, as the show replaced *Come Dancing* in May 2004, with viewing figures between 7-12 million and it is sold to more than 50 countries around the world.

Growing up I loved disco dancing and would skip off on the 134 bus to Barnet Dance studio where I would kick and flick my way through the Moonwalk, the Roger Rabbit and the Running Man plus other hip-tastic gyratory feats to Donna Summer and The Jackson 5. →



The music was very different but the feeling was exactly the same. Exhilaration and joy. We now know that this is because dancing is good for you!

**The medical bit**

Dr Hanna Poikonen is a retreat leader, neuroscientist and dancer based in Barcelona, Spain. She is the founder of the Wise Motion Community and a researcher at ETH Zurich in Switzerland and Örebro University Hospital in Sweden.

She said: "Pain, stress and anxiety often go hand in hand with depression. Dance, music, and related expressive forms of therapy could help lessen mental fluctuations even before the onset of full depression."

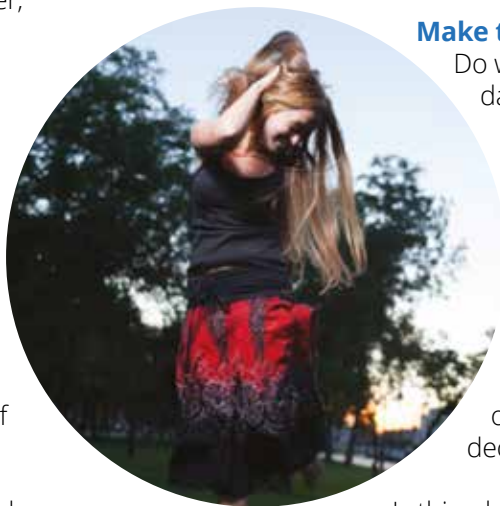
Based on a growing body of empirical evidence, she believes that dance-based movement can be used as part of holistic treatment for conditions such as Parkinson's disease, chronic pain, dementia, autism and mood disorders.

This said, why not perimenopause and menopause too?

According the Stanford University summary, dance also: "Integrates several brain functions at once — kinesthetic,

rational, musical, and emotional — further increasing your neural connectivity."

Much like singing, it makes you feel good because it's good for you!



**Make time to make those moves**

Do we have fewer opportunities to dance, as we grow older?

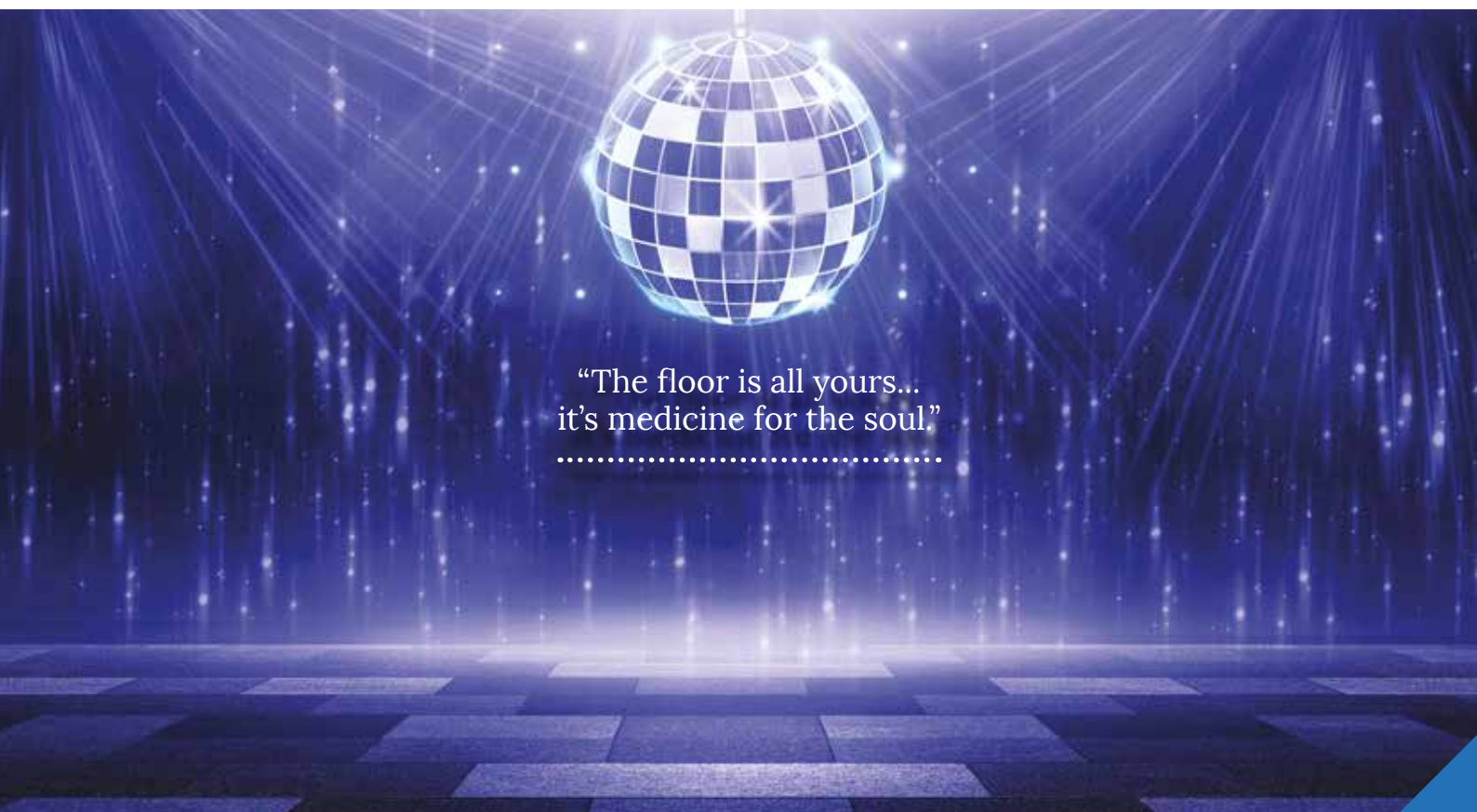
Dancing at parties seems to have been replaced by sit-down affairs, so very few men and women in their late forties and fifties actually get to bust out moves in the dining rooms across 21st century Britain.

Have we grown more self-conscious of our dancing prowess as the decades rock n' roll by?

Is this why we love festivals so much perhaps?

They are a great excuse to get back to nature, stay up late with our friends, wear crazy colourful clothes and dance our hot sweats away, like the old days.

Interestingly I have just celebrated my 55th birthday and dancing was very much on the menu at my party. I had made a play list from my 50th, which I resurrected. It was full of juicy tracks from Barry White, Shaft, James



“The floor is all yours...  
it’s medicine for the soul.”  
.....



Brown, Abba, Cameo and Earth Wind & Fire. Three generations of my family danced until dawn with friends and it was absolutely worth the aches and pains the next day! Medicine for the soul!

Researching for dance classes in my local area I was pleasantly surprised to see so many offers. There is Street Funk, Line Dancing, Mums' Rave (that's come 20 years too late for me, but great for others!) Silver Swans, Dancing for the over 50s and Diamond Dance Modern Jive. Something for everybody, and at all levels. I imagine dance classes would also be a good way to meet other ladies, and have a giggle while you wiggle!

Clearly, it's time for a dance revolution! Led by us women, who are not ready to give up the disco in us.

Let's unite in our leotards and lycra, to dance ourselves fit, flexible and funky.

*Viva la Dance!*

<https://wellnesstourismassociation.org/2022/11/14/joy-in-the-brain-body-and-community/>

<https://warwick.ac.uk/services/sport/content-hub/feed/6-benefits-of-dancing/>

<https://www.uplifterinc.com/benefits-of-dance>  
[https://en.wikipedia.org/wiki/Victor\\_Silvester](https://en.wikipedia.org/wiki/Victor_Silvester)

## 6 Benefits of Dancing according to The University of Warwick

### Mood Booster

Dancing releases endorphins which help to reduce stress levels by lowering cortisol. It's a perfect way to support your mental health, general well-being and fitness.

### Increases Aerobic Fitness

Your heart rate goes up, increasing your circulation and respiration.

### Motor Skill Booster

All those moves happening at once, sharpen mental and physical function, building control and coordination.

### Endurance and Stamina

The more you dance the quicker you build endurance to dance for longer.

### Build Muscle, Flexibility and Strength

Dancing is a body workout. However, as you are doing it to music, you don't see it as work, but as pleasure.

### The Feel good Factor

Dancing is a way to have fun. It invites you to move your body freely, connecting with yourself and others to music you love.

