





Hi friend!

Menopause can bring a range of frustrating symptoms, but the good news is—relief is possible! This cheat sheet gives you **quick**, **science-backed strategies** to manage hot flashes, sleep issues, mood swings, weight gain, brain fog, and more.

Use these simple tips to feel your best and regain control of your health during this transition.

Sincerely,

Cristie xox
Health Coach

THEWELLNESSBLUEPRINT.ORG

Common Menopause Symptoms

(AND HOW TO RELIEVE THEM)

Hot Flashes & Night Sweats

Try:

- - Cool-down strategies: Wear breathable fabrics, use a cooling pillow, and keep your bedroom cool.
 - Deep breathing: Slow, controlled breaths can reduce the intensity of hot flashes.
- Herbal support: Black cohosh and sage may help regulate body temperature.
- Avoid triggers: Cut back on caffeine, alcohol, and spicy foods.

02

Sleep Disturbances & Insomnia

Trv:

- Magnesium glycinate before bed to support relaxation.
- A consistent sleep routine: Go to bed and wake up at the same time daily.
- Reduce blue light exposure: No screens at least 1 hour before
- Herbal teas: Chamomile and valerian root can promote restful sleep.

03

Mood Swings & Anxiety

Try:

- Omega-3s (from fatty fish or flaxseeds) to support brain function
- Regular movement: Walk, do yoga, or try strength training.
- Adaptogenic herbs: Ashwagandha and Rhodiola help regulate stress hormones.
- Deep breathing & mindfulness: 5-10 minutes of daily meditation can help.

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04

Weight Gain & Slowed Metabolism

Try:

- Strength training: Helps preserve muscle mass and boost metabolism.
- Protein-rich diet: Aim for 20-30g of protein per meal.
- Intermittent fasting: Consider a 12-14 hour overnight fast.
- Reduce sugar & refined carbs: Focus on whole foods and fiber.

05

Brain Fog & Memory Issues

Try:

- Nootropic supplements: Bacopa Monnieri, Lion's Mane, and Ginkgo Biloba support cognition.
- Hydration: Drink plenty of water—dehydration can worsen brain fog.
- Sleep optimization: Aim for 7-9 hours of quality sleep.
- Mental stimulation: Read, do puzzles, or learn a new skill.

06

Low Libido & Vaginal Dryness

Try:

- Hydration & healthy fats: Avocados, nuts, and omega-3s support hormone balance.
- Pelvic floor exercises: Strengthening pelvic muscles can improve sensation.
- DHEA & Vitamin E suppositories: Help with vaginal dryness and tissue health.
- Open communication: Talk to your partner about changes and seek guidance if needed.

Quick Lifestyle Hacks

FOR HORMONE BALANCE

- 01 Stay Hydrated Aim for at least 8 glasses of water daily.
- **Get Sunlight Exposure** Supports Vitamin D production and mood balance.
- Prioritize Strength Training Helps maintain metabolism and bone density.
- Reduce Alcohol & Sugar Stabilizes blood sugar and reduces inflammation.
- Daily Stress Management Meditation, journaling, or nature walks can help.

READY FOR THE

Even More?

If you're exhausted, overwhelmed, or struggling with stubborn weight and hormone imbalance, you don't have to figure it out alone! ♥

▶ Reclaim your energy, balance your hormones, and feel amazing in your body:

- Join my 90-day Marvelous Menopause Project for personalized coaching
 - Fuel your body with my Vitality Blend for ultimate support

