

# HOT FLASHES?

Sleeping Problems?



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Healthy Holidays with Menopause

Take a look at what relief from symptoms looks like. Menopause symptoms including fatigue, hot flashes, weight gain, and mood swings.

Christmas can quickly become overwhelming. Trying to "do it all" to make these days special can get exhausting and stressful. Don't underestimate the power of rest. Keep your daily supplement routine consistent to keep the other symptoms at bay. You can also...

✨ Try delegating tasks to your family and don't overwork yourself.

✨ Be the guest and not the host. This



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can also...

- ✨ Try delegating tasks to your family and don't overwork yourself.
- ✨ Be the guest and not the host. This may be the time to pass on the responsibility of hosting to someone who is willing and happy to do so.
- ✨ Make sure to stick to a sleep routine, even if you attend more events this season.

Don't suffer in silence. You deserve relief.  
Follow us for more symptom relief from any stage of menopause this holiday season.

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