













## The 10 golden rules of *menopause*

-  1 Be kind to yourself
-  2 Eat well
-  3 Rest & relaxation
-  4 Water, water, water
-  5 Breathe deeply
-  6 Keep active
-  7 Support your liver
-  8 Get a good night's sleep
-  9 There is an end
-  10 Be proud of yourself