



JENNINGS
HOLISTIC HEALTH COACHING

The 10 Minute Menopause Cheat Sheet

3 Shockingly Easy Ways to Break Through Menopause Symptoms – Even If You’ve Tried EVERYTHING



with Heidi & Steve Jennings



MENOPAUSE



Eliminating menopause symptoms is one of the greatest feelings you can experience as a woman who has tried everything, yet still feels stuck. There is simply nothing else like it. That's because when you wake up feeling refreshed and energised and you pull on your favourite pair of jeans easily, you not only feel content, you're also empowered and motivated to go and enjoy life again.

However, there are many obstacles you have to overcome before you can get there. Not only do you have to wade through loads of scientific jargon, menopause myths and fads but you also have to let go of skepticism and try something completely new, which can be the most difficult challenge of all. All of this can leave you falling well short of the mark and stop you from ever living the life you deserve.

Fortunately though, a life without pesky menopause symptoms doesn't have to be as challenging as you think. Far from it, in fact. Simply by implementing the right tried-and-tested techniques, you can begin to eliminate these symptoms without experiencing any of the common frustrations.



How would we know?



Well, just a few years ago, Heidi hit rock bottom and almost lost everything because of her own health crisis that hit her like a sledgehammer. She had a rash covering her body, debilitating vertigo, multiple hot flushes that left her drenched every night and throwing the sheets off, insomnia, anxiety and depression, and a whole host of other symptoms which left her bedridden and with zero confidence. Conventional medicine couldn't help her, so she had to become an expert on healing her own body. After successfully doing so, she found her purpose as a holistic health coach and Amazon #1 bestselling author, helping people just like you who are struggling with dreadful symptoms that are frankly wrecking their quality of life.



At Jennings Holistic Health Coaching we have a 90% success rate at starting to resolve menopause symptoms within the first week. Over the past 20+ years, we've helped thousands of clients overcome years of hard work and trial and error to finally achieve their life-changing transformations.

We've written this cheat sheet to share some of the powerful industry secrets we've accumulated during our time in the health and wellness industry. The information you're about to read will help you break through stubborn menopause symptoms while making sure you avoid having to starve yourself on low calorie diets and slave away at the gym.

You're about to discover:

- An easy 5-minute quiz that measures your symptoms. It's crucial that you take this quiz.
- Where you're going wrong with your diet (90% of menopausal women make this mistake). This error could cost you thousands of dollars and set you back years.
- The truth about why some women breeze through menopause when you still struggle, and what you should be focusing on instead – this will completely blow your mind!
- The exercise you need to do to relieve menopause symptoms.
- Testimonials from women just like you who have reversed up to 14 years of menopause symptoms in just a matter of weeks while using our essential coaching strategies.

By the time you've finished, you'll have all the information you need to kickstart your journey to success, obliterate menopause symptoms for good and get your life back!

Let's get started!

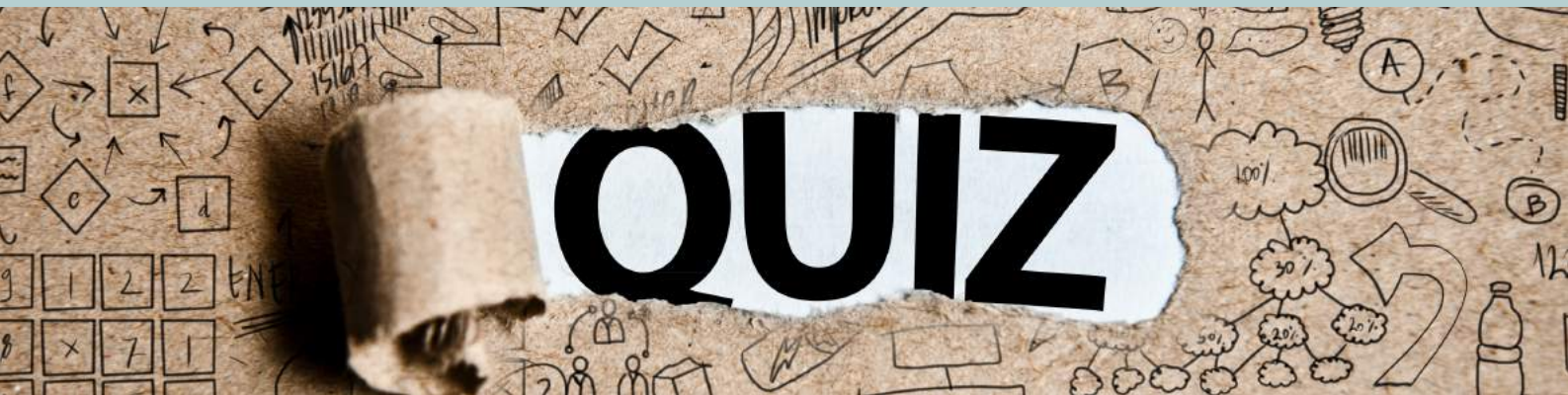
THE 3 SHOCKINGLY EASY WAYS TO BREAK THROUGH MENOPAUSE SYMPTOMS (IN AS LITTLE AS 14 DAYS)

Sadly, when it comes to eliminating menopause symptoms, too many women make simple mistakes which cost them dearly. If you're not careful, you could follow in their footsteps and end up falling well short of your goal.

But don't worry – we're here to help.

We've put together a list of the three easy ways to break through your menopause symptoms in as little as 14 days.

But first!



AN EASY 5-MINUTE QUIZ TO MEASURE YOUR SYMPTOMS

Some days, feeling like you're in great shape and on top of your game might seem like a faraway dream. But, if you implement the right strategies, you can get there far sooner than you think. The simple 5-minute Adrenal Stress Quiz provided below will help identify what's going on at a deeper level in your body, and why you may be feeling like a raving lunatic whose marbles have gone AWOL.

Take the quiz below and add up your final score.

The Adrenal Stress Quiz

For each symptom, rate a response from 0 to 3 based on how often you experience it. Add all scores together. Please note that if you are currently on medication, this will often lower your stress quiz total.

0= Never, 1= Weekly, 2= Daily, 3= Several times per day.

Section 1

- _____ Anxiety
- _____ Depression
- _____ Frequent urination
- _____ Fidgety
- _____ Hard to concentrate
- _____ Headaches
- _____ Irritability
- _____ Jaw pain or teeth grinding
- _____ Lack of joy or enthusiasm
- _____ Diminished memory
- _____ Picking at skin or fingernails
- _____ Poor sleep
- _____ Sighing frequently
- _____ Total for section 1

Section 2

- _____ Allergies worsening
- _____ Blurred vision
- _____ Blood pressure too low or too high
- _____ Fatigue throughout the day
- _____ Facial swelling
- _____ Heart rate rapid even when resting
- _____ Intolerance to cold weather
- _____ Mid-body weight gain
- _____ Muscle cramps
- _____ Muscular weakness
- _____ Neck stiffness
- _____ Sensitivity to bright lights
- _____ Shaking hands
- _____ Total for section 2

Section 3

- _____ Caffeine needed each morning
- _____ Frequent constipation
- _____ Cravings for heavy or fatty foods
- _____ Frequent dehydration
- _____ Fatigue in the afternoon
- _____ Gas and bloating
- _____ Regular heartburn
- _____ Irregular stools
- _____ Irritability when meals are delayed
- _____ Joint pain
- _____ Nausea
- _____ Salt cravings
- _____ Sugar cravings
- _____ Total for section 3

Add all 3 sections together:



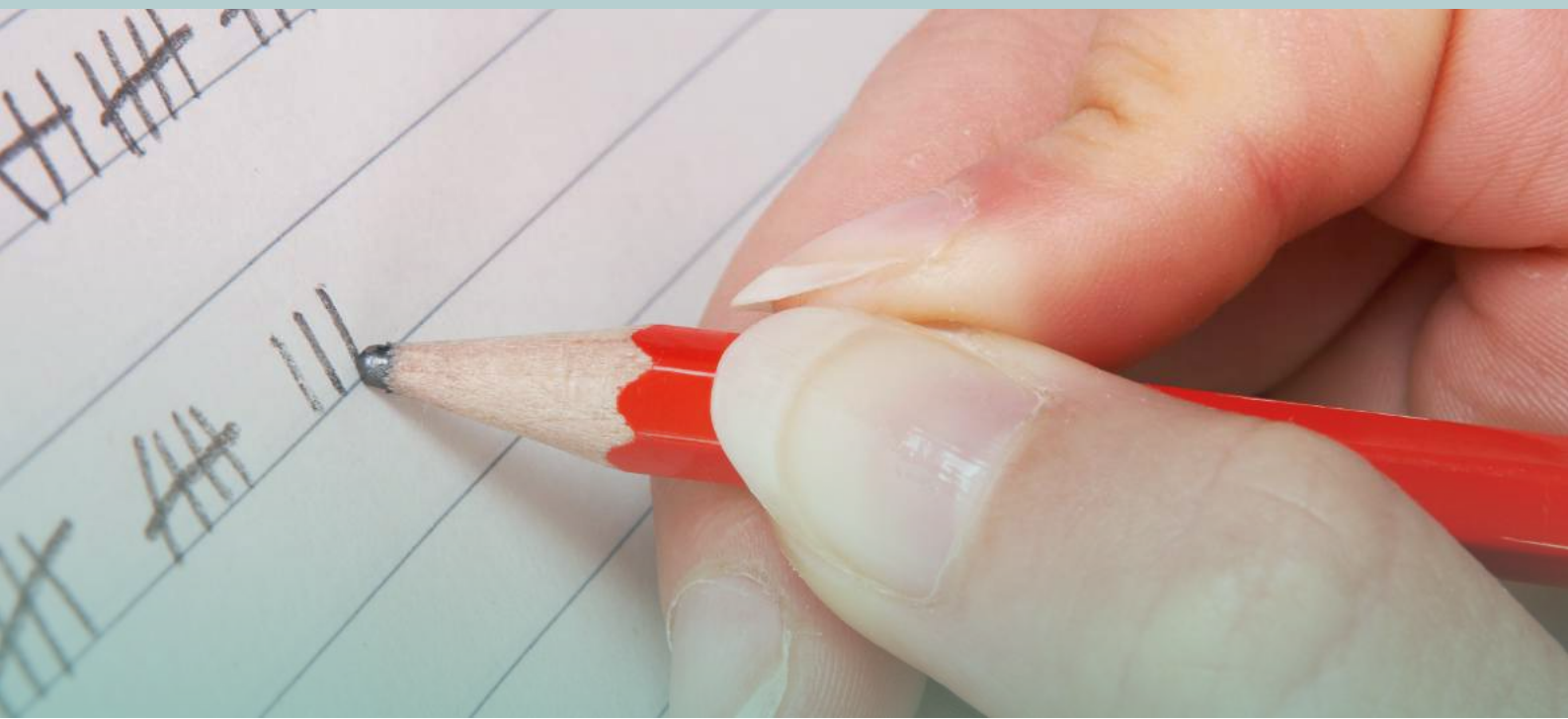
WHAT YOUR TOTAL SCORE MEANS

0-15 = Thriving – You can do any exercise you like because you are recovering well and your immune system is strong. This level is our objective.

16 - 30 = Stressed – you may find that you can be short with people, grumpy and may go through waves of energy highs & lows during the day. You may wake during the night and find your mind racing. Cravings may also be quite normal for you during sugar crashes.

31 - 45 = Wired & Tired – You may find it hard to get going in the morning and rely on coffee. You also may find it hard to fall asleep and find your sleep is unrefreshing. Your normal hormonal patterns are completely out of whack. One to three week recovery period minimum.

46+ = Crashed – You have been under stress for a sustained period of time. Your job is to recover. Forget about weight loss right now. If your lifestyle does not change, your body will make up your mind for you eventually. It's time to reduce your amount of commitments immediately. There is a recovery period of at least six to eight weeks minimum when you make your health a priority. Think about toxic relationships, your diet, your environment and your sleep. As far as exercise goes, high intensity, high impact exercise is the last thing you should be doing!



	THRIVING	SURVIVING		
		STRESSED	WIRED	CRASHED
How You feel	Enthusiastic	Edgy	Overwhelmed	Exhausted
How other people seem to you	Engaging	Too slow	Incompetent	Demanding
Your sleep is	Deep and restful	Hard to fall asleep	Hard to fall asleep	Unrefreshing
Your mental function is	Sharp and focused	Fast and scattered	Erratic	Unable to generate ideas
Best type of exercise	Any, have fun	Strength training	Cardio	Yoga

Right, now that's done, let's talk about the three shockingly easy ways you can break through your menopause symptoms!

1. AVOID THIS EASY MISTAKE WITH YOUR DIET (90% OF MENOPAUSAL WOMEN GET THIS WRONG)



This is something that always shocks our clients when we tell them about it – but once we do, their surprise quickly turns to delight as they realise how much of a difference this one thing can make.

You must address your diet and let go of some common dietary myths and fads if you're ever going to break free from your symptoms. This is really powerful because it can help you become symptom-free in a MUCH shorter timeframe.

Firstly, a question:

What's the connection between a keto diet, paleo diet, vegan or vegetarian diet?

Answer: They can all be high fat diets.

And a high fat diet is the last thing you want to be on. Low fat is where menopause relief is at my friend!

High fat diets compromise the liver and create extra stress on the adrenal glands. When you eat a high fat diet with dairy, eggs, meat, cheese, oils and nuts & seeds, the liver is forced to produce bile acid to break the fats down. This pre-occupies the liver and in turn daily detoxification can be reduced, meaning that toxic load increases over time. This is important, because the liver and adrenals play an important role during your menopause journey.

You may actually find that some foods are no longer suitable for you and cause some issues like bloating, reflux, fatigue, bowel problems or perhaps an inflamed gall-bladder.

If your blood fats are too high, adrenaline is released to break down those fats to stop your blood getting thick and sluggish, causing heart and circulatory issues. The adrenals take on more responsibility when you the ovaries slow down, so more pressure on the adrenals with a high fat diet is the last thing we want.

Quick Summary

A low-fat diet with healthy carbohydrates is really important for you. Carbs fuel the body and stabilise the adrenal glands. This means more balanced moods, less cravings, and better sleep. Viruses and bad bacteria can't live off these foods, so they become weaker and die off (pathogenic die off is another issue, but we won't cover that in this cheat sheet).

As adrenaline surges reduce, your immune system regains control which allow your adrenals to start to heal and your hormones start to recalibrate in the body. The result is less sugar cravings, no mood swings, more level energy, better sleep, better bowel function with more fibre and better digestion.

The healing doesn't happen over night though, so be patient.

Menopause transformations



Mariska, 50:

"My menopause symptoms are 90% less, I have more energy and to top it all I've lost 3.8kg in 14 days!"



Maureen, 50's (busy mum of seven!):

"I signed up to deal with horrific menopause symptoms. I've lost over 15kg across 6 months and my mood swings and hot flashes have disappeared. Fantastic support and nutrition!"

2. STOP BLAMING YOUR HORMONES – WHY SOME WOMEN SUFFER DURING MENOPAUSE AND OTHERS DON'T



Too many women blame their hormones for their symptoms, but sadly this can be disastrous and prevent them from ever resolving the real issue.

If hormones were the problem, then every woman would have a problem going through menopause and clearly this is not the case. The reality is, your body is meant to go through menopause, so let's start this journey by embracing it.

When you blame hormones for your menopause symptoms, it's like you are losing faith in your body. Trust us, your body is always fighting for you every day. The reality is that now more than ever menopausal women battle stronger common viruses, super bugs and an increase of environmental pollutants. Couple that with a poor diet and a hormonal shift like menopause and you have a recipe for some very strong symptoms.

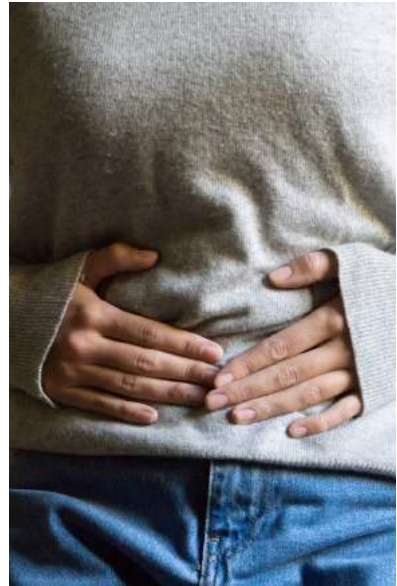
Let us explain hormonal shifts a little more.....

During hormonal changes like menopause, stress, menstrual cycles, puberty and pregnancy, your body becomes immune-compromised. For example, during your menstrual cycle, 80% of your immune system is directed toward this monthly function. This leaves just 20% of your immune system to battle with pathogenic activity like the latest cold or flu, inflammation, cell and tissue damage.

Let us ask you a question...

How many women do you know who get nasty side effects during their menstrual cycle like headaches, fatigue, migraines, skin break outs, back pain and pelvic pain? If you think about it, you probably know a few. These menstrual symptoms are treated as 'normal', but they are not normal they are just common. Since 80% of the adult population has some variance of a herpes virus or strep bacteria, menstrual symptoms like the ones mentioned above are very common in the modern world.

Remember, the immune system is compromised when a hormonal change occurs, and this leaves the door wide open for viruses and bacteria to wreak havoc and attack the body, creating inflammation of nerves. This can manifest as back pain, pelvic cramping, headaches, migraines, dizzy spells, stomach pain, and skin issues like eczema and acne.



What about hot flushes?

Remember that flu virus you caught once upon a time? Perhaps it was Covid. Did you experience hot sweats or temperature fluctuations going from hot to cold, to hot again over and over? I know we did when we caught Covid.

Well, some viruses like herpes create temperature fluctuations and can lay dormant in the body for decades. When your immune system is compromised, these dormant viruses can mobilise and create temperature fluctuations as your body battles with the bug. Remember, your immune system is compromised during menopause so you may experience recurring infections like colds, flus, bacterial vaginosis, yeast infections or urinary tract infections as a few examples.

Here's another question for you:

When you get run down, what symptom do you commonly experience? Steve's symptom is a sore throat first. When that happens he knows he needs to boost his immune system. This is an example of a bug mobilising as his immune system becomes compromised. This does not mean he has caught the latest bug going around, because the bug can emerge from dormancy in the liver. so for example, Steve gets a sore throat when he gets run down, and you might get hot flushes.

Temperature fluctuations are a real problem because your adrenal glands don't like heat, and so they weaken as they constantly work hard, trying to regulate your temperature. Weakened adrenals can mean energy fluctuations, stubborn body fat, sleep issues, electrolyte deficiency (like cramps, headaches & migraines) ... and mood issues. The more hot flushes you have, the more dehydrated you become, leading to feeling hot all the time, high blood pressure and headaches too.

Environmental toxins and menopause

Toxins can be accumulated throughout our life and often these can be fuels for herpes viruses and unproductive bacteria like strep. Think about all the aluminium in our deodorants and sunscreens, toxins in makeups, pesticides, herbicides, air pollution and toxic heavy metals in our fish and water. These all trigger the immune system into action along with an already compromised immune system during menopause.

Menopause can take a number of years to get through, so the symptoms you experience can last a long time.





Stress and Menopause

as mentioned. your adrenal glands help to keep your body balanced hormonally during menopause by stepping in and taking over from the ovaries. If stress is abundant then your adrenal glands will be preoccupied by the stress and pump out more adrenaline instead of balancing the body with estrogen and progesterone. The more the stress lingers, the more hormonally imbalanced you become and so the more menopause symptoms you experience.

If the adrenal glands have become weakened over time, then they can start to under or over-react to life situations. For example, a situation that is really very small in reality, can actually trigger a very unreasonable reaction from you, simply because your body releases a surge of adrenaline that pushes you into fight or flight response. You may lash out or overthink things leading to chronic anxiety.

The opposite is also true. The adrenal glands can under-react and you may feel no emotions at all to certain situations. You may feel emotionally redundant, feel flat, and lack joy, happiness or sadness.

How do you know if you have compromised adrenal glands?

We've added our adrenal stress quiz to the download. Take the quiz and add up your results. The higher the number, the more compromised you are. This will help you understand why you are suffering. (We do recommend that you print off this cheat sheet and write down your results. If you don't have a printer, just write your quiz answers down on a piece of paper). You can take the quiz once per month to monitor your results. This is a test we use with all of our clients to help us understand what help they need.



TESTIMONIAL



"I tried specialists, HRT and changing my diet to get rid of embarrassing hot flushes, insomnia and lack of energy, and nothing really worked. After working with the Jennings, my hot flushes disappeared and my energy and libido came back. If you are struggling, I would 100% suggest you try Steve & Heidi's methods!"

-Janet O'Shea - Real Estate Agent

Quick Summary

This is why not all women suffer horrendous menopause side effects: Stress levels vary, lifestyle choices vary, the toxin load varies and the viral/bacterial issues can vary from woman to woman.

3. CHOOSE THE RIGHT TYPE OF EXERCISE (THE FITNESS INDUSTRY IGNORES THIS)



This is something we've learned after 20+ years in the industry – but it's far from common knowledge, even among other wellness experts.

Doing the correct form of exercise for your current level of stress is absolutely crucial for you to be able to eliminate your menopause symptoms. Your correct form of exercise will depend on where you sit on the adrenal stress spectrum (which you will find out after you do the quiz). The more intense your exercise is, the more inflammation you create, the more compromised your immune system is and the more energy you require.

With global fitness trends such as F45 and CrossFit, the typical theme is to train harder for shorter periods of time, which build muscle and burn more fat. Great in theory, but for menopausal women who have many different challenges going on daily, the last thing you want to do or should be doing is thrashing yourself with high intensity exercise.

Here's some reasons why....

- You are likely to be chronically dehydrated due to temperature fluctuations.
- You are fatigued with poor sleep and so recovery from exercise is poor.
- High intensity exercise creates more inflammation which further compromises your immune system.
- If you are demonising carbs because you've been told they are bad for you, then all this high intensity exercise does is burn up the last of your valuable glucose (this is the blood sugar that you need to get all of your jobs done each day and keep your body going).

A compromised immune system and adrenal system needs glucose to function.

So if you are already exhausted and doing high intensity exercise, all you are going to do is burn up any remaining amount of glucose on the exercise, then run on empty for the rest of the day.

What this means is that your body is forced to produce MORE adrenaline. And more adrenaline means more hot flushes, low energy during the day, more irritability, anxiety, snappy moods and poor sleep. It means more cravings because you are low on fuel. And it may mean other symptoms also increase.

So, you may have a trim figure but still be feeling stuck and miserable.

Fasting is also a concern. Experts everywhere are telling you that fasting is great for everyone. This is not true.

When your body is starving and running low on glucose, your body will stimulate MORE adrenaline, and this means more symptoms.

Let's use this example (we say this to all of our menopausal clients) – If you are driving a car and the fuel light is on, you don't keep driving. You stop and refuel, otherwise you'll get stuck on the side of the road.

Let this be a lesson for you. If you are suffering like we have mentioned above, then fuel regularly with real whole foods, drop the high intensity exercise and fasting, and focus on walking, biking and yoga instead. Even just catching up on housework and gardening is great because when you have a tidy house, you feel more relaxed and have a clearer mind.



TESTIMONIAL



CLIENTS TESTIMONIAL

"On the 14 day Ultimate Menopause Transformation Programme I have been able to shift nearly 4kgs of stubborn weight that years of high intensity and gym couldn't - and I'm thrilled!"

*Lisa, 50's
Google Review*



THE TRUTH ABOUT THE WELLNESS INDUSTRY AND WHY MOST PEOPLE REMAIN SICK



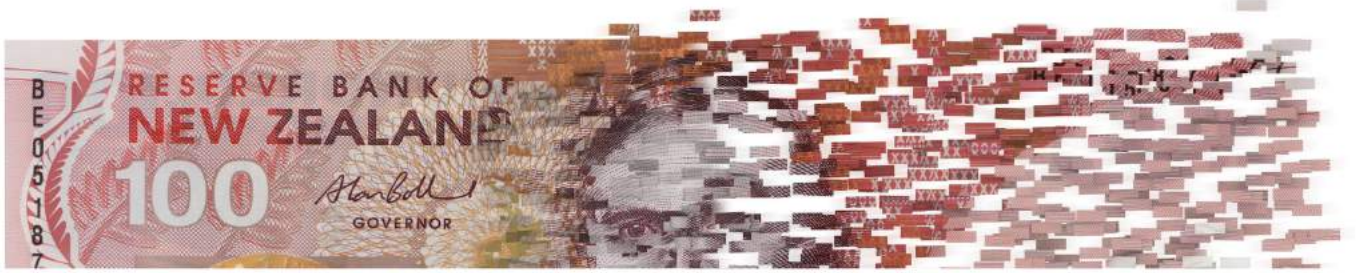
Have you ever tried to do something difficult without help? It could be something as simple as trying to move a heavy piece of furniture – like a desk – all by yourself. You probably knew in the back of your mind that it was better to ask a friend or family member for help – but you became impatient and gave it a go, to see if you could do it yourself. Sadly, shortly after trying, it became clear that you just couldn't do it.

The desk was WAY too heavy. Not only did you knock over the nearby lamp, but you've now got a stabbing pain in your lower back... and the desk is still stuck right where it was.

If only you'd asked for help.

Well, the truth is the health and wellness industry is a lot like that. It can be very difficult – or even impossible – to achieve vibrant health and wellbeing without any assistance.

Of course, there is one huge difference. Achieving great health isn't as simple as moving a piece of furniture. No, there is a LOT more to it than that. And the consequences could be far more costly than hurting your lower back or putting a scratch on the wall.



Not only could you cost yourself thousands of dollars, but you could also set yourself back years on your journey. You could end up further away from achieving that great state of health you so desire, than you are right now.

Sadly, this is something that happens all too often to many women. Instead of seeking expert help, they try to go it alone and fall well short of achieving their goals.

That's why it's imperative that you ask for expert advice. In the health and wellness industry, there's no-one better than Jennings Holistic Health Coaching. We have over 20 years of experience in the health industry, during which time we've helped thousands of clients reverse their menopause symptoms and set them on the path to great health again.

We can help you avoid the common pitfalls, steer clear of the costly mistakes and get your health back in the shortest period of time. Why risk ongoing, debilitating menopause symptoms for years to come when you can use our expertise and proven systems to get to where you want to be?

To find out how we can help, get in touch with us below for a free, no-obligation 30 minute menopause mastery session.

CLAIM YOUR FREE NO-OBLIGATION 30-MINUTE MENOPAUSE MASTERY SESSION VALUED AT \$197, AND START TO GET YOUR LIFE BACK

Thank you for taking the time to read this cheat sheet – We hope you've found the information helpful and can use what you've learned to achieve great health.

If you're truly serious about this, then we have excellent news. For this week only, we're offering you a free, no-obligation session with Heidi or Steve.

During your 30-minute session, we'll discuss your current situation, what your goals are and how we can help you achieve them using our proven system.

We'll also cover a stack of valuable information together, including...

How you can halve your menopause symptoms in as little as 14 days, what you should never do when attempting to resolve your symptoms, and how to avoid all the most common mistakes many women make which sabotage their success.

There's no cost or obligation to move forwards with our service afterwards if you feel like it's not for you. It's simply a free information session designed to educate you and provide value to you in advance.

To claim your free personal Menopause Mastery Session (valued at \$197), all you have to do is click the calendly link below and book your session within seven days of joining our email list. We know it can be hard to talk about your health, but trust us – we've heard it all before! So be brave and take the next step. It's truly life changing!

Claim Your Free Session Here:

[**CLICK HERE**](#)