



Your Menopause Resource Guide

Updated 26th August 2024

Be your own health advocate and empower yourself with knowledge of what's going on in your body during your Menopause transition, because sadly and most likely, your doctor does not.

“Menopause and perimenopause are still a black box to most doctors, leaving patients exasperated as they grapple with symptoms...menopause doesn't impact just the ovaries, but is a hormonal show which the brain takes centre stage.” (Dr Lisa Mosconi - 'The Menopause Brain').

The decline of oestrogen as we women age and go through Menopause influences everything in our body. It has a major impact on how we feel as our body responds.

Your brain fog, your forgetfulness does not mean you are going crazy. Your mood swings, explosive anger, anxiety, your deeper feelings of depression, heart palpitations, muscle aches and joint pain, rise in body temperature, lack of sleep, dry mouth, dry skin, urinary frequency and pain, lack of libido...are all very real and common symptoms women feel during their Menopause transition.

Misdiagnosis and treatments are often the result as our symptoms are treated in isolation rather than looking at our body as an interconnected whole.

To help you become better educated on what's going on in this stage of life, I have put together a list of resources for you. It's by no means exhaustive but hopefully it's a great head start. I will build on it as I discover more reliable resources.

“Menopause is not a disease--it's a planned change, like puberty. And just like puberty, we should be educated on what's to come years in advance, rather than the current practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why, and what to do about it is both empowering and reassuring.” (Dr Jen Gunter - ‘The Menopause Manifesto’).

My want for you is that through arming yourself with the right information, you'll be able, with greater confidence, to ask questions of your health professional team members. To open up that black box with them and together, find the right help you need for your very individual experience.

If you know of any resources that should be on this list, please email me at Anita@SequinsandSand.com.au and I'll add them in.

Let's do this together, for each other and for the future health of our daughters and grand-daughters.

Share it on. Let's be the change we need to see happen. We have much to do!

Anita

Founder: Sequins and Sand | www.SequinsandSand.com.au

Books

TITLE	AUTHOR
The Upgrade - how the female brain gets stronger and better in midlife and beyond.	Dr Louann Brizendine (Neuropsychiatrist, researcher and clinical professor)
The Female Brain	Dr Louann Brizendine (Neuropsychiatrist, researcher and clinical professor)
The Menopause Brain - the new science for women to navigate midlife and optimise brain health for later years.	Lisa Mosconi PhD (Leading researcher on the female brain in menopause. Degrees and research in neuroscience, nuclear medicine, and nutrition)
The XX Brain . The Groundbreaking Science Empowering Women to Prevent Dementia.	Lisa Mosconi PhD (Leading researcher on the female brain in menopause. Degrees and research in neuroscience, nuclear medicine, and nutrition)
The New Menopause - Navigating Your Path Through Hormonal Change with Purpose, Power, and Facts	Mary Claire Haver, MD USA Board-certified OB/GYN and a Certified Culinary Medicine Specialist.
The Menopause Manifesto - Own your health with facts and feminism.	Dr Jen Gunter Canadian-American OB/GYN, pain medicine physician, and two time NY Times best selling author.
The Definitive Guide to the Perimenopause and Menopause	Dr Louise Newson UK based GP and Menopause Specialist
The M Word - How to thrive in Menopause	Dr Ginni Mansberg Australian Based GP with a special interest in menopause
It's The Menopause - What you need to know in your 40s, 50s and beyond	Kaz Cooke Much loved Australian journalist and cartoonist who has written many best selling books helping generations of girls and women with their health and life stages.

Podcasts : Listen about Menopause from respected experts.

Dr Louise Newson Podcast.	“Each week I’m joined by a special guest for the lowdown on the latest research and treatments, bust myths and share inspirational stories.”
Menopause Conversations with Angela Counsel (leading Menopause expert and Naturopath)	“Openly discuss the issues that impact women as they move through peri-menopause and beyond.”
Menopause Matters with Alison Brahe-Daddo.	“Speaking with leading menopause experts, Alison sheds light on issues faced by many women, including some of the best ways to manage your symptoms, how to navigate your career, mental health and relationships during this time, and shares the joys of life post-menopause.”
Mel Robbins Podcast - From PMS to Menopause: How to Hack Your Hormones and Use Science	“In this episode, double-board certified Dr. Amy Shah is here to explain the science of hormones, how they impact a woman's body, and more importantly, what you can do about it.”
Mel Robbins Podcast - The #1 Menopause doctor. How to lose belly fat, sleep better and stop suffering now.	“You won't believe what the latest research is saying about menopause. And you're likely not getting what you need to know from your doctor. Today, the #1 menopause doctor tells you everything she knows so you can stop guessing and KNOW how to stay healthy and feel amazing in your body.”
Menopause Checklist Podcast - Jean Hailes national not for profit for women’s health in Australia.	“No two women are the same, and everyone will experience menopause differently. In these bite-sized, easy-to-understand episodes we explore the range of symptoms women might experience during menopause. Remember, it’s not all about hot flushes. Download the ‘ Menopause and perimenopause symptom checklist ’ to take with you to your doctor.
Dear Menopause	“Dear Menopause podcast is as an easily accessible way to provide awareness and education about all aspects of perimenopause, menopause and life post-menopause.”

Watch : Interviews and TEDx talks about Menopause from different perspectives.

<p>Dr Lisa Mosconi on the Rich Roll podcast. What Every Woman MUST KNOW to PREVENT Alzheimer's.</p>	<p>“Rich sits down with neuroscientist Dr. Lisa Mosconi to discuss menopause and brain health, Alzheimer's and dementia, neuro-nutrition, hormone replacement therapy, and much more. To read more about Dr. Mosconi and peruse the full show notes, go here👉 https://bit.ly/richroll819”</p>
<p>How Menopause Affects The Brain: TEDx Talk by Dr Lisa Mosconi</p>	<p>Watch it here.</p>
<p>What Killer Whales Can Teach Us About Menopause. TEDx talk by Thea O'Connor</p>	<p>“Thea O'Connor challenges the audience to shift the conversation around menopause in the workplace.” Watch it here.</p>
<p>Should Men Talk About Menopause? Amanda Thebe TEDxHawkesbury</p>	<p>“Menopause is most definitely having its time in the sun, and about time too! But should men be allowed to join in the conversation? In this funny, informative and deeply personal talk, author and fitness coach, Amanda Thebe, reveals the answer.” Watch it here .</p>
<p>The Menopause Manifesto TEDx - Dr Jen Gunter.</p>	<p>Watch it here.</p>

Health Professionals : who focus on women's health

Dr Kelly Teagle & WellFemme

Founder of WellFemme - a Telehealth menopause clinic, providing evidence-based menopause information and treatment in collaboration with clients' usual General Practitioner. We are a collective of GP's who care about menopause and perimenopause, supporting one another to continually develop our knowledge and treat patients.

Find out more about WellFemme here [👉 Wellfemme"](#)

Angela Counsel & Embrace Menopause

Angela is a leading Naturopath, Kinesiologist and Mindset Coach who specialises in helping women to navigate their menopause transition with ease without HRT. She does this through her Embrace Menopause program. She's on a mission to spread the word that menopause does not have to be a tough time in life, in fact it can be a time of stepping into your wisdom and falling in love with yourself and your life.

Find out more about Embrace Menopause & Angela here [👉 Embrace Menopause](#)

Dr Karen Coates

Dr Karen is Australia's leading integrative medical doctor and naturopathic physician. Whilst no longer seeing patients Dr Karen continues to share knowledge through her books, courses, retreat and specialised consultations.

Find out more about Dr Karen and how she may help you here [👉 Dr Karen Coates](#)

Kristin Bouse & All About Her

Kirstin is a Clinical and Forensic Psychologist with nearly 3 decades of experience with the latter half of her dedicated to working with women as they navigate pregnancy, motherhood, and the transition through menopause. The owner of Perth Psychology Collective, the team offers a wide range of psychological assessment and therapy services to the local community.

She is also the founder of All About Her - a resource hub and healthcare squad for Australian women whose lives are impacted by menopause. Resources,

	reputable health professionals and cheerleading under one virtual roof.
	Find out more about All About Her and Kirstin here 👉 All About Her & Kirstin Bouse

“Seriously, if men had hot flashes, we’d have found a solution a long time ago!”

Lisa Mosconi - The XX Brain

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