

A happier MENOPAUSE starts here!

It's a phase of life most women dread – a time of physical and psychological change – but the menopause doesn't have to make you feel bad, mad or sad. Well not all the time...

You've noticed the telltale signs – you're moody, forgetful and irritable. Or you're having irregular periods and hot flushes. The chances are, if you're a woman in your 40s or 50s, you're trudging towards menopause.

You may also be keeping quiet about unpleasant symptoms and mental health issues because you're aware that society isn't always sympathetic towards what you're going through.

'It's still a fairly taboo subject that women don't discuss, so they often suffer in silence, both at home and at work,' says Jackie Lynch, a nutritional therapist and author of *The Happy Menopause* (£12.99, Watkins Publishing). In fact, one in four women think about leaving work because their symptoms are so bad.

'There isn't enough information available. During pregnancy, we're bombarded with advice but it's not

The Happy Menopause by Jackie Lynch (RRP £12.99) is available now.

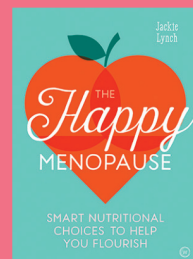


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