

Mastering The Meno(Pause) Transition Master Class

MODULE 1

Presented By:
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MASTERING YOUR MENO(PAUSE) TRANSITION MASTER CLASS

PRESENTED BY:

DR. SHARON STILLS



Naturopathic Philosophy

- First Do No Harm
- Healing Power of Nature
- Identify and Treat the Cause
- Doctor as Teacher
- Treat the whole person
- Prevention



The Power of Pause

- Press Pause and Evaluate your Life
- Assess your Physical Health in Depth
- Unravel what you would like your life to look like
- Step into your sacRED second act
- Ensure the lasting changes through lifestyle

RED



- **R**einvent Your Health
- **E**xplore Your Spirit
- **D**iscover Your Sexy

A top-down view of a person's legs in a bathtub. The water is clear, and the tub's surface is decorated with several slices of oranges and sprigs of green leaves. The person's feet are visible, and their legs extend across the frame. The overall lighting is soft and natural.

Self Care is Mandatory

Not all Medicine Comes in a Pill Bottle

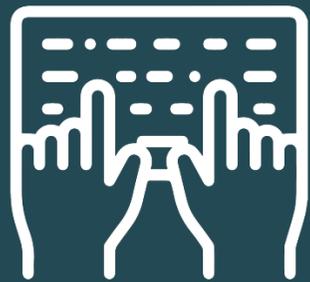
#InnerPeaceOverOrganicBroccoli

What's Next?

Module 2: The Low Down on Hormones

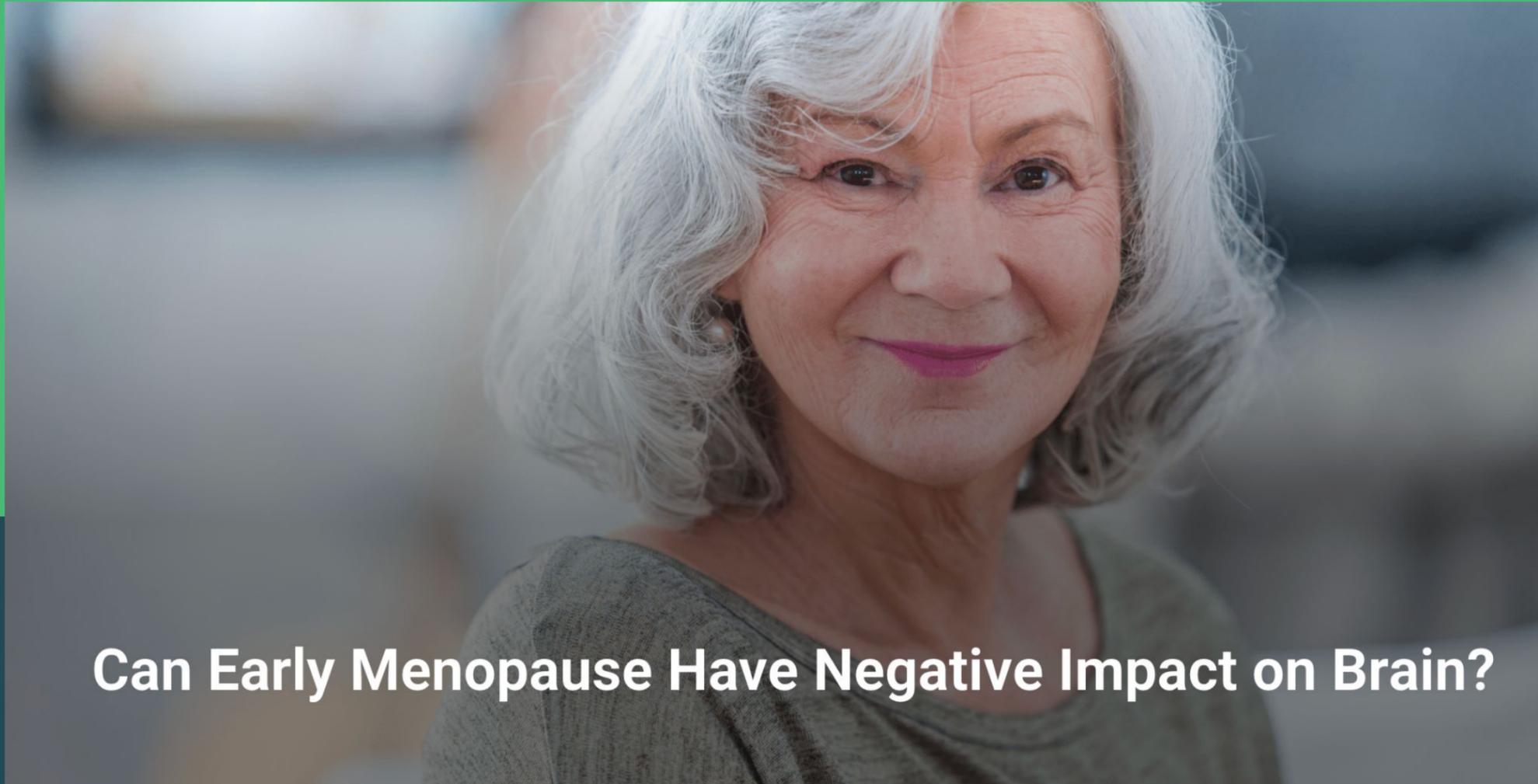
Dosing, Correct Application, Monitoring and Testing

Q and A

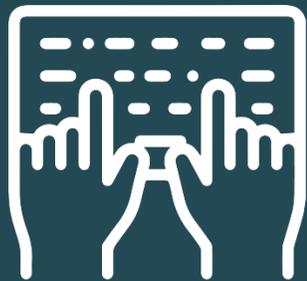


Please type in your questions in the chat or Q and A section

<https://drtalks.com/blog/new-study-finds-early-menopause-could-have-negative-impact-on-brain/>



Can Early Menopause Have Negative Impact on Brain?



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The Risks of Menopause

The risk of developing diseases like stroke and cognitive impairment increases with age. This risk is higher in women because of the reductions of estrogen during menopause. Estrogen protects blood vessels. The reduction in estrogen following menopause raises the risk of cerebrovascular dysfunction. Cerebrovascular dysfunction means impaired blood flow in the brain. A new study reported that women who begin menopause at an early age (<45) may have a higher risk of developing cerebrovascular dysfunction.

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