

## 5 Ways to Feel Energized During Menopause

**Avoid Sugary Foods-** processed sugar can spike insulin levels, making you feel lethargic a few hours later. We often then consume more sugary foods or caffeine to feel better. The up and down in insulin spiking can wreak havoc on our hormones, causing fatigue.

**Set Time Aside for Exercise-** it may feel difficult to do, especially if you are tired, but regular exercise does a world of good for energy levels. Get out for a walk, do some gentle yoga- anything to get the blood moving and circulation happening in the body.

**Meditation-** set aside time for meditation every day, even if it's just 5-10 minutes. Taking time out to be still and quiet, simply listening to the sound of your breath, does wonders for reduce the stress hormone, cortisol. Meditation works. It takes practice, however the longer you can do it, you may be surprised to see that solutions to your problems will appear, when we are able to quiet the mind.

**Eat Lighter Meals-** focus on three meals a day centred around whole foods- vegetables, fruits, good quality protein and whole grains. Avoid sugary and highly processed foods. This will help to balance hormones and make you feel energetic for longer periods of the day.

**Eat During a Window of Time (not too late at night)-** try to consume your meals within an 8-9hour window, leaving at least 2hours between your last meal and bedtime. This will ensure that your body has a good break from digesting food and can work ore efficiently at healing and detoxing while you sleep.

