



Menopause Made Simple



A Natural Guide
For Women 40+

Written By: Dr Nkiru Orji

Dedication.

This e-book is dedicated to God Almighty, the giver of wisdom, healing, and new beginnings.

To every woman walking through menopause, may this book remind you that your body is beautifully created and capable of renewal.

“Behold, I am doing a new thing; now it springs forth, do you not perceive it?”

-Isaiah 43:19

Acknowledgements.

I am deeply grateful to all who have walked with me on this journey of learning, healing, and growth.

To my family, thank you for love, patience, and encouragement as I pour into this mission.

And to every reader, thank you for taking this step toward natural healing and balance. May your journey spring forth with peace, vitality and purpose

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Introduction

Welcome, Beautiful woman

You've entered a new chapter of life, one that deserves understanding, care, and celebration. Menopause is not a disease; it's a natural transition, much like puberty, but in reverse. Sadly, many women face it with fear, confusion, or embarrassment. This guide is here to change all that.

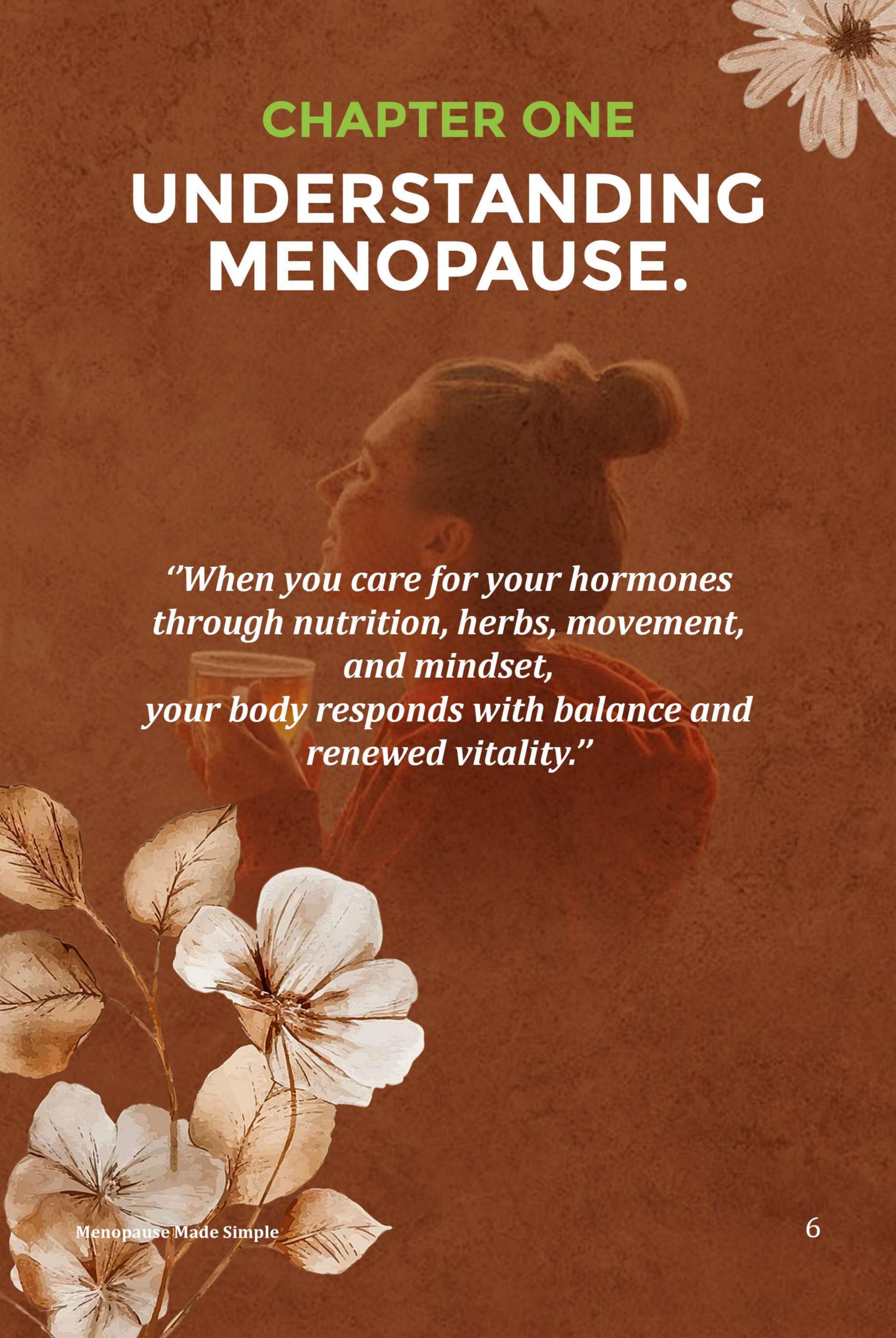
Menopause is not the end of your youth, it's the beginning of a powerful new season in your life. Your body is shifting into a new rhythm, but with the right knowledge and natural support, you can thrive through this change.

About six years ago, menopause hit me unexpectedly. I didn't quite understand what was happening at first. My periods became irregular, and I started experiencing symptoms that I didn't realize were related, joint aches, brain fog, lack of concentration, feeling anxious and stronger emotions than usual. I know these are classic signs of menopause.

As a medical doctor, health coach, and naturopathic nutritional therapist in training, I've seen how understanding your body and making simple life adjustments can transform your experience. Whether you're in your 40s, already experiencing hot flashes, or just curious about what's ahead, this short guide will help you understand what's happening inside your body and how to support it naturally through foods, herbs, and lifestyle changes.

At Springforth Health & Wellness, we believe that with the right knowledge and simple changes, every woman can thrive through menopause feeling calm, balanced and confident.

Let's begin



CHAPTER ONE

UNDERSTANDING MENOPAUSE.

“When you care for your hormones through nutrition, herbs, movement, and mindset, your body responds with balance and renewed vitality.”

Menopause simply means the end of your monthly menstrual cycle, a time when your ovaries slow down and eventually stop releasing eggs. This is a completely natural part of aging, just like puberty was at the beginning of your reproductive years.

For most women, menopause happens between the ages of **45 and 55**, though some may notice changes earlier (this is called **perimenopause**). The average age is around **51**. It doesn't happen overnight, and it's a gradual process that unfolds over several years.

During this time, your body's production of **estrogen** and **progesterone** (the two main female hormones) begins to fluctuate. These hormones influence everything from your mood, sleep, and weight to your skin, brain, and heart health. Which is why you might notice changes in how you feel.

The Three Stages of Menopause.

1. Perimenopause (The transition phase):

This stage can start several years before your periods stop. You may experience irregular cycles, mood swings, night sweats, breast tenderness, or changes in weight and energy.

2. Menopause (The official mark):

You reach menopause when you've gone **12 months without a period**. This means your ovaries have stopped releasing eggs.

3. Postmenopause (After menopause):

This is the stage after menopause, when your symptoms may ease, but your body continues adjusting to lower hormone levels.

Common Symptoms and What They Mean.

Every woman's experience is unique, but here are some of the most common changes you might notice:

- 🌱 Irregular or missed periods.
- 🌱 Hot flashes and night sweats.
- 🌱 Trouble sleeping or waking up too early.
- 🌱 Mood changes or irritability.
- 🌱 Forgetfulness or brain fog.
- 🌱 Weight gain, especially around the belly.
- 🌱 Dry skin or thinning hair.
- 🌱 Decreased libido or vaginal dryness.

These symptoms are signs that your hormones, especially estrogen and progesterone are naturally shifting as your body enters a new phase. They do not mean something is wrong. Each change simply reflects what's happening in your body:

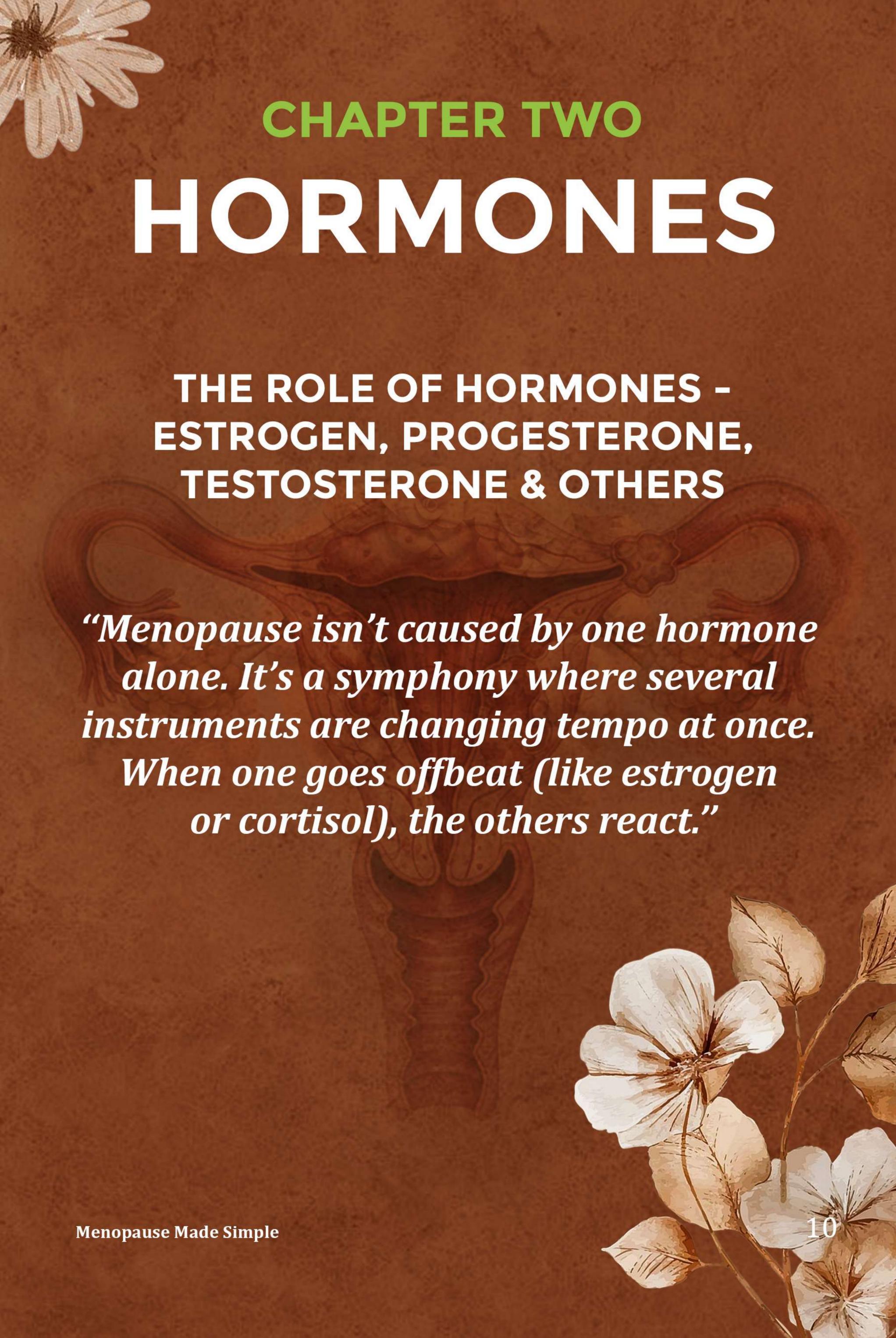
- 🌱 Hot flashes and night sweats show changes in temperature regulation.
- 🌱 Mood shifts and brain fog reflect changes in neurotransmitters.
- 🌱 Weight gain around the belly shows changes in metabolism and insulin sensitivity.
- 🌱 Vaginal dryness and reduced libido reflect lower estrogen levels.
- 🌱 Dry skin and thinning hair show slower cell renewal.

With the right understanding and gentle natural support, these changes can be managed effectively, and you can feel balanced again.

A New Beginning, Not an Ending.

It's easy to see menopause as the end of youth or fertility, but in truth, it's the **beginning of freedom, wisdom, and self-discovery.** This is a season to slow down, nourish your body deeply, and reconnect with what truly matters.

When you care for your hormones through nutrition, herbs, movement, and renewed mindset, your body responds with balance and renewed vitality.



CHAPTER TWO

HORMONES

THE ROLE OF HORMONES - ESTROGEN, PROGESTERONE, TESTOSTERONE & OTHERS

“Menopause isn’t caused by one hormone alone. It’s a symphony where several instruments are changing tempo at once. When one goes offbeat (like estrogen or cortisol), the others react.”

Hormones are the body's **chemical messengers**, tiny but powerful substances that tell your organs what to do and when to do it. During menopause, the natural balance of these messengers begins to change, and that's what creates many of the symptoms women experience.

Understanding what's happening with your hormones helps you care for your body with more compassion instead of frustration. Let's break it down simply.

Estrogen – The Nurturer.

Estrogen is your main female hormone. It supports:

- 🌱 Your menstrual cycle.
- 🌱 Bone strength.
- 🌱 Heart health.
- 🌱 Brain function and mood.
- 🌱 Skin elasticity and hair growth.

During menopause, your ovaries gradually produce less estrogen, which can lead to symptoms like hot flashes, night sweats, vaginal dryness, and mood changes.

Estrogen is like the body's gentle nurturer, when its levels drop, your body feels the difference.

Progesterone – The Calmer.

Progesterone works hand in hand with estrogen and plays a key role in balancing it. It helps you

- 🌱 Sleep well.
- 🌱 Stay calm and focused.
- 🌱 Keep your mood stable.
- 🌱 Support heart and thyroid health.

When progesterone levels fall (which often happens before estrogen), you may notice poor sleep, irritability, anxiety, and irregular periods

Think of progesterone as your body's "soothing friend".

Testosterone – The Energizer.

Though we often associate testosterone with men, women produce small amounts too. It helps maintain:

- 🌱 Energy.
- 🌱 Muscle strength.
- 🌱 Motivation.
- 🌱 Libido.

As testosterone gently declines, you might feel more tired or less interested in intimacy. Supporting your adrenals and eating enough protein can help restore natural vitality.

Other Hormones That Play a Role.

1. Cortisol (The stress hormone):

Chronic stress increases cortisol, which can worsen hot flashes, belly fat, and fatigue.

2. Thyroid hormones:

Low thyroid function is common around menopause and can mimic symptoms like tiredness and weight gain.

3. Insulin:

When estrogen drops during perimenopause and menopause, your cells naturally become less responsive to insulin. This means sugar stays longer in your bloodstream instead of entering the cells for energy. This is called insulin resistance.

The Hormone Symphony.

Menopause isn't caused by one hormone alone. It's a symphony where several instruments are changing tempo at once

When one goes off beat (like estrogen or cortisol), the others react. That's why supporting your body holistically through rest, nutrition, and mindset is the key to balance.

Key Takeaway.

Your hormones are not your enemies, they're your body's messengers. They're simply adjusting to a new stage of life. When you understand their language, you can nourish them through food, herbs, and lifestyle changes that restore peace and harmony within.



CHAPTER THREE

NATURAL REMEDIES FOR COMMON MENOPAUSE SYMPTOMS.

*“She is clothed with strength and
dignity, and she laughs without fear of
the future.”*

— Proverbs 31: 25

Menopause doesn't have to be a time of suffering. With the right nourishment, herbs and natural support, your body can adapt beautifully. Remember, the body has an incredible ability to heal itself when it is supported with the right tools. Nature offers gentle remedies that bring relief, restore balance, and help you feel like yourself again.

Let's look at some simple, evidence-based natural remedies you can start with today.

1. Support Hot Flashes and Night Sweats.

Herbal support:

- 🌿 Sage tea: Traditionally used to reduce excessive sweating.
- 🌿 Black cohosh: May ease hot flashes and mood swings (use for 3-6 months, then take a break).
- 🌿 Red clover: contains plant estrogens that may ease hot flashes.

Lifestyle tips:

- 🌿 Avoid caffeine, spicy foods, and alcohol in the evening.
- 🌿 Wear light breathable cotton clothing.
- 🌿 Moisture wicking sheets or a cooling pillow. Or take a cool shower before bed.

2. Balance Mood and Sleep.

Calming Herbal teas:

- 🌿 **Chamomile and lemon balm:** Calm the mind and aid sleep.
- 🌿 **Passionflower:** helps reduce anxiety and helps you sleep deeply.
- 🌿 **Springforth Calming Harmony Tea:** (rooibos, fennel & lemon balm blend) gentle and caffeine-free.

Lifestyle:

- 🌱 Practice deep breathing or evening gratitude journaling.
- 🌱 Aim for 7-8 hours of restful sleep, and establish a consistent bedtime routine

3. Support Weight and Blood Sugar Balance.

Falling estrogen can slow metabolism and increase insulin resistance, cravings, belly fat and fatigue.

Herbal support:

- 🌱 **Cinnamon (Ceylon):** helps regulate blood sugar, and support insulin balance
- 🌱 **Fenugreek:** reduces cravings and supports metabolism, and may improve insulin sensitivity
- 🌱 **Moringa:** helps with blood sugar balance
- 🌱 **Bitter leaf:** supports insulin sensitivity

Lifestyle:

- 🌱 30 minutes of daily walking or dancing to improve metabolism.
- 🌱 Stay hydrated, aim for 2 L of water or herbal infusions daily to support hormones and energy.
- 🌱 Eat balanced meals (See chapter 5 for full nutritional guidance).

4. Soothe Joint Aches and Muscle Pain.

Estrogen helps protect your joints and cartilage. When it drops during menopause, inflammation can increase, leading to stiffness and discomfort.

Natural remedies:

- 🌿 **Turmeric + black pepper tea** or capsules reduces inflammation and joint pain.
- 🌿 **Bone broth or collagen:** may help support joint tissues and mobility.
- 🌿 **Epsom salt baths:** the magnesium relaxes tight muscles and supports recovery

5. Support Vaginal Health and Libido.

Reduced estrogen can cause vaginal dryness, discomfort and lower libido, but gentle natural support can help restore comfort

Natural Remedies:

- 🌿 Vitamin E oil suppositories can moisturize and promote healing.
- 🌿 Stay hydrated and include **omega-3 fats** in your diet.
- 🌿 **Maca root powder** is known to boost libido and energy.

Key Reminder.

Menopause is not a signal to endure pain; it's an invitation to nourish **your body deeply**. Small, consistent changes in diet, herbs, and mindset bring big results over time.

“She is clothed with strength and dignity, and she laughs without fear of the future.”

— Proverbs 31: 25



CHAPTER FOUR

LIFESTYLE & MINDSET SUPPORT FOR MENOPAUSE.

*“Build small rituals that remind you
of your worth and beauty every
day.”*

Menopause is not just a physical change; it's an emotional and spiritual transition. How you think and live during this season affects how your body responds. A few mindful changes in your daily routine can bring calm, energy, and joy back into your life.

1. Movement Is Medicine.

Exercise is one of the best natural tools to balance hormones, boost mood, and protect your heart. You don't have to join a gym. Simple, consistent movement works wonders

Try:

 **Walking:** 30–45 minutes daily improves circulation, reduces blood pressure, and lifts mood.

 **Strength training:** Light weights or resistance bands protect your bones and prevent weight gain.

 **Stretching or Pilates:** Helps with flexibility, joint pain, and stress.

Dancing: Lifts your mood and keeps your body supple, you can dance while cooking or cleaning!



Tip: Find something you enjoy. Movement should feel like self-care, not punishment.

2. Prioritize Rest and Quality Sleep.

Sleep is healing. During menopause, hormonal changes can make sleep harder, but it's possible to restore deep rest

Try these sleep habits:

 Keep a consistent bedtime and wake-up time

- 🌱 Avoid caffeine after 3 p.m.
- 🌱 Take a warm bath with a few drops of lavender oil.
- 🌱 Drink calming herbal teas like chamomile or your Springforth Calming Harmony blend.
- 🌱 Pray, journal, or read something peaceful before bed.

3. Stress Less, Breathe More.

When stress goes up, your cortisol levels rise, and symptoms like hot flashes and weight gain can worsen.

You can't remove stress completely, but you can change how your body reacts to it

Simple stress relievers:

- 🌱 Deep breathing (inhale through the nose for 4 counts, hold for 7 counts and exhale through the mouth for 8 counts).
- 🌱 Journaling your gratitude or blessings each morning.
- 🌱 Spending time outdoors, even 10 minutes in sunlight balances your mood.
- 🌱 Practicing forgiveness and letting go of resentment . Peace is powerful medicine.

Peace I leave with you; my peace I give to you."

-John 14:27

4. Nourish Your Spirit.

Menopause is a perfect time to slow down and reconnect with your purpose. This season invites you to care for your soul as much as your body.

Try:

- 🌱 Quiet morning devotion or meditation.
- 🌱 Reading uplifting Scriptures or affirmations.
- 🌱 Joining supportive women's groups (like the Springforth Sisters Circle) for encouragement and laughter.
- 🌱 Serving others: kindness keeps your spirit youthful.

5. Create a Joyful Routine.

Build small rituals that remind you of your worth and beauty every day.

Examples:

- 🌱 Drink your morning herbal tea slowly and intentionally.
- 🌱 Keep fresh flowers or a scented candle nearby.
- 🌱 Play soft music while you prepare dinner.
- 🌱 Celebrate progress, every good habit is a victory.

CHAPTER FIVE

FOODS THAT BALANCE HORMONES NATURALLY.

“How you eat is just as important as what you eat. Slow, relaxed meals help your digestion and keep stress hormones low.”

Food is one of the most powerful ways to restore balance during menopause. Every meal you eat either supports your hormones or stresses them. When you choose whole, natural foods that nourish rather than deplete, your body begins to heal from within.

In this chapter, you'll learn what to eat more of and what to reduce to help your body thrive naturally through menopause and support insulin balance, energy, and overall wellbeing.

The simpler the food, the better it is for your hormones. Processed and sugary foods cause blood sugar spikes that can worsen hot flashes, mood swings, cravings and weight gain, especially around the belly during menopause.

Choose more of:

-  Fresh fruits and vegetables (especially greens, carrots, cabbage, okra, and berries).
-  Whole grains like quinoa, fonio (Acha), millet, and brown rice.
-  Beans, lentils, chickpeas, and peas for protein and fiber.
-  Nuts and seeds: Chia seed, flaxseed, pumpkin, sesame, and sunflower seeds.



Tip: Fill half your plate with colorful vegetables at each meal to support hormones and insulin balance.

2. Include Healthy Fats.

Your body needs good fats to make hormones and absorb vitamins. Healthy fats also support your skin, brain, and mood, all of which can shift during menopause.

Good sources include:

- 🌱 Avocado oil
- 🌱 Cold pressed extra virgin olive oil
- 🌱 Coconut oil (in moderation)
- 🌱 Nuts (almonds, walnuts, cashews)
- 🌱 Seeds (chia, flax, pumpkin)
- 🌱 Fatty fish (salmon, sardines, mackerel)

Avoid trans fats found in fried or packaged foods, they create inflammation and disrupt hormone balance.

3. Add Phytoestrogen-Rich Foods.

Phytoestrogens are gentle, plant-based compounds that mimic estrogen's beneficial effects. They can help relieve hot flashes, improve skin, and protect bone health.

Try adding:

- 🌱 Flaxseeds (1–2 tablespoons daily in smoothies, oats, or soups).
- 🌱 Soy foods (organic tofu, tempeh, soy milk, or edamame).
- 🌱 Sesame seeds.
- 🌱 Chickpeas and lentils.



Tip: Don't fear natural soy — it's healthy when eaten in traditional forms and not processed.

4. Support Your Gut Health.

Your gut helps your body eliminate excess hormones and toxins. A sluggish or inflamed gut can make menopause symptoms worse.

For a happy gut:

- 🌱 Eat more fiber from fruits, vegetables, and whole grains.
- 🌱 Include fermented foods like yoghurt, kefir, sauerkraut, or African fermented drinks (like kunu or pap made with millet).
- 🌱 Drink plenty of water or herbal teas.
- 🌱 Avoid excessive sugar and processed snacks.

A healthy gut equals happy hormones.

5. Balance Blood Sugar.

Blood sugar spikes make hot flashes and mood swings worse. Keeping your glucose levels steady helps your hormones stay calm

Simple habits:

- 🌱 Don't skip breakfast, include protein and healthy fats.
- 🌱 Limit refined carbs like white rice, white bread, and pastries.
- 🌱 Combine fruits with nuts or yoghurt to slow sugar absorption.
- 🌱 Sip Springforth Hydration Tonic or herbal teas instead of sugary drinks

6. Stay Hydrated and Mineralized.

Water supports every system in your body, from temperature control to digestion. Dehydration can worsen fatigue and dry skin.

Try:

- 🌱 6–8 glasses of water daily.
- 🌱 Herbal teas (Chamomile or Vitali-Tea).
- 🌱 Coconut water or fruit-infused water for variety.
- 🌱 Add a pinch of pink salt or a squeeze of lemon for natural electrolytes.

7. Eat with Mindfulness and Gratitude.

How you eat is just as important as what you eat. Slow, relaxed meals help your digestion and keep stress hormones low.

Practice:

- 🌱 Sit down while eating, no rushing.
- 🌱 Chew slowly and enjoy each bite.
- 🌱 Thank God for your meal, gratitude brings peace to the body.

“So whether you eat or drink, or whatever you do, do it all for the glory of God.”

-1 Corinthians 10:31

Key Takeaway.

Let food be your daily medicine.

When you fill your plate with whole, colorful, natural foods, you're not just nourishing your body, you're supporting your hormones, calming your mind, and honoring the beautiful woman God created you to be.

CHAPTER SIX

FAITH, MINDSET & SELF-CARE.

*“She is clothed with strength and
dignity, and she laughs without fear
of the future.”*

-Proverbs 31: 25

Menopause is not a punishment; it is a divine transition, a call to slow down, listen, and care for yourself in body, mind, and spirit. This is a season where faith and mindset make all the difference.

1. Renew Your Mind Daily.

Your thoughts shape your experience. Speak life over yourself, even when your body feels different.

- 🌱 Start your mornings with gratitude and prayer.
- 🌱 *Declare, "My body is healing, my hormones are balancing, and I am full of peace."*
- 🌱 Write down three things you love about yourself each day.

💡 *Remember: You are not defined by your age or hormones; you are defined by your purpose.*

2. Strengthen Your Faith.

God has not forgotten you in this season. He is renewing your strength and giving you wisdom for the years ahead.

"Behold, I am doing a new thing; now it springs forth, do you not perceive it?"

— Isaiah 43 : 19

Faith replaces fear with peace. When you trust that your body was designed with divine intelligence, you begin to flow with change rather than fight it.

3. Practice Gentle Self-Care.

Self-care is not selfish; it's how you refill your cup so you can keep giving love and light to others.

- 🌱 Take warm baths or go for quiet walks.
- 🌱 Enjoy herbal teas while reading or journaling.
- 🌱 Keep company with uplifting people who make you laugh and feel seen.

“She is clothed with strength and dignity, and she laughs without fear of the future.”

— Proverbs 31: 25

4. Embrace Joy and Purpose.

This stage of life is a gift, a time to rediscover yourself, explore new interests, and live with intention.

Learn, create, mentor, travel, and share your wisdom. Your story can inspire another woman to rise with grace.

Final Take Away.

Menopause is not the end, it's a **rebirth**.

It's a time to rediscover who you are, what you love, and how you want to live. When you nourish your body, calm your mind, and stay rooted in faith, you'll rise from this season stronger, wiser, and more radiant than ever..

“Those who hope in the Lord will renew their strength.”

— Isaiah 40:31



CONCLUSION+ INVITATION.

Congratulations, Beautiful Woman

You've taken the first step toward understanding and embracing menopause naturally.

Now that you've completed this free guide, remember: knowledge is powerful, but action brings transformation.

Start with one small change today: maybe a morning walk, a calming tea, or ten minutes of quiet prayer.

If this guide blessed you, you'll love the main book coming soon:

“Thriving Through Menopause Naturally: The Complete Springforth Wellness Guide for Women 40+”

In it, we'll go deeper into:

- 🌱 Natural hormone support with foods and herbs
- 🌱 Gut and liver health for hormonal balance
- 🌱 Detailed meal plans and recipes
- 🌱 Faith-based affirmations and self-care routines
- 🌱 The science behind menopause made simple

Stay connected with **Springforth Health & Wellness** for updates, wellness programs, and community support.

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🌐 Website: www.springforthhealth.org (coming soon)

Spring Into Wellness.



ABOUT THE AUTHOR

Dr. Nkiru Orji is a medical doctor, public health professional, certified integrative Nutrition Health Coach, and a Naturopathic Nutritional Therapist in training. She is passionate about helping individuals heal naturally and live vibrant, balanced lives.



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Founder, Springforth Health & Wellness Ltd.

After experiencing her own hormonal and metabolic challenges in her 40s, Dr Nkiru discovered the power of wholesome food, herbs, mindset, and faith in restoring balance. This personal journey inspired her mission to empower, especially women of African origin, to embrace menopause, reverse insulin resistance naturally, and navigate midlife transitions with confidence, grace and joy.

Through Springforth Health & Wellness, Dr Nkiru educates and supports individuals dealing with high blood pressure, insulin resistance, type 2 diabetes and hormonal imbalance. Her holistic approach combines science, natural medicine, and faith to bring lasting transformation.

Stay connected with Springforth Health & Wellness for updates, wellness programs, and community support.

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