



## 3 NATURAL REMEDIES

To elevate your menopause journey  
as an initiation into living your most  
Vibrant, Empowered and Impactful life

(WITHOUT BRAIN FOG, HOT FLASHES, OR INSOMNIA)

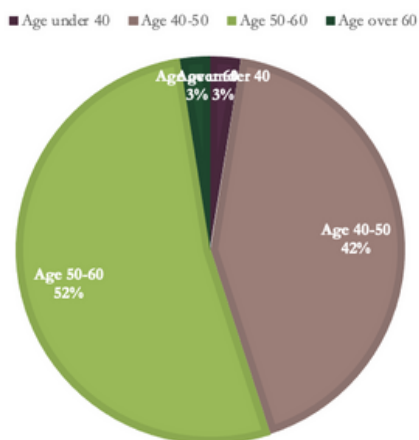
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# THE 3 BIGGEST CHALLENGES AND SOLUTIONS FOR NATURALLY MINDED WOMEN WHEN IT COMES TO MENOPAUSE

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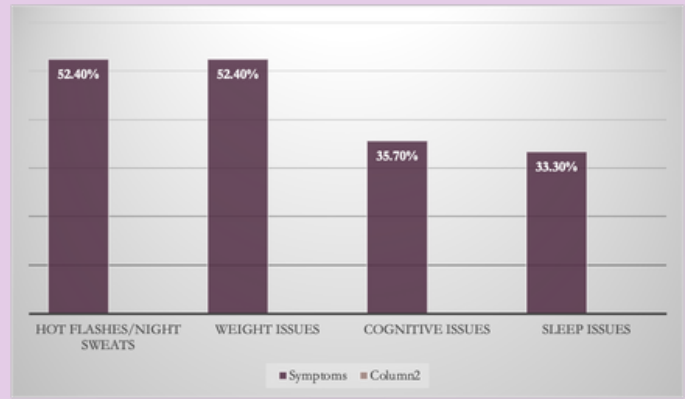
Helping women empower themselves with the tools they need to transition through the mid-life phase of life with health and vitality is my passion. Learning to harness the gifts of natural medicine so they can regain control of their wellness is the key to experiencing a vibrant and juicy life for decades to come.

A recent survey I conducted revealed that most women experiencing menopausal symptoms are in their 40's and 50's and have tried dealing with their symptoms on their own, without much success. They read books, blogs and articles about menopause and try natural remedies they have heard about, but don't feel confident in achieving the results they are looking for without further guidance.



# The top menopausal symptoms women are experiencing

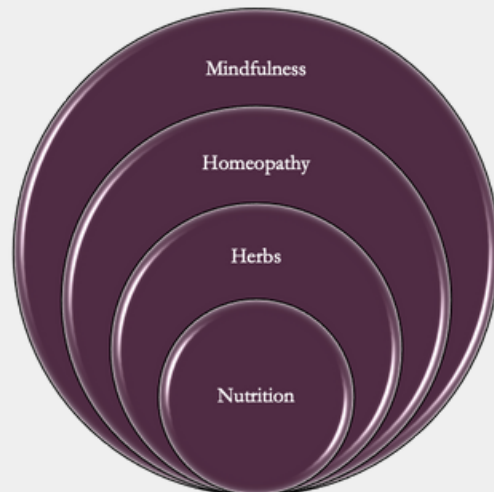
- Hot Flashes and Night Sweats
- Weight Gain
- Cognitive Issues
- followed closely by Sleep Issues

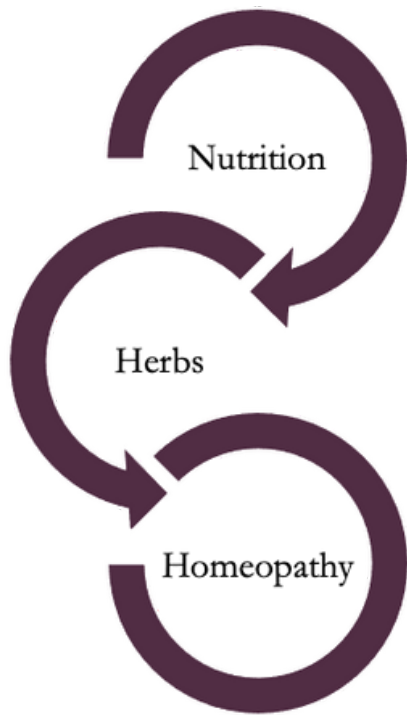


By far, the most important outcome women are looking for is feeling healthy, vital and a sense of wellness throughout this time of life. In addition to symptomatic relief, they are desiring the confidence to know how to handle health issues that may arise.



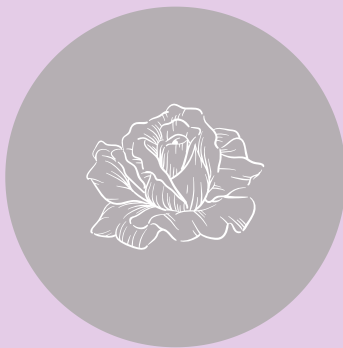
And, they are interested in doing this through nutrition, herbal medicine, homeopathy and mindfulness techniques with trusted guidance and a small community of women to support them.





The good news is that all these symptoms can be addressed effectively with natural methods. The fluctuating hormone shifts that result in menopausal symptoms respond readily to these 3 solutions in particular:

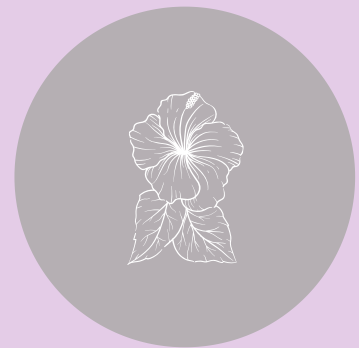
## Let's take a closer look



Nutrition



Herbs



Homeopathy



## Nutrition

- The best place to start, in almost any case, is with the gut, as my mentor used to say
- Additions of probiotics, such as fermented foods really help here
  - Some great examples are:
    - Sauerkraut
    - Yogurt
    - Kefir
    - Kombucha
- Phytoestrogen containing foods can be key
  - Some great examples are:
    - tofu
    - miso
    - flaxseed

When I work with women 1:1 or in small groups, we are able to personalize their nutrition plans and co-create a pathway to deep nourishment that addresses their unique needs.



# Herbs

## Herbs

- Adaptogenic herbs help your body deal with stress more effectively
  - Some examples of adaptogens:
    - Ashwaganda
    - Milky Oats
    - Tulsi
- Liver herbs support your liver to process hormones more efficiently, thereby helping to regulate them and smooth out fluctuations
  - Some examples of liver herbs:
    - Dandelion
    - Burdock
    - Nettle

When I work closely with women in my practice, we are able to identify herbal allies that can not only abate symptoms, but bring their health and vitality to the next level.



# Homeopathy

## Homeopathy

- Homeopathic remedies are highly individualized
- They help the body return to homeostasis
- They have a proven track record of efficacy and safety
- According to Judyth Reichenberg-Ullman, ND, they are effective 80 percent of the time in relieving menopausal symptoms.
  - Some examples of homeopathic remedies commonly used in menopause:
    - Lachesis
    - Sepia
    - Pulsatilla

Homeopathic remedies are deep acting and highly individualized. Working with a knowledgeable practitioner is the key to finding that missing puzzle piece that can really bring you into the flow of wellness.

In response to the survey results, I am offering a complimentary 30 minute Vibrant Mid-Life Breakthrough Session for women just like you, who are looking for natural ways to reclaim your vibrant health and step into your power during these years of transition.

In your Vibrant Mid-Life Breakthrough Session, we'll:

- Get clear on what's stopping you from experiencing true health and vitality
- Create your best next step toward moving into your vibrant mid-life
- Explore how we might be able to work together further

Click the button to schedule your session!

[\*\*Book Now!!\*\*](#)

VIBRANT MID-LIFE

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*Breakthrough Session*



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My journey in natural healing began almost 30 years ago...

I had been struggling with chronic, recurring bouts of bronchitis for years. It seemed I was always sick and tired. It was affecting not only my health, but my happiness and my ability to function in the world. Having grown up with a nurse for a mother, I had tried all the conventional treatments, but my health was continuing to decline. Then, a friend suggested I try an herbal remedy instead of the usual course of antibiotics that were obviously not working very well. I was amazed when I recovered in half the time I usually did. What was even more amazing was that my episodes of recurrence became less and less frequent until bronchitis became a thing of the past for me. That did it.....I was hooked....That began my journey of creating a natural lifestyle and creating true wellness for myself no matter what health challenges I faced.

Now, after having spent decades studying and practicing nutrition, herbal medicine, homeopathy, flower essences and energy medicine, not only am I healthier than I have ever been, but so are my adult children, who were all raised exclusively with natural modalities. And, so are my clients, who are mostly women in mid-life looking for natural support. As I am now navigating the waters of menopause myself, I can relate to my clients on a more personal level and bring them solutions that I know will work, because I've experienced them myself.

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## VANESSA NIXON TRADITIONAL NATUROPATH

Professional credentials:

Doctorate in Traditional Naturopathy

Master's in Herbal Medicine

Certificate in Aromatherapy

Certificate in Nutrition

Certificate in Homeopathy

Certificate in Reflexology

Certificate in Iridology

Professional Middle Eastern Dance Performer and Instructor

Founder and CEO of Natural Look Mineral Makeup



[\*\*Book Now!!\*\*](#)