

CHECKLIST



BY VANESSA NIXON

GOODBYE HOT FLASHES BRAIN FOG & INSOMNIA

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WELCOME!

Goodbye Hot Flashes, Brain Fog & Insomnia Checklist

Reduce your menopause symptoms naturally as you step into the most powerful chapter of your life!

Empower yourself to use nature's remedies to reduce your peri-mid-post menopausal symptoms. This checklist is chock full of simple steps you can take to ease hot flashes, brain fog and insomnia. Feel confident, focused and in the flow of wellness with this powerful tool.

- Reduce your menopausal symptoms naturally.
- Build your own natural medicine kit.
- Have a quick and handy reference sheet to address the challenges of mid-life with nature's remedies.

Thanks for downloading this handy checklist.
It is my gift to YOU!



REDUCE HOT FLASHES NATURALLY



Keep Cool

Keep hydrated with water and herbal teas. Cooling herbs include: chickweed, elderflower, Viola, Oatstraw, Mint, Mallow and Hibiscus



Nourish Your Liver

Good liver herbs include: Dandelion, Burdock, Nettles, Yellow Dock, Milk Thistle and Chicory



Supplement

Hot flashes deplete Vit B, C, Magnesium and Potassium. Herbal teas of Red Clover and Oatstraw can replace these. Consider also supplementing with Vit E and Selenium



Move Your Body

As little as 20 min of exercise 3 times a week can reduce hot flashes dramatically



Try Homeopathy

Top remedies include: Lachesis, Sepia, Pulsatilla, Valeriana, Sanguinaria and Belladonna. Consult a homeopath to determine which one is right for you



REDUCE BRAIN FOG NATURALLY



Nourish Your Brain

Nutritional deficiencies affect the brain more than any other organ. Nourish it with fermented foods, good fats, leafy greens, beans, nuts, eggs, fish, mushrooms, berries.



Mental Exercise

Keep your mind active learning something new every day and using activities such as reading, puzzles and brain teasers.



Supplement

Consider supplementing with Vit B, D and E as well as Omega 3's and magnesium.



Meditate

Nature and movement meditations have been proven to boost brain health: walking, yoga, tai chi and gardening are good examples.



Herbal Brain Boost

Good examples of brain boosting herbs include: Lemon Balm, Gotu Kola, Gingko, Ashwaganda, Turmeric, Lavender and Rosemary.



REDUCE INSOMNIA NATURALLY



1 Create a Sleep Ritual

Suggestions include a warm mineral salt bath, reading a relaxing book, listening to calming music and making your room dark and cool.



2 Use Aromatherapy

Lavender essential oil has long been used to help promote sleep. Other sedative eo's include: hops, sweet orange, jasmine, clary sage and chamomile.



3 Nourish the Nervous System

Herbal medicine can help soothe your nervous system, so you can relax at bedtime. Suggestions include: Oatstraw, Hops, Nettles and St John's Wort.



4 Natural Sleep Promoters

Herbal remedies that have sedative properties include: Skullcap, Passionflower, California Poppy, Hops and Valerian.



5 Keep a Journal by the Bed

During menopause, creative juices can flow vividly. Keep a journal nearby to get them out and on paper. This has the advantage of relaxing and calming the mind.



RECAP

Treat Menopausal Symptoms Naturally

Reduce Hot Flashes Naturally

Keep Cool
Nourish Your Liver
Supplement
Move Your Body
Try Homeopathy



Reduce Brain Fog Naturally

Nourish Your Brain
Mental Exercise
Supplement
Meditate
Herbal Brain Boosters



Reduce Insomnia Naturally

Create a Sleep Ritual
Use Aromatherapy
Nourish the Nervous System
Natural Sleep Promoters
Keep a Journal by your Bed



YOUR CHECKLIST

Personalize your remedies here

Hot Flashes

Which remedies have you tried?

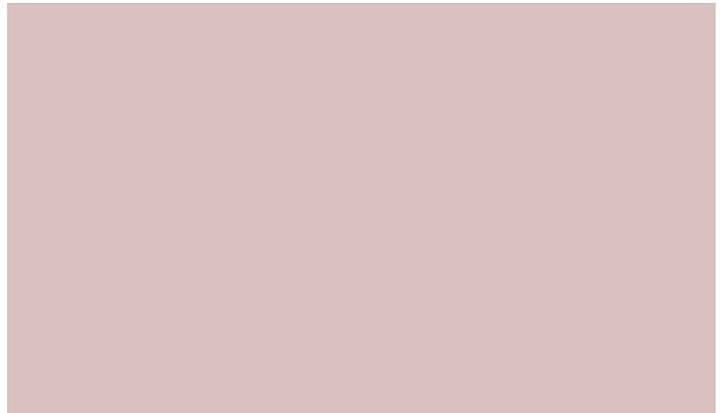
Which ones work best for you?



Brain Fog

Which remedies have you tried?

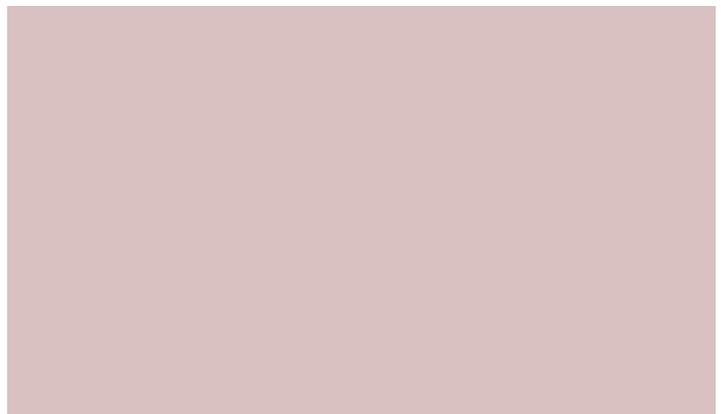
Which ones work best for you?



Insomnia

Which remedies have you tried?

Which ones work best for you?





DO SOMETHING
TODAY THAT YOUR
FUTURE SELF WILL
THANK YOU FOR

WORK WITH ME!

Vanessa Nixon, Traditional Naturopath

If you would like guidance in your health journey, I would be honored to support you. My specialty is in assisting women as they enter into the spiritual initiation of menopause and accompanying them through this transformation, so that they can step into this life phase feeling empowered, confident and purposeful.

Schedule a complimentary 30-minute Vibrant MidLife Breakthrough Session with me. It's designed 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 below to schedule your session!



Vanessa Nixon

"The MidLife Wellness Goddess"

[Book Now!!](#)



ABOUT ME



I'm passionate about helping women thrive during the spiritual initiation of their menopausal journey, through natural health, invigorating dance and therapeutic movement, and teaching women to see their innate natural beauty.

After reimagining my life at age 50, I discovered a profound and deeply intuitive process that helped me to embrace my fabulous inner wise woman fearlessly. I now shares these powerful and ancient initiations with women who want to reclaim vibrant good health in their own sacred mid-life transit.

[Book a free consult with me](#) to find out how we can work together!

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 Instructor
Founder and CEO of Natural Look Mineral Makeup



