The S'- The Solutions for S'-Aging

Sage**:** the name says it all. Take in a capsule.

Smile: Smile to yourself, even in front of the mirror. It will boost your oxytocin levels and reduce your cortisol levels.

Sport: Move in whatever way suits you. Group sports, individual activities, walks, runs, resistance training, or even YouTube workouts.

Shiatsu: Enjoy the healing touch to relax, connect.

Sleep: Aim to go to bed by 22:30 and get 8 hours of rest. This helps regulate serotonin and melatonin. if needed help take supplements, hup, passiflora, sage, magnesium.

Slow Down: If menstruating, rest 1-2 days during bleeding to reduce PMS. Find time to relax during your "inner autumn", whether menstruating or not, find time to relax.

Slowing down - meditating...

Slowly: chewing your food, slower breathing.

Supplements: Consider B6 or B complex, D3+ K, multivitamin, vitamin C, vitamin E, Maca, pomegranate, black cohosh, vitex agnus castus, Pueraria mirifica, red clover, collagen, and more.

Stress: Manage it so it doesn't manage you.

Sport: move however suits you. Group sport or individual, walks, runs, or online. For condition (heart, bones- osteoporosis, muscles) for strength, flexibility, for lymph and pleasure…if still cycle sport accordingly.

Sing: It's a beautiful way to find your authentic voice, let your voice be heard. It heals the heart and has a range of effects on your throat chakra.

Sweat every day.

"Show up" in your life.

Social: Balance going out with staying in. Be with friends, join a Women's Circle.

Social media: major stressor! Moderate. Not 1.5 hours before sleep.

Sensitivity to Insulin: As progesterone drops, insulin sensitivity decreases, making you more susceptible to blood sugar and insulin imbalances, especially in the second half of the cycle. PMS and low blood sugar have similar symptoms. To balance blood sugar, eat regularly: Aim for 1 gram of protein per kilogram of body weight and include healthy vegetable fats to reduce cravings. Focus on fiber, protein, and fats.

Sexuality: Can be healing, believe it, use it or lose it. Practice self-love.

Sensual: Identify what makes your senses relax? Feed your eyes, your nose, your mouth…sensual dancing (with yourself)

Survival: Balance Gene warrior vs epigenetic influences. “FFFF” soothing your N.system

Shift: the way you think about this phase of life. **S**hift the way you think about: ancient knowledge, celebrated at menarche, pregnancy and menopause.

Skin**: use bio s**unscreen, consume collagen.

Sunshine: Get some Daylight - get sun first thing in the morning.

Spend time: in nature and with loved ones, playing with animals.

Stories: find empowering stories about menopause.

Shadow work time

See what works, what doesn't. In relationships, see into things, see what I'm not anymore…

Shoes: take them off at the house; walk barefoot in the garden.

Soothe: your nervous system with warmth in the winter and coolness in the summer. Castor oil packs in the winter are great for the liver, which is usually working hard.

Stop: Take a moment to stop and listen. **S**top…listen to…doing …what no longer **s**erves you.

Say No: Especially during your “autumn phase” and whenever necessary.

Say Yes: Particularly during your summer phase and whenever appropriate.

Self-Care: mainly self-care in the inner autumn- the more you will get out of it in the inner winter, Alexandra Pope says: “How you care for yourself here sets the tone for the rest of your cycle.” Listen to or make music, and boost your dopamine, serotonin, and oxytocin (the happy hormones).

Seed Cycling: Recognize the differences in the two halves of your cycle. https://drbrighten.com/seed-cycling-for-hormone-balance/

Sesame Seeds, Sardines, and Spinach for calcium against osteoporosis**.**

Stop Smoking: It's related to menstrual pain and hot flashes.

Stop Sugar: To reduce inflammation, especially in the second half of the cycle, and for thyroid health.

Stimulants avoidance, mainly if estrogen is low, like coffee and alcohol.

Speaking in Public: Schedule it for the days leading up to ovulation.

Soft: Be soft with yourself.

Structure: body structure, go to chiropractor, preamble to injuries: collagen, check bone density.

Success Track: Write down your achievements. You'll need this during your “inner autumn” when your inner critic appears.

Surround: Surround yourself with positive people who inspire and bring laughter.

Surrender: Accept and surrender; this too shall pass.

Self-Love: It’s all about love- self-love.

Some other healing remedies that have nothing to do with a pill bottle may include living your passion…

With love,

Oda