

FROM MENOPAUSE TO MENOPEAK

SPEAKER
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DISCLOSURE STATEMENT: A. PEPPER

The presenter discloses the following potential conflicts of interest:

1. Financial Relationships:

- Received honoraria for lectures from Besins Healthcare.

2. Sponsorships:

- Funding from Besins Healthcare exceeding €500 in the past 4 years.









MY MENOPAUSE JOURNEY

An avalanche of symptoms which hit and changed my life

- Hot flushes
- Insomnia
- Waking up five times in the night
- Dripping in sweat
- Brain Fog
- Depression
- Aching Joints
- Muscle Pain



MY MENOPAUSE JOURNEY

Find the right person and the right treatment

- **A well-trained healthcare professional who listens to their patients and can manage all the symptoms of the menopause with a holistic approach.**



MY MENOPAUSE JOURNEY

To go from our menopause to our menopeak!

- After one month, all my severe symptoms were gone.
- After a year, I felt like I did before menopause. I felt a lot stronger and able to recover faster from training.
- Now I realise I had symptoms that were affecting me for years. I was simply putting up with them. I am stronger and have more mental clarity now than I had in the past 10 years.
- That's my menopause journey! Though challenging, it has been completely transformative.















