



HAPPY
HORMONES

HAPPY
MENOBELLY

HAPPY
MENOPAUSE

Navigating The Menopause Beyond 50 Naturally

The joys of menopause

We can't wait for the moment to come along (*well most of us*) and when it does we're heaped with a load more issues as a result of our hormone changes

They affect how we feel and how we look with weight gain being one of the most prominent features of "the change" that gets to us the most...

Sending us off on unrealistic restrictive diets to lose weight and enrol at the gym to try and get rid of the belly and that unwanted fat around the middle...

Not realising that it's actually not your fault that you're having trouble losing weight...

That it's down to our hormonal changes that we're laying down fat and that we find ourselves following a totally unsuitable exercise regime.

I wanted to put this into perspective and help you have a better experience of menopause as naturally as possible and give you

some background and clarity and share the things I've discovered along the way

HORMONES

Let's start with your hormones. When your hormones are out of balance your life is out of balance because your mental and physical wellbeing are intrinsically linked

Your **MOOD** (stress hormones)

Your **DESIRE** (sex hormones)

Your **WEIGHT** (metabolic hormones)

They all influence each other and when one is off it's a domino effect and over time it's easy to accept this imbalance as normal

THAT WAS ME

And I didn't know how I was going to fix it but I was determined that I would

I was suffering from hot flushes, night sweats, mood swings, tired all the time and worst of all felt fat and ugly

If this was what life was going to be like forever more I just didn't want it

I discovered that the hormone imbalances during menopause were the cause of all of this and could be re-balanced naturally

I had never taken natural supplements before other than Vitamin C during the winter time so this was going to be a bit of a mindset shift for me...would they work, could they make me feel better...would I really lose the fat around my middle?

And you may very well have the same thoughts.

But I wanted to feel better, I wanted to look better, I wanted to be myself again

I had to do something and was open to trying a new solution as I'd tried just about every other diet out there without success

What if it worked?

I had nothing to lose and everything to gain

Fast forward to today...

I take a range of natural supplements that I've incorporated into my life plan that helped me lose my weight and belly fat and keep it off and retain my sanity

In this booklet I want to focus on 4 things that actually go together and will help you manage your mood, weight and belly fat

EXERCISE

NUTRITION

SLEEP

SUPPLEMENTATION

These are all explained in **THE MOVE EAT SLEEP PLAN**

BUT FIRST...

One thing that I found really beneficial to focus on my mood, motivation and metabolism was something called **Happy Juice**

Mental well-being throughout our menopause years is so important...

Our hormones can have a dramatic effect

This was what I took regularly before the Happy Hormone Pack was available

I would definitely recommend starting here if you are new to natural supplementation

Two years ago I knew nothing of the Gut-Brain Axis and how it regulates the systems throughout your body and that we can actually make your microbiome “happy”

This is exactly what the Happy Juice Pack does

Combined with a better understanding of how our hormones work in conjunction with the gut-brain-axis has made all the difference in the world and highly recommend you find out more about this as it will allow you to manage your menopause naturally *from the inside out*

3 Amazing Totally Natural Products

Mentabiotics – balance your gut for Lower Cortisol, Enhanced Calmness & Less Anxiety

Energy + – delivers smooth, clear, clean, focused, reliably awesome All Natural Energy

Amare Edge – The all-natural nootropic that supports motivation, immediate mental flow and body & mind endurance

Happy Juice Pack

Balance. Energy. Motivation.





Terrie

Wellness Partner

★★★★★ **A complete life transformation**

Apr 12, 2023 Verified purchase

My family has been using happy juice for the past 2 years and we will be drinking it for the rest of our lives. I have not felt this good ever!



Yeslie

Wellness Partner

★★★★★ **I didn't know I could feel like myself again!**

Mar 07, 2023 Verified purchase

This Happy Juice has pulled me out of my muck! I was feeling exhausted, unmotivated & lost. I didn't know where I was going to keep pulling from to gain even a drop of energy & motivation. I was tired of being on this never ending roller coaster of exhaustion, as a mom of 3. And to top it all off my health had started declining. I wanted to show up for my girls like I desired, to keep up with them, to be able to focus & help them with homework, to have the energy to play tag or walk outside as a family. I wanted to be able to work out & eat right but had no physical or mental energy to get myself together. I no longer desired to be the grumpy, irritated & triggered mama. When I tell you this lovely juice has me dancing with my girls, focused enough to help them daily with their homework, be present, more regulated & just more joyous...I mean it with every cell in my body. This juice has given a second chance at being the best mom, wife, daughter, sister I desire to be! I am worth it & so are you!



Lauren

Wellness Partner

★★★★★ **Amazing and Life Changing**

Apr 30, 2022 Verified purchase

I work 12 hour overnights in the ER and Happy Juice has changed the game for me. I am able to focus and stay awake with no jitters. This is pure brain power in a delicious cup! Very pure feeling and natural. I was so surprised and fell in love on day 1. I've recommended to several healthcare coworkers and they love it as well! Thanks, AMARE!!!!



Lora

Wellness Partner

★★★★★ **Game changer**

Feb 25, 2023 Verified purchase

As an entrepreneur and over-achiever I've always struggled to have the energy and focus to physically keep up with my aspirations and dreams. Happy Juice has replaced coffee for me and my productivity is absolutely through the ROOF. I feel better, perform at a higher level, and get more time off work now because of my efficiency. So grateful for this life changing product.

The Result

Say No To

- ✘ Stress
- ✘ Anxiety
- ✘ Brain Fog
- ✘ Fatigue

Instead, Be Ready To Take On Your Day

- Focused, Clear All Natural Energy
- Motivated
- Enhanced Calmness
- Feel Great From The Inside Out

**Order Your Happy Juice
Click Here (UK & Europe)**

**Order Your Happy Juice
Click Here (USA)**



Andrea

Wellness Partner

★★★★★ **Product that works AND tastes good!**

Feb 25, 2023 Verified purchase

As a Chiropractor I have used many supplements personally and with patients. To find something that tastes good and actually works is quite difficult. The ease of making the drink and the pleasant taste is a win win and something that makes getting healthier easy for everyone!



Destini

Wellness Partner

★★★★★ **We don't miss a day!**

Jan 02, 2023 Verified purchase

My whole family drinks Happy Juice. My husband is a busy veterinarian, both my boys are both in college, and I'm a marketing leader. We all have our own stress and worry. Happy Juice helps us focus, be more productive and seems to keep the feelings of overwhelm away. My oldest son calls in the elixir of life.



Charissa

Wellness Partner

★★★★★ **Feeling Like Myself Again**

Feb 24, 2023 Verified purchase

I'm entering my 3rd month of taking happy juice consistently everyday. And I feel like I'm returning to my true self again. I didn't even know I wasn't feeling like my true self until realizing how good I feel now. I feel so happy, almost carefree. My to-do list which used to feel debilitating everyday now just feels normal and like I can manage it. I don't get overwhelmed as easily. My mood is exponentially better. I'm smiling and laughing more. Getting out of bed is easier. I really am just so thankful for happy juice as a tool for my mental health.



Brandon

Wellness Partner

★★★★★ **Brain Clarity**

Feb 25, 2023 Verified purchase

Happy juice has been a combination I have taken for more than a year. It has helped me take on each day with so much confidence with knowing I am placing something in my body so healthy. Happy Juice for the win!!



Christina

Wellness Partner

★★★★★ **Daily Uplift**

Feb 26, 2023 Verified purchase

I drink it everyday and feel amazing! More energy and focus every day! This product helps me feel years younger!!



Mary Ann

Wellness Partner

★★★★★ **Happy Juice**

Feb 24, 2023 Verified purchase

I love drinking the happy juice. The flavors are delicious. I chose the sugar free grape and dragon fruit. Sometimes I mix the two flavors, other times, I drink the grape. It does what it says, "energy". Family sees a difference and I feel great.



Lisa

Wellness Partner

★★★★★ **A must for my days**

Feb 25, 2023 Verified purchase

Happy Juice gets me through the busy season of motherhood I am in with good energy and stress resilience! I also love how it improves my digestion and mood!



Keiki-Dawn

Wellness Partner

★★★★★ **Happy Juice**

Apr 10, 2023 Verified purchase

New to this product, I just could not believe it would work, like make me happy? Well, now, I am a believer! I take this with me on the golf course. And you know that little ball does not leave you in good positions. I am much calmer, smiling and in the mood to get it done! Indeed this works!

[Order Your Happy Juice
Click Here \(UK & Europe\)](#)

[Order Your Happy Juice
Click Here \(USA\)](#)

All Of The Good Stuff & None Of The Bad



All Natural Vegan



Non GMO, Gluten Free



Soy Free, Dairy Free



No Preservatives, Artificial Colours
Flavours or Sweeteners



No Fillers

Order Your Happy Juice
[Click Here \(UK & Europe\)](#)

Order Your Happy Juice
[Click Here \(USA\)](#)

THE MOVE EAT SLEEP PLAN

This plan combines natural supplementation, movement, nutrition and an often forgotten factor, **SLEEP**

MOVE your muscles and lungs to mobilize fat stores and switch on feel-good endorphins and endocannabinoids

EAT the right nutrients at the right time to switch on your microbiome and activate your mood and metabolism

SLEEP your secret fat-destroying weapon is high-quality sleep – get it and watch the pounds and inches melt away

Add **supplementation** to speed up the process

MOVE

This is an exercise plan designed for women over 50 going through the menopause and who want to reduce weight around the middle section and in particular belly fat

There's a lot of conflicting information on the internet and social media so it's hardly surprising that we don't know what is the right thing for us

Bearing in mind that our hormones are changing throughout our menopause journey just be aware that they can affect how your body burns and stores fat (*something I didn't know but do now*)

I can only give you my personal opinion but you should always listen to your own body before starting any new exercise plan and seek medical advice if you have any underlying health issues.

Walking is really good for us but we need a little bit more so any plan you adopt should include the following:

Something that gets the heart beating a bit faster

Something that targets the core

And if you can, some gentle yoga type or meditation exercise for reducing stress and improving mental wellbeing

Remember that weight loss is a gradual process, and it's important to be patient and consistent with your exercise routine, follow a healthy diet and get enough rest and recovery time to support your goals.

I follow a plan created by my friend Emma and she's put together a plan you can follow along with to get a feel for how simple it really is to exercise at home without any special equipment.

Her program is designed for women over 50 who want to look and feel better with their bodies but don't have time for gyms or repetitive boring YouTube classes

It incorporates all the types of exercise necessary to get into and stay in shape and you won't ever be told to lift heavy weights or do things not suitable for women of a certain age!

Emma's kindly giving you the chance to try her exercise plan for two weeks for free

Get stronger, feel fitter and remain active, so you can feel your best, every day

at <https://beyond50menopause.com/goodnick>

EAT

What you eat really does matter

The food we fuel our body with has a massive impact on our physical health and overall wellbeing and yet it's an area we so often neglect

HRT can certainly help some women navigate menopausal symptoms and supplements are important for giving your body a much needed boost. However if medication treatments and supplements are not supported by a healthy diet you are unlikely to feel the full benefits

Personally I follow a healthy Mediterranean style 'diet' which is well balanced, non-restrictive and easy to adopt.

It consists of fruits and vegetables, protein and dairy, whole grains and legumes, healthy fats and some red meat (*plus a glass of wine or a gin and tonic of course because we don't do restrictive!*)

Eating a balanced diet helps us feel better overall and able to manage our weight in a healthy way and it quickly becomes a natural habit.

It's only recently that we are discovering that our physical and mental fitness are related and what goes on in our gut very much affects how we look and feel. An unhappy gut can for example exacerbate menopausal symptoms including stress and hot flushes.

The key is to listen to your body and adjust how much you eat and when. It takes a little practice and there is no one-size-fits-all approach.

Eating more whole foods and less processed foods and then building on your experience and mix things up to suit your lifestyle and needs.

The whole idea is to learn how to eat so you develop a good relationship with food and can continue following this lifestyle long after you've achieved your target body weight.

I've got some recipes I can share if you would like them but there are plenty of recipes and cookbooks available online.

Just remember this is not one of those diets to lose weight you will eventually be off and go back to your previous eating. This is a change of lifestyle and you will feel so much better for it and be able to have those things you enjoy too without feeling guilty for the rest of your life.

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My favourite book is [The Ultimate Mediterranean Diet Cookbook For Beginners](#) by Rhonda M Reeves

It explains the basics of the Mediterranean Diet and why it's important to make changes to the diet that we've become used to and which is causing us ill health

It is a reliable guide to cooking and eating the Mediterranean way, with a great combination of fresh vegetables and fruits, whole grains, legumes, nuts, and beans, as well as high quality proteins and excellent fats from fish and shellfish, and olive oil.

Find out more at

<https://beyond50menopause.com/mediterranean-diet>

Just remember this is not one of those diets to lose weight you will eventually be off and go back to your previous eating. This is a change of lifestyle and you will feel so much better for it and be able to have those things you enjoy too without feeling guilty for the rest of your life.

It will also lead to a healthier gut biome which I explain about later in this book

SLEEP

Aside from the bad mood and inability to concentrate which we've all experienced from too few hours sleep because of the menopause, research has highlighted that lack of sleep can actually lead to increased appetite problems and obesity.

Elevated cortisol is the obvious culprit it seems which is why it's really important to get the sleep we need on a daily basis (7-8 hours is recommended)

Simple daily habits will help you to improve your health and navigate menopause but if you need short-cut look at supplementation.

SUPPLEMENTATION

There are supplements you can take to help you look and feel better through menopause

The ones that I take are natural without any artificial anything and work from the inside out helping you to balance your hormones naturally

Your **MOOD** (stress hormones)

Your **DESIRE** (sex hormones)

Your **WEIGHT** (metabolic hormones)

Clinical research has shown the best way to reverse the “domino effect” is to balance all three hormone categories at the same time

This is exactly what the Happy Hormones Pack does

3 of our most popular products powered by potent adaptogens and the world’s first quadbiotic for weight loss

To turn on your most vibrant self

3 Amazing Totally Natural Products

amare®

Happy Hormones Pack

Happy Mood. Happy Desire. Happy Weight.



The Trifecta of comprehensive all natural hormone balance



Melani [redacted]
December 13, 2022 · 🌐



Nothing's worse in marriage than wanting to want to..but not feeling it

I know I'm not alone 😞

As we get older it's natural for our hormones to be out of whack

The trouble is that most of us just accept it and are left to white knuckling it in the bedroom

We think that the honeymoon is most definitely over... and just grin and bear it 'cause you love your spouse.

Sound familiar?

I'm here to tell ya...it doesn't have to be that way!

Cheers to Happy Hormones! 🥂

These cute little capsules have balanced my hormones

How do I know?

- ✓ Let's just say intimacy is at an all time high in our 50's 🍷
- ✓ I've lost that menopause belly
- ✓ And sleeping like a baby is my new normal

I feel like myself again...and my body is acting like her younger self too 😊

If you're ready to **reignite the spark in your marriage**... and handle the holidays with REAL inner Joy, this is for you

Friend....Let's have more FUN this holiday season 🥰

#libido #sexdrive #menopause #hotflashes



Jody [redacted]
September 16, 2022 · 🌐



Menopause! I was told that weight gain, hot flashes, belly bloat and mood swings were all "normal" unless I wanted to be on hormone replacement therapy. I wasn't keen on that idea, but I also wasn't keen on feeling like a bloated mess either.

Enter the Happy Hormones Pack...

I had no idea I'd see results this quickly! I've tried so hard to lose weight for months with no success.

Enter the Happy Hormones pack, Energy+, and MentaBiotocs ...fewer hot flashes, no more night sweats, less mood swings and - my belly is shrinking! I've dropped from 194 to 185 in less than a month - 18 days to be exact. So surprised at the quick results.

This has changed my life.

Why It Works...

Mood +

Adaptogens that help to lower stress hormones and increase serotonin levels for a happier you

Ashwagandha - supports resilience to outside stressors...used in Ayurvedic Medicine

Kanna - helps to elevate mood and lower stress hormones

Rafuma - helps to increase serotonin and used in traditional Chinese Medicine

Ignite

Adaptogens for a healthy balance of hormones to support arousal, desire and vitality

Fenugreek - supports healthy sexual desire

Lemon Balm - supports healthy sexual desire

Rhodiola Rosea - supports healthy sexual desire

Shatavari - supports all normal hormone balance

Cordyceps - supports all normal hormone balance

Tongkat Ali - supports all normal hormone balance

Wild Green Oat - supports healthy blood flow

Beetroot - supports healthy blood flow

GBX Fit

The world's first Quadbiotic that supports balanced metabolic hormones and weight loss

- ✓ Probiotic
- ✓ Prebiotic
- ✓ Phytobiotic
- ✓ Postbiotic

L Plantarum DR7 - Probiotic reduce bloating/inflammation

Organic Acacia - Prebiotic reduce cravings/restore gut barrier

Organic Orange Peel - Phytobiotic reduce stress/stress eating

B Lactus BPL1 - Postbiotic a synergistic fat reducing effect

The Result

- Lower stress hormones with **Mood+**
- Balance sex hormones with **Ignite**
- Optimise metabolic hormones with **GBXFit**

Get Your Spark Back And Keep It

- ✓ Happy Mood
- ✓ Happy Desire
- ✓ Happy Weight

Order Your Happy Hormones Pack
Click Here

Or type this website in your browser

<https://beyond50menopause.com/hormones>

Currently only available in the USA or in the UK by special request



Hannah [redacted]

December 26, 2022 · 🌍



Just wanted to share my testimony so far!! I've been on the happy hormones pack since October 25th! I have slept through the night since starting this, way less stressed, just more focused and calm, no crashing mid day I feel clear minded and I don't lay down for a nap bc I truly just don't feel tired like I was-

So things are already starting to get back aligned and really so grateful for that alone!



Jennifer [redacted]

December 31, 2022 · 🌍



I started the happy hormones pack in October, I am starting my third month of them. I absolutely love it. I don't feel cloudy, I'm sleeping better, have lost 10 pounds, no longer have the midday slump, I'm not bloated, feel empty after going to the washroom.

I had a complete hysterectomy at the age of 35, then turned 36 the next day. It has been 10 years since that surgery. I was on no hormones at all, but started to notice some unpleasant things, like dryness, weight gain. The doctor wanted me to go on estrogen a couple years ago and I was not a fan of that. My cousin introduced me to this company and I thought what do I have to lose.

Thank you amare.

All Of The Good Stuff & None Of The Bad



All Natural Vegan



Non GMO, Gluten Free



Soy Free, Dairy Free



No Preservatives, Artificial Colours
Flavours or Sweeteners



No Fillers

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Currently only available in the USA or by special request

The Gut-Brain-Axis Explained

The gut-brain axis is the two-way biochemical signaling that takes place between the gastrointestinal tract (gut) and the central nervous system (brain). The gut-brain axis also includes the role of the gut microbiota, which are the trillions of bacteria living in the gut which release different chemicals that can influence the brain by traveling through the blood, nerves, or cells and are associated with better long term health and wellbeing.

In short, the gut-brain axis affects how we feel, think, react to stress, and remember things and is important for maintaining homeostasis, which is a balance of different functions in the body

When you eat, you're not just nourishing your body, but feeding the trillions of microbes that live inside your **gut**. From immunity to mental health, it all starts in the **gut and** having a balance of these good bacteria is crucial to all-round physical and mental well-being.

Unfortunately, modern living can disrupt this delicate balance of bacteria. Environment, and lifestyle factors such as diet, stress, and lack of sleep (all familiar during menopause) can unbalance the microbiome. Taking vital steps to eat a balanced diet, get your eight hours and live a healthier lifestyle

is going to help improve your gut biome and hence many of the menopause symptoms. The more we can do to help our gut the better we will feel

How To Improve Your Gut Health

First thing's first: eat more plants. Research from Professor Spector and the American and British Gut Project found that people who ate more than 30 plants a week had the highest amount of helpful microbes in their guts. "It's a good place to start," says Dr Amati, who explains that your plant quota can include herbs, fruits, vegetables, mushrooms, nuts and seeds – so all it takes is cooking with more spices, a sprinkle of mixed seeds on a salad and loading up on veggies on your plate each day to help you meet this number.

Achieving a healthy gut microbiome doesn't require extreme diets. Instead, it's about approaching your health and wellbeing routine mindfully, and adding in lots of plants into your diet.

And if you need them take supplements that help your gut biome achieve optimum performance for your better health and well-being.

Still Have Some Questions?

About the plan or the supplements I use...

Contact me on Messenger or my Menopause Facebook Community

[Send Me A Message](#)

[Join My Facebook Community
For All Things 50 Plus Menopause](#)

