

Menopause Support

Headline: Navigate Menopause with Grace and Natural Support

The Challenge: Menopause brings profound changes: hot flushes, night sweats, mood swings, brain fog, sleep disruption, weight changes, and shifts in energy and confidence.

How Herbal Medicine Helps: I create personalised herbal formulas that work with your body's natural transition, easing uncomfortable symptoms while supporting your overall vitality.

Common herbs used include:

- Black cohosh for hot flushes
- Sage for night sweats
- St John's Wort for mood support
- Valerian and passionflower for sleep
- Adaptogens like ashwagandha for stress resilience

What to Expect: Many women notice improvements within 2-4 weeks, with optimal results developing over 2-3 months as your body finds its new balance.

Pricing: Initial Consultation (90 mins): £65 | Follow-up (30-45 mins): £50 | Herbal Formula: £50-£100 per month.