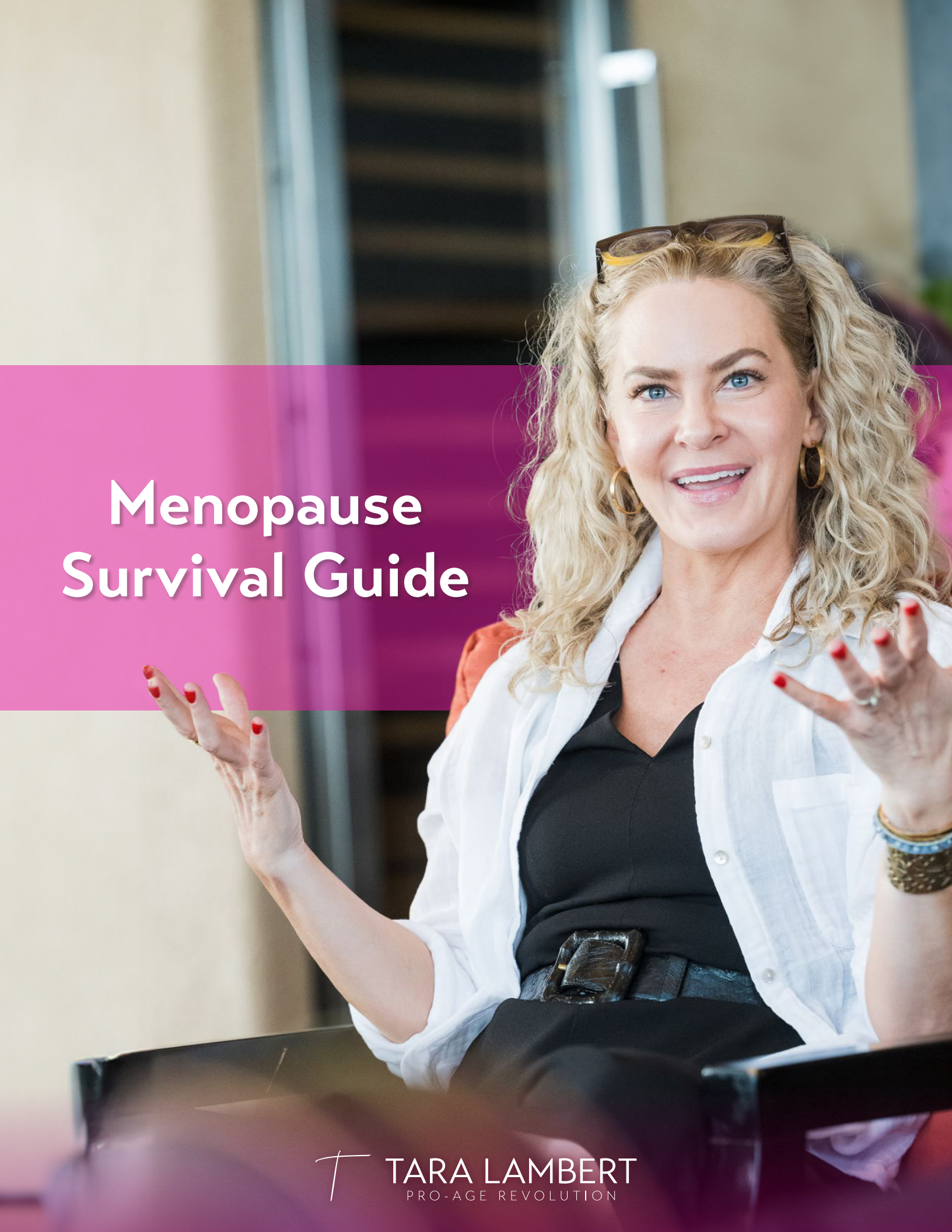

Menopause Survival Guide

TARA LAMBERT
PRO-AGE REVOLUTION

Menopause Survival Guide

Hey there, you fabulous midlife maven! Sick of society trying to shove you in a box just because you're hitting menopause? Yeah, I thought so. Enter my **Menopause Survival Kit** - the no-BS guide to navigating menopause with style, sass, and a whole lotta attitude.

It's time to celebrate the change, not dread it. Because guess what? Aging isn't a dirty word around here. It's a badge of honor you've earned through decades of badassery. So, let's get straight to it.

What's in the Kit?

My Menopause Survival Kit is packed full of must-haves to help you kick menopause's butt. We're talking top-notch supplements to keep you feeling fierce, essential products that your body will thank you for, nourishing recipes, and practical advice that doesn't taste like a spoonful of sugar-coated malarkey.

Why Do You Need It?

Menopause? More like Meno-Pause for celebration! But I get it, the hot flashes, mood swings, and sleepless nights can be a real bummer. That's why I've put together a kit that not only helps manage these pesky symptoms but also empowers you to embrace this phase with confidence and grit.

Unique Points:

Practical: My kit is not just a collection of products, it's a practical guide to navigate menopause like a pro.

Honest: I don't sugarcoat. I tell it like it is, because I believe in empowering through authenticity.

Quality: Only the best for you rebellious queens. I've carefully chosen each product and supplement based on quality and effectiveness.

Community: When you choose us, you're not just buying a product. You're joining a community of rebel women challenging the status quo.

So, ready to toss societal norms about aging out the window and embrace your glorious mature self? Hell yeah, you are! Grab my Menopause Survival Kit and let's show menopause who's boss. After all, age is just a number but being a rebel is eternal.

BONUS! Perimenopause / Menopause Symptom List:

Perimenopause and Menopause can bring about a range of physical and emotional changes in women. Some common symptoms may include:

1. Hot flashes
2. Night sweats
3. Irregular periods
4. Vaginal dryness
5. Painful intercourse
6. Mood swings
7. Fatigue/ exhaustion
8. Insomnia
9. Weight gain
10. Hair thinning
11. Dry skin
12. Headaches/ migraines
13. Joint pain
14. Breast tenderness
15. Changes in libido
16. Memory problems/ poor word recall/ forgetfulness
17. Difficulty concentrating
18. Racing thoughts
19. Panic attacks
20. Anxiety
21. Depression
22. Irritability/ anger
23. Rage (zero to rage)
24. Restlessness
25. Decreased confidence
26. Heart palpitations
27. Cardiovascular disease
28. Shortness of breath
29. Digestive issues/ IBS
30. Bloating/ gas
31. Mental health changes
32. Electric shock sensations
33. Tingling extremities
34. Increased sensitivity to sound
35. Muffled hearing
36. Ringing in the ears/ tinnitus
37. Dizziness
38. Metallic taste in mouth
39. Burning tongue
40. Changes in body odor
41. Bleeding gums/ gingivitis
42. Cavities/ tooth decay
43. Brittle nails
44. Changes in appetite
45. Changes in taste and smell
46. Food cravings, especially sweets and carbs
47. Increased hunger
48. Muscle tension
49. Frozen shoulder
50. Skin changes (acne, dryness, oiliness, hyperpigmentation, melasma)

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51. Itchy skin
52. Itchy ears
53. Itching/ burning vulva
54. Increased facial hair
55. Thinning eyebrows
56. Urinary/ bladder incontinence
57. Vision changes/ blurred vision
58. Allergies
59. Decreased tolerance to alcohol
60. Decreased tolerance to caffeine
61. Raised cholesterol
62. Nausea
63. Constipation
64. Diarrhea
65. Body composition changes/ belly fat
66. Sore throat/ dry throat/ dry cough
67. Dry mouth
68. Dry eyes
69. Heavy or prolonged periods
70. Light or infrequent periods
71. Breast lumps or changes
72. Changes in skin pigmentation
73. Decreased muscle tone
74. Back pain
75. Neck pain
76. Muscle weakness
77. Weak pelvic floor
78. Bone loss/ osteoporosis
79. Decreased coordination/ loss of balance
80. Skin thinning
81. Skin laxity
82. Wrinkles
83. Varicose veins
84. Spider veins
85. Lack of emotion/ feeling numb
86. Not feeling like yourself
87. Personality changes
88. Lack of motivation/ interest
89. Isolation
90. Foot/ calf cramps
91. Cellulite
92. Fluid retention, especially face, hands & feet
93. Thyroid changes/ thyroid inflammation
94. Change in hair texture
95. Change in hair curl pattern
96. Aversion to being touched
97. Aversion to your husband/ partner (new & different)
98. Aversion to sounds (different than before)
99. Aversion to crowds (different than before)
100. Wanting to sleep all the time

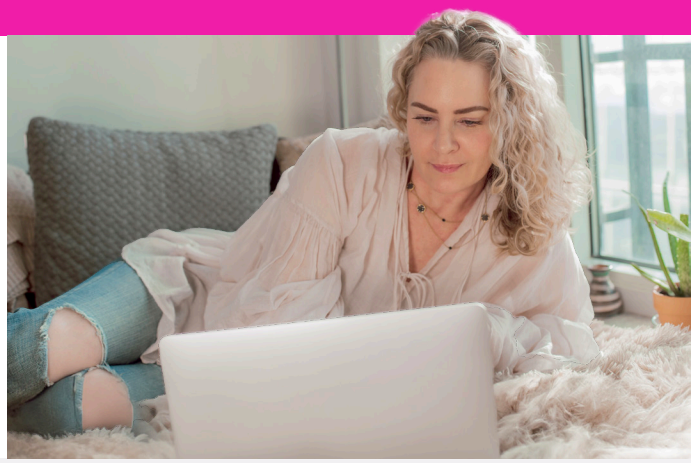
The Kit

Perimenopause Quiz

Answer ten quick true or false questions and let's decode if perimenopause is on your radar.

Perimenopause or Not: Are These Changes Normal for You?

Download The Quiz Here!



Nourishing Recipes

Get ready to nourish your hormones with a selection of delightful Mediterranean recipes **specially tailored** to support your journey through this stage of life!

Download Your Recipes Here!

The Menopause Survival Kit Tools

This kit holds the tools you need to handle this transition like the icon you are!

Get Your Kit Here!

Create a new account using Referral Code "**TARA10**" for up to **$25 OFF** + FREE Shipping!

Pro Tip: **SUBSCRIBE AT CHECKOUT** for Max Savings!

Join My Private Community

Sign up, tune in, and let's keep it 100% real.

Join The Ageless Living Inner Circle Here!

P.S. Make sure you answer all the membership questions to be let in!

Subscribe to My Newsletter

Subscribe now, join the ranks, and let's navigate this journey together. After all, staying cool is just a click away.

Join The Revolution Now!

More Coming Soon!
Stay tuned! I'm creating additional menopause survival tools as we speak!
Like more recipes & fitness tips n' other important stuff!