



# RESTORE YOUR ENERGY NATURALLY

A free and simple guide supporting adrenal health and reducing fatigue during perimenopause and menopause

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The material in this eBook is for informational and educational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical advice, diagnosis, treatment, prescription or recommendation. All viewers of this content, especially those taking prescription or over-the-counter medications, should not make any changes in their health regimen or diet before first consulting a qualified health professional.

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# Welcome!

*Are you exhausted even after a full night's sleep?*

*Do you feel wired but tired, flat in the mornings and overwhelmed by stress?*

*Has your energy disappeared in a way that feels different from normal tiredness?*

This kind of fatigue is common in menopause and often linked to nervous and endocrine systems and hormonal shifts.

Hi, I'm Joanna

Many women in perimenopause and menopause experience these symptoms as their adrenal glands - the body's stress regulators - become overworked.

The adrenal glands produce cortisol and other hormones that help manage stress, energy, and blood sugar. When life's demands are high and rest is low, these glands can become depleted, leading to fatigue, anxiety, poor sleep, and hormonal imbalance.

The good news? With gentle, consistent care, you can restore your energy, calm your nervous system, and feel balanced again.

In my clinical experience, the key elements to address therapeutically for energy and adrenal health in menopause include:

- Sleep, stress and circadian rhythms of light and dark
- Adrenal support
- Gut detox and microbiome repair
- Nutritional deficiencies and/or excess (toxicity)
- Blood sugar levels management

These steps are included in my personalised therapeutic programs and consultations with clients.

## This guide briefly covers

- ✔ The 4 key factors that influence adrenal health and energy
- ✔ Simple, natural swaps and tips to restore energy and resilience
- ✔ A daily checklist to support calm and vitality
- ✔ Resources and tips that work



# Key Factor #1





## Chronic stress & cortisol overload

### Why it matters

**When stress is constant, cortisol stays elevated disrupting sleep, digestion, and hormone balance.** Over time, this leads to exhaustion and burnout.

Chronic stress leads to prolonged high levels of cortisol, which can disrupt various bodily processes and increase the risk of health issues such as anxiety, depression, heart disease, and digestive problems. Managing stress through healthy coping mechanisms is essential to prevent the negative effects of cortisol overload.

### Natural swaps & tips

-  **Schedule short “pause moments” throughout your day** - even 3–5 minutes of deep breathing (outdoors is best) can reset your stress response.
-  **Practice gentle movement** like yoga, stretching, or walking instead of high-intensity workouts when feeling depleted.
-  **Spend time outdoors daily** - natural light helps regulate cortisol, mood and all hormones.
-  **Make time for Joy** - read, paint, dance, sing or write a journal. Do something that makes you happy daily. It's not a luxury; it's therapy.

Small, regular breaks help your body shift from “fight or flight” to “rest and restore.”

Additional resources: [Joanna's circadian rhythm and sunlight blogs](#)



# Key Factor #2





## Blood sugar swings

### Why it matters

**Fluctuating blood sugar levels trigger cortisol release, forcing the adrenals to work harder.** Skipping meals or relying on caffeine and sugar for energy worsens the cycle. Physical and emotional stress increase blood sugar levels and decrease glucose tolerance.

Chronic stress can lead to significant blood sugar swings by triggering the release of stress hormones like cortisol and adrenaline, which increase blood glucose levels. This can result in insulin resistance, making it harder to manage blood sugar effectively, and may contribute to both high and low blood sugar episodes, affecting adrenals.

### Natural swaps & tips

-  **Eat balanced meals (including snacks) every 3–5 hours with protein, healthy fats, and fibre (including snacks).** Avoid long gaps between meals if your blood sugar is unstable.
-  **Avoid skipping meals especially breakfast (it triggers cortisol release = stress).** Start your day with a protein-rich meal, add some fat, too. Skipping meals or eating too much sugar causes cortisol spikes, worsening fatigue.
-  **Replace sugary snacks with nuts, seeds, boiled egg or meat balls** for steady energy and to prevent blood sugar dips.
-  **Morning light exposure, midday movement and evening wind-down rituals** anchor cortisol rhythms and improve next-day glucose

Stable blood sugar means less stress on your adrenals and more consistent energy throughout the day.

Additional resources: [Check out Joanna's digestive aids blog.](#)



# Key Factor #3

## Caffeine, alcohol & stimulant overuse




### Why it matters

**Caffeine and alcohol can temporarily boost energy or relaxation but ultimately deplete adrenal reserves and disrupt sleep.** Caffeine gives a quick lift but pushes your adrenals harder at the time when they are already struggling to function.

Caffeine and alcohol can both exacerbate symptoms of menopause and may lead to increased cortisol levels. High cortisol can contribute to stress, sleep disturbances, and other menopausal symptoms, so managing intake of these substances is advisable during this transitional phase.

**Calcium connection:** Caffeine can interfere with calcium absorption and increase calcium excretion in urine, while alcohol consumption decreases bone mineral density and interferes with calcium and vitamin D absorption.

### Natural swaps & tips

-  **Gradually reduce caffeine intake and replace it** with green tea and/or herbal teas like rooibos, licorice root, tulsi (holy basil) or yummy and beneficial roasted dandelion root coffee with cinnamon (lowers blood sugar).
-  **Limit alcohol to occasional use, especially in the evening** - it interferes with sleep, overloads the liver (it performs hormone detox), and negatively affects the brain function.
-  **Stay hydrated** - dehydration increases fatigue and stress on the body. Adrenals are especially sensitive to dehydration. Add minerals (electrolytes) to your water.

Additional resources: [Check out Joanna's food sensitivities articles](#)



# Key Factor #4





## Lack of restorative sleep

### Why it matters

**Poor sleep prevents adrenal repair, restful sleep enhances it.** Sleep is of key importance because it's the primary time when your adrenals repair and your body resets. Poor sleep keeps cortisol high and prevents full recovery.

Adrenal glands produce cortisol for the body to be able to deal with stress and inflammation. Chronic, prolonged stress depletes adrenals and cortisol production, therefore body defences are lowered, including the hormonal function, immunity and metabolism.

### Natural swaps & tips

-  **Create a calming bedtime routine:** dim lights, listen to relaxing music, avoid screens 1-2 hours before bed, sip a soothing tea like chamomile or lemon balm.
-  **Keep your bedroom cool, dark and quiet** to promote better sleep patterns and longer time staying asleep.
-  **Consider magnesium glycinate or L-theanine before bed to support relaxation.** 1-2 kiwi fruits eaten before bed may also induce sleep.
-  **Spend time outdoors during the day to sync your circadian rhythms** to facilitate release of melatonin in the evening and at night to promote more restful and deeper sleep.

Quality sleep is one of the most powerful ways to restore adrenal balance.








Additional resources: [Check out Joanna's article on stress reducing holy basil herb](#)



# Next steps

**Adrenal fatigue doesn't happen overnight** - and neither does recovery. But with consistent nourishment, rest, and stress management, your energy and calm can return naturally. Start small: eat regularly, rest deeply, and give yourself permission to slow down. Over time, these gentle habits will help you feel grounded, resilient, and energised again.

## Your daily adrenal support checklist

-  Protein-rich meals and snacks throughout the day. Red meat and seafood are especially beneficial.
-  Circadian rhythms restoration by following the daily rhythms of light and dark
-  Hydration: 6–8 glasses of water daily, add minerals (electrolytes-important for adrenal function)
-   Stress reduction or mindfulness practice of your choice
-  Herbal support if appropriate e.g. ashwagandha, rhodiola, panginseng, licorice root - only when prescribed by a qualified practitioner.
-  Consistent bedtime and restful sleep

## An invitation

What you have just read is one piece of a much bigger picture. Menopause can show up in **more than 100 different ways** across the brain, nerves, gut, joints, skin, mood and metabolism. That's why symptoms can feel confusing and hard to pin down.

I created **"The Menopause Symptoms and Systems Guide: A practitioner's guide to the physical and emotional changes of the menopause transition"** to bring clarity to that complexity, and help you recognise what your body is communicating.

It includes a comprehensive symptom map and simple explanations of causes to help you see where your own patterns may sit. You may get it by clicking the button below.

[GET THE FULL GUIDE](#)

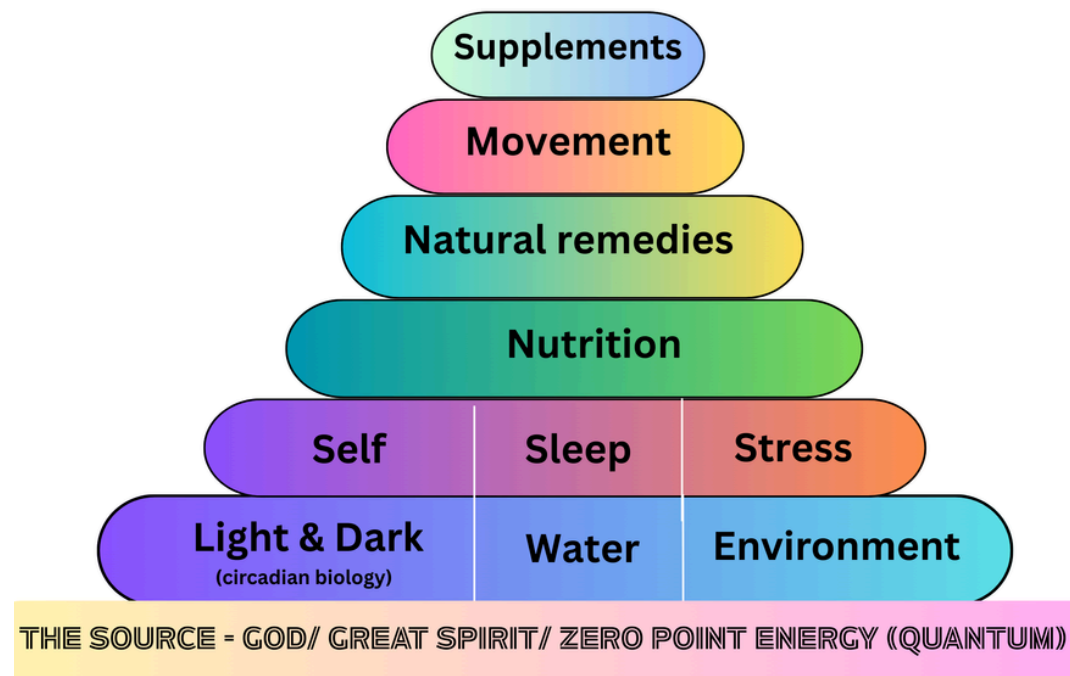
Inside, you will also find how my Naturimedica Blueprint approach supports the whole body, not just individual symptoms.

If you would like personal support, you can also learn how I work with women to create a natural, sustainable plan for their unique menopause journey inside the full guide and on the next page here.



# The Naturimedica Signature Blueprint for Health & Wellbeing

One method. Many paths. Always personalised.



At the heart of the Blueprint lies a pyramid structure that reflects what, from my clinical and personal experience, truly drives lasting wellbeing:

- **~60% Lifestyle Foundations (i.e. two bottom layers, key to any transformation):** light and dark balance, hydration, nature connection and mindful environment, quality sleep, self-care, and stress reduction.
- **~30% to 40% Nutrition:** real, nourishing food tailored to your body's needs.
- **~10% to 15% Supplements, Natural Remedies and Movement:** targeted support to fine-tune your health and body function.

This layered approach blends natural wisdom, science and personalisation, helping you move from any imbalance or hormonal challenges toward renewed harmony and energy. **The interconnected structure ensures that every step supports the next - restoring energy, balance and vitality from the ground up.**

Explore the Signature Blueprint graphic and method to see how each layer builds upon the next, creating strong foundation for lifelong wellness.

**Download your free Naturimedica Signature Blueprint guide [HERE](#)** (or from the website), then connect with me for personalised support to start your own transformation journey to health and wellbeing.

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# Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause visit my website: [www.naturimedica.com](http://www.naturimedica.com)

Here are the links to the most relevant website information:

- <https://www.naturimedica.com/category/adrenal-fatigue-remedies/>
- <https://www.naturimedica.com/category/hormones-menopause/>
- <https://www.naturimedica.com/category/circadian-biology/>

If you'd like more information and simple, basic guidance on other specific perimenopause or menopause symptoms/ topics, the following FREE guides are also available to review:

- Hot flushes
- Key symptoms self-check
- Gut health
- Weight loss
- Adrenals & energy
- Blood glucose management
- Brain fog
- Thyroid health
- Anxiety & depression
- Sleep
- Skin, nails, collagen
- Osteoporosis
- Hair loss
- Circadian Daily Light Guide: Practical Steps + Benefits

Feel free to contact me if you'd like any of the above guides emailed to you.

**Email:** [joanna@naturimedica.com](mailto:joanna@naturimedica.com)

I also regularly publish valuable free resources and practical information on social media.

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# About me



As a Wholistic Natural and Lifestyle Therapist with 15 years clinical experience, my passion is helping women to restore energy, sleep and vitality by reconnecting with Nature and its rhythms.

I combine nutrition, herbal medicines, naturopathy and lifestyle strategies with practical education, so clients can take charge of their own health.

My approach is grounded in both research and traditional naturopathy. My therapeutic strategies are always tailored to the individual.

I believe true health comes from following daily rhythms aligned with nature, and from nurturing the body with good nutrition, sleep, rest and re-establishing good function, not quick fixes. The fact is: we can't outsmart Nature!

I've seen consistently how small, habitual changes add up to create big result over time. My goal is simple: to guide you back to health with tools and remedies that are natural, safe, sustainable and effective.

Visit my website [www.naturimedica.com](http://www.naturimedica.com) for more information on my therapeutic approach, areas of expertise and special interest, and how to connect with me. Follow me on social media for more support and updates.

[Instagram](#)  
[Facebook](#)

[LinkedIn](#)  
[Wellness Blog](#)

I look forward to connecting with you and supporting you in your ongoing health journey.

Best of Health

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