

CLEAR MIND, CALM BODY

A free and simple guide to easing brain fog in perimenopause and menopause - naturally

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NATURIMEDICA
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Disclaimer

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Welcome!

Hi, I'm Joanna

As a Wholistic Natural Therapist and a former corporate leader, I understand how frustrating and disruptive brain fog can feel.

If you've ever walked into a room and forgotten why, struggled to focus during meetings, or felt like your mind is wrapped in fog - you're not alone. Many women experience "menopause brain" - a mix of forgetfulness, poor concentration, and mental fatigue that can feel unsettling.

The good news? You can support your brain naturally. With a few simple daily swaps, you can lift the fog, sharpen your focus, and feel more like yourself again.

In my clinical experience, the key elements to address therapeutically for brain fog in menopause include:

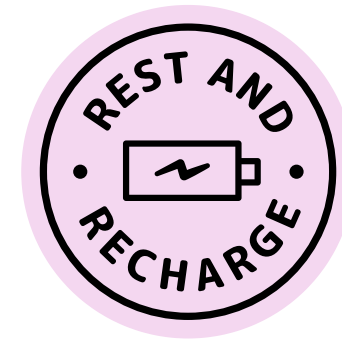
- Nutritional deficiencies and/or excess (toxicity)
- Sleep and stress
- Gut detox & microbiome repair
- Blood sugar balance
- Circadian rhythms balancing

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

This guide briefly covers

- The 4 key factors that influence brain clarity during menopause
- Simple, natural swaps and tips you can start today
- A gentle next step to help you feel clear, calm and confident again
- Resources and tips that work

Factor #1



Hormonal shifts & sleep quality

Why it matters

Fluctuating estrogen and progesterone levels affect neurotransmitters like serotonin and acetylcholine - both vital for memory and focus.

Low thyroid levels can also slow down cell function, affecting brain function and neurotransmitter production, including dopamine and serotonin.

Poor sleep amplifies this effect, leaving you foggy and fatigued.

Natural swaps & tips

🤫 **Create a calming bedtime routine:** dim lights, avoid screens 1-2 hours before bed, sip a soothing herbal tea e.g. chamomile, lemon balm or passionflower.

🤫 **Keep your bedroom dark, cool and quiet.** Keep your phone, TV and screens outside the bedroom.

🤫 **Consider taking magnesium glycinate before bed to support relaxation and brain function.** Take it together with vitamin C to enhance absorption and utilisation.

These small steps help to calm the body supporting brain relaxation and better sleep quality and quantity, and thus hormonal balance.

Additional resources: Sleep and Circadian Rhythm Hub

Factor #2



Blood sugar balance

Why it matters

When blood sugar spikes and crashes, your brain's energy supply becomes unstable, leading to mood swings, fatigue, and impaired cognitive function concentration, including 'brain fog'.

Blood sugar levels related symptoms include confusion, difficulty concentrating, memory problems and feeing of being "out of it". These cognitive impairments can occur when blood sugar levels are either too high or too low, making it essential to manage blood sugar effectively to maintain brain health.

Natural swaps & tips

- **Eat a protein rich breakfast within 30-60 minutes of waking.** This can help to stabilise blood sugar levels for the day and night, and thus supports brain function.
- **Include healthy fats (avocado, nuts, olive oil, omega-3 fats) eggs, nuts and dark chocolate plus fibre rich foods in every meal.** Good hydration during the day is also a key factor. Avoid: excess sugar, processed foods, alcohol and caffeine.
- **Avoid skipping meals or relying on sugary snacks for energy, as this imbalances blood sugar leading to symptoms.**

While brain fog isn't a medical diagnosis itself, brain fog often signals that something in your body needs attention. Gut health also plays a role. When your gut microbiome is imbalanced, it can directly affect your mental clarity and focus.

Additional resources: Metabolic Health Hub

Factor #3



Sleep & nervous system overload

Why it matters

Chronic stress floods your system with cortisol, which interferes with memory and focus. Over time, your brain becomes less efficient at processing information.

When under stress, the brain may feel overwhelmed, leading to feelings of confusion and mental fatigue. Headaches or migraines also increase with brain fog. Anxiety, a common byproduct of stress, also significantly contributes to brain fog.

Poor sleep is a common consequence of stress, and since sleep is vital for memory consolidation and cognitive restoration, its disruption can worsen brain fog.

Natural swaps & tips

Schedule short "pause moments" throughout your day - even 3–5 deep breaths, preferably outdoors, can reset your nervous system.

Spend time outdoors daily: natural light helps regulate stress hormones and boosts mental clarity. It also regulates sleep and melatonin production.

Gentle mindful movement like yoga, stretching, or walking to calm the mind and body.

Prioritise sleep. Quality sleep is one of the most powerful brain fog reducing tools for women in midlife.

Making simple lifestyle choices can significantly improve brain health and thus brain fog.

Additional resources: Chronic stress, cortisol and nervous system article

Factor #4



Nutrient deficiencies & hydration

Why it matters

Your brain depends on key nutrients to function optimally. Therefore, brain fog can be linked to nutrient deficiencies, particularly in vitamins B vitamins, vitamin D, good fats and minerals such as iron and magnesium. Diet rich in these nutrients may help improve cognitive function and reduce symptoms of brain fog.

Water constitutes approximately 75% of the brain's mass. Dehydration can lead, mimic or worsen brain fog, as even mild fluid loss impairs cognitive function, attention, and memory. Staying properly hydrated helps maintain mental clarity and overall brain health.

Natural swaps & tips

- **Add brain-supportive foods -** oily fish, grass-fed red meat, flaxseeds, walnuts, almonds and other nuts, leafy greens, and berries, among others.

- **Stay well hydrated - aim for 6-8 glasses of clean filtered water daily,** in addition to other drinks and foods like soups or juices. Start with 1-2 glasses after waking up to hydrate after sleep. Add electrolytes or lemon juice for better absorption and retention of water.

- **Consider herbal support such as ginkgo biloba or gotu kola** (always consult a qualified herbalist before taking any herbs).

Brain fog often starts with nutrient deficiencies and dehydration and addressing them can bring quick improvements in people who lack nutrients and sufficient hydration.

Additional resources: Nutrition Knowledge Hub

Next steps

> You brain fog doesn't have to be your "new normal" in menopause. Your body is simply asking for balance - and when you respond with care, clarity returns.

Start with one or two of the tips and swaps today. Over time, small consistent changes can make a big difference in how you think, feel and show up each day.

By aligning your daily habits, nutrition, stress reduction and movement with your body's needs, you can:

💃 Regain clarity and good cognitive function

☀️ Be calmer and more relaxed supported by healthier brain and body

☀️ Make nutrition and lifestyle work for you, not against you

☀️ Feel calmer, more energised and motivated to continue your health journey until you achieve your desired level of health and wellbeing

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.

Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause visit my website: www.naturimedica.com
Here are the links to the most relevant website information:

- Beyond Hormones: HRT Decision Guide
- Progesterone Guide
- Menopause Self-Check Guide
- Menopause Knowledge Hub

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

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

Follow me on

Instagram Facebook LinkedIn

About me



As a Wholistic Natural & 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 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 LinkedIn
Facebook Wellness Blog

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

Best of Health

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