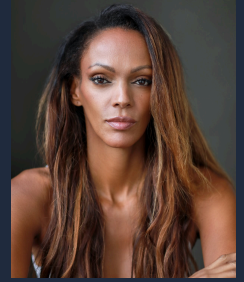


Menopause: *The Revolution.*

Menopause isn't a decline. It's the start of the Authority Era. The panic doesn't come from the change. It comes from nobody ever explaining it.



TALKING POINTS

- 1 Imagine nobody explained pregnancy.**
Your belly swells, your breasts leak, something moves inside you, and nobody tells you why. You'd think you were dying. You'd fight every symptom and go mad. That is where women are with menopause.
- 2 Two of three changes got explained.**
Puberty happens to both sexes. Pregnancy produces sons. Both were studied. Menopause only happens to women. It was never in men's interest to understand it. So the story became "nature made a mistake, you're going mad".
- 3 We handed the enemy the weapon.**
"You're hormonal." "You forgot." Telling the world only how bad it is gives every douchebag a list of reasons why all the problems start with us.
- 4 Fix your life, not your hormones.**
Symptoms as the cost of compromise, making do and sacrifice catching up with you. Anxiety isn't an affliction. It's an alarm bell.
- 5 A new operating system.**
My theory: a move from bearing and raising children to the wise elder. Resist it and two systems run at once. That's the fog. Let it in and the new one drops in.
- 6 The good symptoms.**
Clarity. Memory. Energy. Intuition. Authority. And 2am, the one hour nobody needs anything from you, when the whisper of revolution comes.
- 7 The tools are fun.**
Talking to your inner child. Active meditation, where the body moves on its own. Eye Release. Pleasure. All of them work with nature, not against it.
- 8 Life experience is gold dust.**
AI can replicate almost everything except life experience. A woman of 45 holds the one thing it can't. This is our power era.

THE PROOF

48. Had the symptoms, now symptom free. Put away the HRT her doctor was pushing. "I have never been clearer. My memory has never been better."

LINES TO QUOTE

"Menopause and peri isn't our body doing the dirty on us. It's our body finally being exhausted with us not listening to it."

"Nature didn't make a mistake. Nobody bothered to understand it."

"Imagine fighting the symptoms of pregnancy. How far would you get?"

"A woman who listens to her intuition is a liability."

WHO SHE IS

Actress for 25 years: EastEnders, Twilight, Maleficent, Heroes Reborn, Apple TV's Foundation. From Gorton, Manchester, an area of poverty. Creator of The Shift, taking women from Survival Mode to their Second Act.

Free guide: Menopause Is the Best.

Site: theshift.one