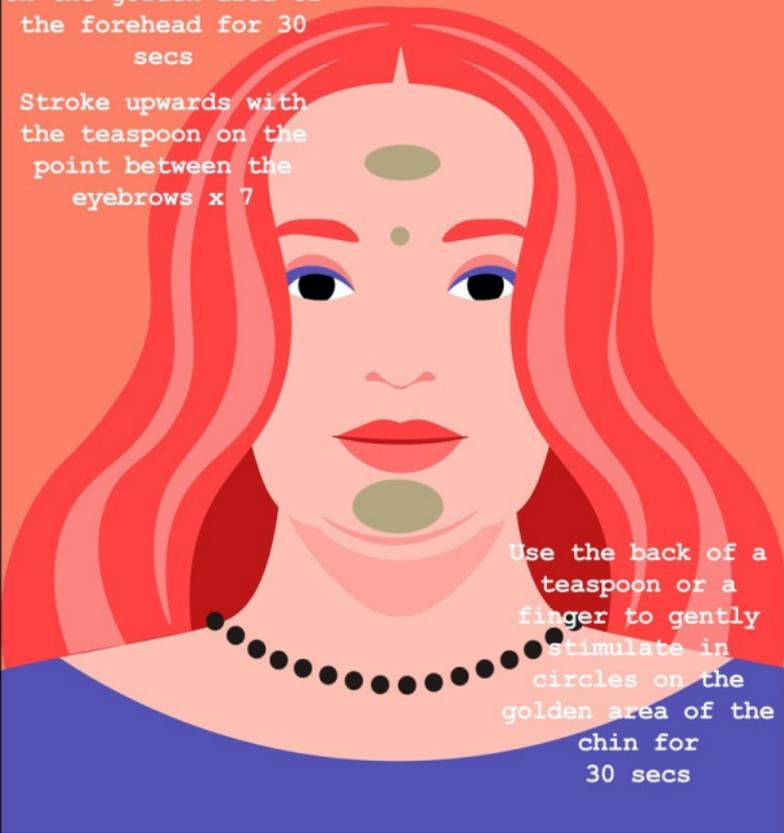


*Bergman Method*

# FACIAL REFLEXOLOGY

For hot flushes, use the back of a teaspoon to gently stimulate in circles on the golden area of the forehead for 30 secs

Stroke upwards with the teaspoon on the point between the eyebrows x 7



Use the back of a teaspoon or a finger to gently stimulate in circles on the golden area of the chin for 30 secs

# MENOPAUSE BUSTER

# Reflexology can help support you with any symptoms.

- Hot flushes
- Night sweats
- Palpitations
- Insomnia
- Joint aches
- Headaches - visit: [www.headacheexpert.co.uk](http://www.headacheexpert.co.uk)

menopause symptoms such as mood swings, irritability, anxiety, difficulty concentrating, difficulty coping and forgetfulness may be related to hormonal changes, either directly or indirectly e.g. due to sleep disturbance.

**<https://www.menopausematters.co.uk/>**