

The Dr Daisy Blog at Menopause Matters.

This month ...

# My Menopause Christmas Tree



So here it is again - Christmas. A strange time of year when we all eat and drink too much, and do silly things under the mistletoe!

Now Christmas trees are not my favourite things. I appreciate they are grown for the purpose, but it still seems barbaric to cut down a tree because it's Christmas and sit it in a pot in an overheated room, and watch in horror, as its needles drop off. We have an artificial tree. It's a pretty one, a Norwegian spruce. It's about ten years old and going strong.

But all this started me thinking about a perfect Christmas Tree - Yes! - a Menopause Christmas Tree! What would I choose? Where would it go? What would I put on it, and indeed under it – Well read on and find out. You might just chuckle at the same time.

My Menopause Christmas tree would not be in the lounge - Oh No! - It would be in the bedroom. Why? - Who saw Mrs Brown's Christmas Tree on TV a couple of years ago? It was an amazing tree that rotated, round and round, on the spot, in its bucket! Well my Menopause Christmas tree would be one of these, as it would create a lovely breeze in my bedroom, just great for those hot flushes and night sweats!

Let's be totally clear about this. I stayed in a London hotel last year whose Christmas tree was upside down - Yes - it was literally hanging from the ceiling! Very quirky! - I think I'll have one of those! Why not? A better use of space as my bedroom isn't that big. My Menopause Christmas tree wouldn't have lights as such. It would be calming, perhaps give off a gentle twinkle, but bright lights in the bedroom are not good for menopausal insomnia!

And instead of baubles, I would hang it with little cameos of famous menopause celebrities!

- chocolate of course - John Studd, David Sturdee, Malcom Whitehead, Tim Hillard, Nick Pannay – Oh and our very own Heather Currie, Pamela Brook and Rik Moncur of course! My tree would of course be liberally sprayed every night with lavender oil which has been shown to help insomnia, and to produce a feeling of calm and relaxation. (Well the alternative was basil oil or geranium oil and I won't be able to sleep if my bedroom smells like a pizza parlour or the hot house in Kew gardens!).

Now under my tree would of course a variety of menopausal parcels all beautifully wrapped and tied up with string!



I'm going to describe what you might find, in these 5 little parcels, if you were present-opening, under my tree!

### **Present Number 1**

This is such a great idea! I found this on the internet. It's ....a hypnosis app! Many women at the time of menopause feel powerless in the face of the all changes they are going through. Hypnosis can be quick and effective in producing relief of some of their menopausal symptoms. The app files apparently contain relaxing, soothing sounds, such as ocean waves, specific tempos and musical keys to assist in hypnotherapy, meditation and

sleep. This app offers a natural approach to dealing with menopausal symptoms.

## Present Number 2

This is a Menopause bracelet, another natural remedy for menopause. Crystals have been known for years to have healing and restorative properties, largely through resonance and vibration. This pretty bracelet contains Moonstone – the stone of new beginnings. This is so named after the moon which waxes and wanes, and as in menopause, goes through a cycle of change. Moonstone is said to have a powerful effect to calm emotions. Another important stone in the bracelet is Lepidolite, which is said to reduce anxiety and stress, and in addition, to help insomnia.

## Present Number 3

I just needed a new T shirt! Maybe you haven't heard of the seven dwarves of menopause? Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful and Psycho! Well my T shirt displays cartoon pictures of all seven of them!

## Present Number 4

A perfect present – a super cool gel pillow. This soft cotton pillow contains a gel, so it can be put in the fridge to stay cool, (or in the microwave to use as a heat pack!). Once cooled, it can be placed under your head at night and will help dissipate heat! Perfect for those terrible night sweats!


## Present Number 5

And now my favourite menopause Christmas gift - Rhubarb Crumble Gin! Yes – there are numerous reasons why gin (in moderation of course!) is good for you! The basic gin recipe contains juniper, sage, coriander, nutmeg and rosemary, all packed full of healthy antioxidants – so important for numerous functions in every cell of your body. For more information take a look at this [Five Reasons Why Drinking Gin may Actually be Good for you!](#) And what's more, Siberian rhubarb root extract, has been shown to have some effect on relief of menopausal symptoms (Ventskovskiy et al 2006) and in this small prospective randomised placebo controlled study of 53 women, it was well tolerated, with no safety concerns identified.

<http://herbalmenopauserecovery.com/estovera-siberian-rhubarb-extract/>

One question? - Can I have it with custard?





So it's going to be a fabulous Christmas, tucked up in bed in the cool draft of my rotating Menopause Christmas tree, listening to my Menopause Relief Hypnosis app, my head cool and fresh on Super Cool Gel pillow, wearing my moonstone bracelet and sipping rhubarb crumble gin!

Oh hang on, there's one small, rectangular parcel - I forgot! - A last gift from Santa!

Quick as a flash I'm ripping off the paper- what can it be?

... And I'm not disappointed!

– it's my best Christmas present ever!

Yes! - it's a whole new box of HRT!!

## Happy Christmas Everyone!

**Dr Daisy December 2017**



... Now an audio book!

Available at [Amazon](#).

See much more information about Dating Daisy & Daisy Mae at [www.datingdaisy.net](http://www.datingdaisy.net)

Follow Daisy Mae on Facebook, Instagram and Twitter

See my Sexual Health Blog, Daisy Mae, at [www.huffingtonpost.co.uk/](http://www.huffingtonpost.co.uk/)

## References

1. Chin Med. 2010; 5: 7.

Published online 2010 Feb 19. doi: 10.1186/1749-8546-5-7

PMCID: PMC2837008

Treatment of menopausal symptoms by an extract from the roots of rhapontic rhubarb: the role of estrogen receptors

Günter Vollmer, 1 Anja Papke,1 and Oliver Zierau1

2. M, Ventskovskiy BM, Borzenko I, Kneis KC, Rettenberger R, Kaszkin-Bettag M, Heger PW. Efficacy and safety of a special extract of *Rheum rhaponticum* (ERr 731) in perimenopausal women with climacteric complaints: a 12-week randomized, double-blind, placebo-controlled trial. *Menopause*. 2006;13(5):744–759.

doi: 10.1097/01.gme.0000240632.08182.e4. [PubMed][Cross Ref]

