



**WomanKind
Healthcare**

Personal. Private. Professional

Everything you need to know about the menopause.....

- What actually happens in the menopause?
- How do I know if I'm menopausal?
- Do I need HRT- is it safe?
- Can I manage my symptoms through diet?
- Are there any alternative treatments that could help?
- Am I making a fuss about nothing?
- How long will it last?
- Shouldn't I just put up with it?

We are specialists in supporting women through the menopause and are coming together for this unique event. We'll give you the evidence based, unbiased answers to your questions. You'll learn how you can combine evidence based medicine with lifestyle therapies to manage your menopause safely and effectively.

Our experts include:

Dr Susan Rankine MBBS DCH DRCOG DFFP MRCGP

Susan has thirty years of experience as a GP. She has taken a special interest in all aspects of women's health and has looked after patients through every stage of their life, helping them to become healthier and happier. She understands that at certain times, women require extra support and guidance to get them through a challenging part of their lives.

Nigel Denby BSc (Hons) Registered Dietitian

Nigel has specialised in supporting women through menopause for many years. During his role as lead Dietitian to the West London Menopause Clinic he became chief nutrition advisor to the charity Women's Health Concern. By understanding your lifestyle, your symptoms and your dietary patterns you can stabilise some of the fluctuations in your hormones which may be exacerbating your symptoms.

Anna Kiff BA Hons, Dip Ac, Clin Ac (China), MBACc, Member of the British Acupuncture Council

Anna has practiced for over 20 years and has worked both privately and in the NHS. She has contributed to three pioneering projects together with the University of Westminster. She fully recognises the benefits and power of using acupuncture alongside western medicine, integrating both eastern and western approaches for the greatest effect. Anna is passionate about health and its direct link to quality of life. She will work with you for a bespoke treatment which produces especially effective results.

Places at this event are by reservation only and charged at £20.00 per person. You can choose the morning or afternoon event. Complimentary refreshments and a light lunch will be available.

To secure your place contact nigel@nigeldenby.co.uk