

YOU'RE NOT IMAGINING IT

Feel more like yourself again

If you don't quite feel like you lately, you are not imagining it, and you are not alone. So many of us reach our forties and fifties and feel quietly ambushed by our own bodies, then get told to just get on with it. You deserve better than that.

I'm Anna, and I put this little guide together because small, honest changes genuinely helped me start to feel like myself again. Nothing drastic. No overwhelm. Just a few things worth trying, from one woman to another.

1

Protect your sleep

Broken sleep makes everything else harder. Guarding it is the highest-value thing you can do.

- Keep the bedroom cool and layer bedding you can throw off in the night.
- A wind-down half hour, screens down, dim light, tells your body it's time.
- Nudge caffeine to the morning and keep alcohol modest, both fragment sleep.

2

Eat for steady energy

Midlife nutrition can steady your energy and mood through the day, and protect your bones for later.

- Start the day with protein, it keeps energy and cravings steadier for hours.
- Lean Mediterranean: veg, whole grains, oily fish, nuts, olive oil.
- Prioritise calcium and vitamin D for bone strength as oestrogen falls.

3

Move in a way that fits

It doesn't need a gym or an hour you don't have. Consistency beats intensity.

- Two short strength sessions a week help protect muscle and bone.
- A daily walk lifts mood and helps you sleep, ten minutes counts.
- Stretch or a few minutes of yoga to ease stiff, achy mornings.

4

Calm the load

When the fuse feels short, it isn't a character flaw. Your nervous system needs looking after too.

- Slow breathing, four counts in, six out, settles a racing moment fast.
- Protect one small pocket of the day that is just yours. It isn't selfish.
- Say no to one thing this week. You do not have to carry all of it.

YOU DESERVE TO BE HEARD**If you've felt dismissed, it isn't you**

So many women are told they're "too young", or handed something that doesn't fit, or simply not listened to. You know your own body. It is completely reasonable to go back and ask again, and to ask about all of your options.

- Keep a short symptom diary for two weeks, patterns are harder to dismiss than a single appointment.
- Ask about the full picture, including HRT and non-hormonal support, so you can make an informed choice that's right for you.
- Take someone with you, or your notes, if it helps you feel heard.
- You're allowed to ask for a different GP or a menopause-informed clinician.

YOUR FIRST TWO WEEKS**Start small. Pick a few, not all.**

- Set a wind-down time and a cooler bedroom
- Two short strength sessions this week
- One slow-breathing minute when it's frantic
- Add protein to breakfast most mornings
- A ten-minute daily walk
- Start your two-week symptom diary

A NOTE FROM ANNA**Why I made Bloomelle**

A few years ago my shelf looked like a small pharmacy, more than ten pills a day, a fortune spent, and no idea if any of it worked together. So I worked with nutritionists to bring what I actually needed into one considered formula: sixteen ingredients in two small capsules a day. Non-hormonal, vegan, and made here in the UK.

16 ingredients**2 capsules a day****Non-hormonal****Vegan****Made in the UK**

It's everyday nutritional support for women in midlife, with vitamin B6, which contributes to the regulation of hormonal activity and to normal psychological function, and magnesium, which contributes to a reduction of tiredness and fatigue.

My promise on the boring bits: cancel anytime in a click, no lock-in, a real person on email, and a 90-day money-back guarantee. Most women say they judge a supplement over about three months, so we make that easy to try fairly.

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