

## WELCOME - OYM NUTRITION

A very warm welcome to Owing Your Menopause Nutrition where our aim is to help you feel the very best you can from the inside out.

Katie Skrine is our resident Nutritional Therapist and will be available to help you navigate this stage of your life.

Together, we will work with you to help you:

- Understand what the key foods principles you should be focussing on at this stage of your life AND why
- Help you to implement these key food principles into your life
- Support you in all aspects of your nutrition to help nourish your bodies, naturally balance your hormones as well as help you manage your symptoms
- Inspire you with lots of ideas and delicious recipes
- Provide a community where we can share our journey together
- Opportunity to join regular Reset challenges to help keep you focussed and accountable

Food is such an important and wonderful part of life and we want to help you and your bodies thrive so you feel fantastic inside and out.

Helping to prioritise you to ensure you eat a nourishing and balanced diet will make such a big difference to the way you feel in terms of your energy levels, gut health (bloating, constipation etc), mood, blood sugar levels, the appearance of your skin as well as supporting your bones, joints and muscles.

Please take your time to follow the steps we have prepared for you, watch the recordings and read the information sheets provided in this section - Nutrition.

As always, if you have any questions, please go to the Community Chat section of the app and send us a message. We always love to hear from you.