

Sail through Menopause

Learn the tricks and ways to ease your menopausal symptoms



Menopause results in a decrease of female hormones, which affects your emotions, appetite and metabolism. It typically occurs in women between the ages of 35 to 55, and contributes to weight gain caused by a deficiency of minerals. However, one can combat mineral deficiency with a Suddenly Slender body wrap infused with more than 175 types of essential minerals, says Ginger Smith, spokesperson for Suddenly Slender International.

Q: I'm finding it really hard to lose weight. I eat right and exercise regularly, but the needle on my weighing scale does not budge! I'm otherwise quite healthy and don't suffer from heart palpitations. How can I banish the extra kilos? – Wee Swee Leng, 49, homemaker

A: According to Ginger, you may be finding it hard to lose weight even after cutting your calories and working out due to menopause. "During this phase, weight gain generally occurs around the belly and hips thanks to the fluctuation of hormones in your body," explains Ginger. "As estrogen levels drop, our body struggles to maintain hormonal balance and holds on to these fat cells. The thyroid hormones also begin to vary, and this could result in irregular heart beats as well as contribute to further weight gain."

She suggests using the Suddenly Slender Atomic Iodine & Kelp Mineral Body Wrap, which works to relieve menopausal symptoms. "It's filled with vital trace minerals like iodine, calcium, manganese and magnesium. This body wrap will help increase your energy levels and aid weight loss. If you want to tone your tummy area, you can opt for the Flat Tummy Body Wrap, which helps burn fats in that area. I also recommend you continue taking a balanced diet containing antioxidants, fibre and nutrients to get your weight loss plan back on track."

Q: I often experience hot flushes and light-headedness. Are these pre-menopausal symptoms? If so, how can I reduce them? – Halifah K, 42, manager

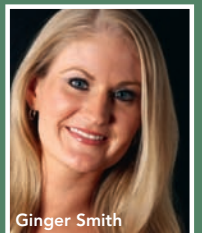
A: "You could possibly be entering the early menopausal stage, and your symptoms could be exacerbated due to a hectic lifestyle. Stress, unhealthy meal choices and irregular exercise can bring about menopause as early as in your late 30s," reveals Ginger. Her advice? "To slow down these possible pre-menopausal symptoms, you can tweak your current lifestyle to make it healthier. Fuel your body with the right food, stay active, positive, and avoid alcohol and nicotine as these may aggravate the symptoms. You can also take supplements like multivitamins, calcium and bioflavonoids to help reduce any discomfort and enhance your wellbeing."

EXPERT OPINION

For more than 13 years, Ginger Smith, a spokesperson for Suddenly Slender International, has been spreading the word on the benefits of the Suddenly Slender Mineral Body Wraps.

Found in 1969, the Suddenly Slender Mineral Body Wrap has been featured in international magazines, and on talk shows like *The Ellen Degeneres Show*, *The Tyra Banks Show* and *The Oprah Winfrey Show*.

To find out more about the Suddenly Slender Mineral Body Wraps, call 6570 8111 or log onto www.suddenlyslender.com.sg for details. Suddenly Slender is located at #03-22/25, 313@Somerset and #01-03A, 1 Marine Parade Central.



Ginger Smith