

Today is Day 1 of the ROCK YOUR Menopause
7 Day Challenge.

Hi I'm Cathy, I'm excited to share with you simple and SMART ways to balance your hormones so you can sail through menopause and hormonal changes with ease.

I've got tons to share so let's jump right in. You'll see over the next week, The BIG Challenges I'm discussing are THE important ACTIONS women often overlook when dealing with menopause and hormonal imbalance.

Today, you're FIRST CHALLENGE is all about your bath room. Today's challenge, detox your body from chemicals that disrupt your hormones. See, the first step to balance your hormones from the inside out, is to stop adding endocrine disrupting chemicals to your body every day.

So, look at your cosmetics, beauty care, shampoo and especially skin lotions and that includes sun screens. If you CAN'T eat it safely, you should not be putting it on your skin. Your skin is your protective organ and smothering it with chemicals that are absorbed into your blood stream is one reason our menopause symptoms go hay wire. Today, many beauty products are using what is called NANO-technology to make their products soak into

your skin quickly. This is especially true with sun screens. If we coat our entire body in these chemicals we easily disrupt our very delicate hormonal balance because so many products are full of what's called xeno-estrogens. Fake estrogen, chemicals that act like estrogen in our body and create an estrogen dominant landscape.

If you want to make real progress in changing your menopause symptoms this is the first place to start. Don't skip this! Just do it. Be ruthless and get rid of all the bad stuff in your beauty products. If you can't pronounce what's in the products you use, chances are you need to ditch it. If a products have any words that begin or end in PARABEN, you need to ditch it. There are so many excellent clean and green cosmetic products to day that don't disrupt your endocrine system.

Good Luck. I hope to see you over at Day 2.

Sign up for the entire Challenge below if you haven't already.

In the meantime, check out the Rock Your Menopause FB group for camaraderie and interesting discussions.

I'll see you tomorrow.

Cathy

