

REPORT



HYDRATION

AND MENOPAUSE

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Hydration and Menopause

One of the most important symptoms to monitor during menopause is hydration.

In fact, I think it is the most important symptom to keep an eye on and many women do not realise just how important it can be.

Suffering through headaches and other symptoms not realising that their bodies are dehydrated.

And that can happen very easily during menopause as we are experiencing hot flushes/flushes which causes us to lose a lot of fluid through our bodies trying to quickly cool us down.

This is the easiest change you can make to improve the intensity and frequency of your menopausal symptoms, especially the flushes.

Do you remember years ago when your parents or elders would tell you to drink water?

My Dad used to say it was the best drink on earth – and he was right! Water is hands-down the best for our bodies.

So, what if you've gotten into the habit of drinking everything other than water? No worries – easy to turn this around. You Just Add Water!

Invest in a Water Filter

These days we need to ensure we are drinking filtered water, as the town or tap water has too many synthetic chemicals in it – things like fluoride, lead, mercury, nitrates and ammonia, etc. You can check out your local Council and ask them what chemicals are added to your water supply. You may have artisan water supply which is normally a clean source of drinking water.

If not, investing in a water filter is a good idea to improve your health during menopause.



Once you experience the benefits of filtered water, you won't want to go back to the town water for drinking.

I often hear from women that changing to filtered water made a real difference to their health and it makes sense. Drinking still filtered water can work wonders for menopausal symptoms. It can certainly reduce them and give us back a level of control.

Our bodies are often struggling through menopause and drinking unfiltered water is just increasing the stress. So, I encourage you to invest in a water filter if you don't have one. Just a filter water jug from your local supermarket or department store will be fine to start with.

Suggested daily water intake is approx. 2 litres a day of water, depending on your requirements. If you have any issues with water retention, then eating vegetables and fruits that release fluid may help – e.g. celery, cabbage, beets, watermelon, lemons, asparagus, cucumbers, garlic and parsley.

Symptoms Caused Through Dehydration

Being dehydrated often presents in different ways, with different symptoms – e.g. brain fog, anger, moods, headache, lethargy or tiredness, nausea, changes to heartbeat, aches, pains and cramps.

Learning how to hydrate well can make or break your menopause chapter and you will see what needs to change when you fill out your hydration diary at the end of this report – e.g. swapping your soda or coffee to filtered water.

Here's my 3-step process:

1. Use the dehydration diary (at the back of the book) Just print out that page
2. Take filtered water with you wherever you go so you can top up throughout the day
3. Just add water – every time you have a beverage like coffee or tea or soda, add a drink of water afterwards. To start with, just a few sips but increase over time, to a comfortable level for you.

The 3-step process will quickly have you hydrating a lot better and creating a good habit.



The end goal is to substitute caffeine drinks and sugary drinks for filtered water. As you begin to feel the benefits of increasing hydration, you will see how good hydration is in helping with a lot of menopausal symptoms. In particular, the hot flushes/flashes, confusion, moods and headaches.

So, what happens when we are dehydrated? Typically, these sorts of symptoms:

- Our joints can experience pain through inflammation
- We can experience itchy skin for no reason (it's dry)
- Forgetfulness, you know the feeling "Why did I walk in here...?"
- Fatigue – lack of fluid affects our energy levels
- Irritation of our bladder lining which can eventually weaken it
- Waking up at night with those awful heart palpitations

How Much Water to Stay Well Hydrated?

It depends on you really. I drink around 2 litres a day of water and then have the odd very weak black tea.

If you are affected by migraines at all, and like to drink tea and coffee, you may like to research the effects caffeine has on the brain, as well as tannin which is contained in tea.

My suggestion is easy does it when it comes to caffeinated drinks.

You might like to explore an organic tea or substitute that tea for a filtered water and see what improvement it makes.

I had to cut out tea, due to hemiplegic migraines and now am very cautious with it, just having one or two very weak black teas a day. My husband jokes that he waves the bag over the top.

It's really a matter of identifying your fluid intake habits now and then using my 3-step process to create a hydrating habit.



Keeping a diary can be really useful so print out the diary on the next page and take some time to monitor your hydration. Filtered water and fresh fruit and vegetables go a long way to good health during menopause.

Balancing your health during this phase in your life is the key to maintaining relationships, protecting your career and enjoying life along the way. It makes a huge difference when you hydrate well.

The jury is out when it comes to salt but after researching this subject a lot, I reintroduced salt back into my diet.

We have been told for years that salt is bad and fat is bad, when in fact our human systems need a certain amount of these to function well.

I can't tell you how excited I was when I realised that I was not hydrating properly. The turn around for me was amazing. Losing sodium through hot flushes is something that needs to be replaced and reintroducing salt into my diet greatly improved symptoms for me.

It's a personal choice though, and something you will need to monitor for you.

So...

1. Print out the diary
2. Keep a record of water consumption (and other drinks too)
3. Add a little water (just a few sips) after your regular drinks to create a habit
4. Gradually increase water consumption, swapping out other drinks, eg coffee.

Feel free to come along and join our Facebook Group – [Better Menopause Better Life](#)

Diary is on the next page.



HYDRATION DIARY							
ONE WEEK							
Day	Time	Meal	Description	Drink	Volume	Type	NOTES
1		Breakfast					
		Morning Tea					
		Lunch					
		Afternoon Tea					
		Dinner					
		Supper					
2		Breakfast					
		Morning Tea					
		Lunch					
		Afternoon Tea					
		Dinner					
		Supper					
3		Breakfast					
		Morning Tea					
		Lunch					
		Afternoon Tea					
		Dinner					
		Supper					
4		Breakfast					
		Morning Tea					
		Lunch					
		Afternoon Tea					
		Dinner					
		Supper					
5		Breakfast					
		Morning Tea					
		Lunch					
		Afternoon Tea					
		Dinner					
		Supper					
6		Breakfast					
		Morning Tea					
		Lunch					
		Afternoon Tea					
		Dinner					
		Supper					
7		Breakfast					
		Morning Tea					
		Lunch					
		Afternoon Tea					
		Dinner					
		Supper					