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Why we need a new approach to menopause

and
the
role



Natalie Rivans and Vrushti Mawani explain how neuroplasticity and training your brain might help mitigate some specific menopause symptoms. They're also inviting *Menopause Matters* readers to help with their research.



☐ Natalie Rivans



☐ Vrushti Mawani

of our brain

For millions of women, menopause feels like an uncharted storm. Hormones fluctuate, sleep vanishes, emotions go haywire, and bodies seem to change overnight. Yet what's often more disorienting than the symptoms is the response that they often receive: confusion, dismissal, or a one size fits all solution.

Despite growing awareness, many women are still left feeling unheard and unsupported. Meanwhile, symptoms like brain fog, anxiety, joint pain, and fatigue continue to intrude on daily life.

But what if your brain didn't have to sound the alarm every time a hot flush hit? What if you could train it to stay calm and respond to symptoms with neutrality instead of stress?

That question led re-origin, a company dedicated to neuroplasticity-based healing, to create Renew: a brain retraining programme designed to support women through menopause using cutting-edge techniques rooted in neuroplasticity.





A new path through menopause, starting in the brain

Renew grew out of re-origin's brain retraining programme, which has helped thousands overcome chronic conditions like fatigue, anxiety, Lyme disease, pain, and depression by calming the nervous system and rewiring neural pathways.

As more women within the community began sharing that their symptoms intensified during all stages of their menopausal journey, it became clear that a more tailored approach was needed.

Programme designers Natalie and Vrushti conducted research to find out whether women using re-origin's general retraining tools were seeing benefits related to menopause. The results were striking:

- 67% reported improved emotional well-being
- 58% noted a better ability to handle stress
- 50% felt a greater sense of control and empowerment
- 42% slept better
- 75% said somatic tools helped manage their symptoms

These findings confirmed that neuroplasticity tools were already making a difference. So, what if a programme was built specifically for menopause?

The brain's role in menopause

Brain retraining is grounded in neuroplasticity; the brain's ability to change structure, function, and wiring in response to experiences.

During menopause, hormonal shifts impact far more than just the reproductive system. Estrogen fluctuations directly affect the limbic system—the brain's emotional and stress-response hub. When this system becomes overactive or stuck in high alert, symptoms like hot flashes, insomnia, anxiety, and fatigue can become exaggerated.

Brain retraining teaches the brain to respond differently. Rather than staying stuck in stress or fear loops, the brain learns new patterns that promote regulation, calm, and balance.

“Every woman is different, but many women begin to notice subtle shifts within the first few weeks; a little more calm, slightly better sleep...”





If you've tried everything and still feel stuck!

Renew is for anyone feeling overwhelmed by the menopausal transition especially those who've struggled to get support, want alternatives to HRT, or are exploring mind-body approaches alongside traditional treatments.

It's especially beneficial for women who:

- Feel heightened sensitivity to stress or past trauma
- Feel disconnected from their bodies
- Are curious about holistic, science-backed approaches

If you've tried every supplement and strategy but still feel stuck, this programme is designed with you in mind.

Your personal toolkit for navigating menopause with ease

Renew combines neuroscience, somatic practices, cognitive behavioural therapy (CBT), and emotional resilience tools into a simple, flexible framework.

Participants learn to shift their brain's response to symptoms using:

- Brain retraining exercises rooted in neuroscience
- Somatic tools to soothe and reconnect with the body
- Cognitive strategies to shift unhelpful thoughts
- Lifestyle guidance on movement, rest, and self-compassion
- Journaling/reflection to uncover patterns and beliefs
- Community support for encouragement and connection

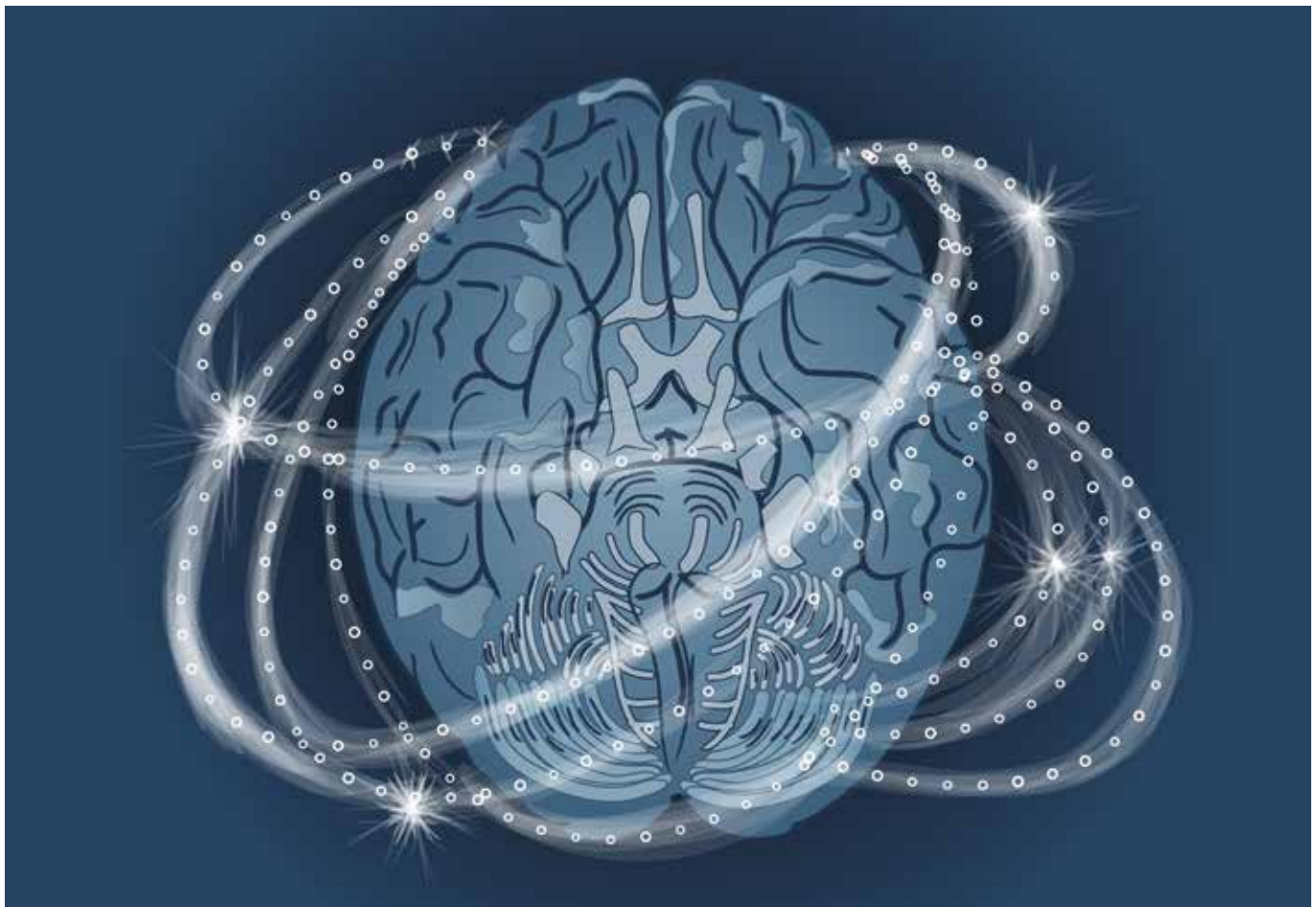
Rather than rigid routines, the programme offers a toolkit that participants can explore at their own pace tailoring the process to their needs and energy levels.

When can you expect results?

Every brain is different, but many women begin to notice subtle shifts within the first few weeks: a little more calm, slightly better sleep, or moments of clarity amid the fog.

These early changes signal that the nervous system is beginning to regulate itself. But this isn't a quick fix—it's a science-backed process. Months or even years of stress, fear, or disconnection take time to rewire.

That's why the creators recommend practicing consistently for at least six months, for about 30 minutes a day. The good news? That can be broken into short sessions throughout your day whether it's five minutes over tea or a longer session in the evening. It's all about sustainable change, not perfection.





Join and get involved!

Right now, Renew is inviting early participants to join them in shaping the programme ahead of its full public launch.

This is your chance to get exclusive access to the tools, support, and community while contributing valuable feedback that will help improve the experience for others.

If you're interested in participating, you'll need to commit to approximately 30 minutes per day for four months, and be open to completing four short feedback questionnaires.

To express your interest, email Natalie at natalie@re-origin.com.



The key is finding your personal 'sweet spot' the rhythm that works with, not against, your nervous system.

How is this different from a GP visit or HRT?

Many women benefit from working with a healthcare professional with a special interest in menopause, or a menopause specialist, or using hormone therapy. But not everyone can or wants to take that path. Even when they do, those treatments often don't address the full picture.

Renew aims to fill in the missing pieces by helping women:

- Understand how hormonal shifts impact the nervous system
- Learn real-time tools to self-regulate
- Connect with others on a similar path
- Reclaim a sense of agency, joy, and possibility

Rather than replacing medical care, Renew says it complements it working alongside the body's natural processes to support healing from the inside out.

Final thoughts

If you've ever thought, "There has to be more than this," there is.

Your brain isn't broken. Your symptoms aren't a life sentence. And you don't have to go it alone.

Natalie and Vrushti invite you to join them in reshaping how women experience menopause not with fear, but with knowledge, tools, and support. **MM**

The women behind the programme

Natalie Rivans is re-origin's community manager and a brain retraining coach. After overcoming her own health challenges, she became a certified menopause coach, somatic practitioner, and mindfulness teacher. Her mission is to make brain retraining accessible, compassionate, and empowering for women at every stage of menopause.

Vrushti Mawani is certified in neuroscience, a qualified hypnotherapist, researcher, and menopause coach. She bridges science and lived experience to help women understand and navigate this life stage with confidence and clarity. She is passionate about inclusion and making sure no woman feels stuck or unsupported.