



# The Natural Approach to Menopause: Using Food and Lifestyle as Medicine

A lecture by Helen Ritchie

*Menopause Nutritionist | NHS Health and Wellbeing Coach | Public Health Collaboration Charity Ambassador*

**Wednesday 15th November 2023, 6.00pm–7.00pm**

(Tea and coffee served from 5.45pm)

**Lillingstone Trust Mind & Body Zone, ek robotics Sports Campus, Royal Latin School**

Entry to these lectures is free to all members of the local community. For further details, or to book a seat, contact Lucy Beckett at [lbeckett@royallatin.org](mailto:lbeckett@royallatin.org) or on 01280 827306

*Helen is a Clinical Nutritional Therapist passionate about helping menopausal women stop their symptoms from disrupting their lives and careers and start feeling normal again.*

*“When menopausal symptoms struck seven years ago leaving me unable to think clearly, my confidence took a nosedive and I was unable to perform my best at work, and then I was fired! After overhauling my diet and lifestyle, as well as investing in life coaching, I spent four years studying nutrition so I could share my knowledge with other women. As a result, I now help perimenopausal and menopausal women manage brain fog, anxiety, hot flushes, and the myriad of other symptoms, whilst holding down their careers and living their busy lives.”*

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