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Can hot flushes and
night sweats be left in

Room 101?



Clinical hypnotherapist and Neuro-Linguistic Programming Master Practitioner, Coral Bugden has recently conducted a highly successful mini trial for her Menopause Relief Programme. Her story started with a chance meeting with Menopause Matters's own Dr Heather Currie.

Five years ago I went along to our local Dumfries Ladies Get Together Group and the first thing I noticed was that every lady from the group seemed to have turned up for this talk – all about the menopause, hosted by Heather,” explained Coral.

“The subject had certainly sparked my interest as I was going through it myself but there were all ages there – pre, peri and post menopausal women, probably from aged thirty five and upwards.

“It really opened my eyes. Clearly like everybody else I just didn’t have a clue what was going on in my body and what symptoms can be experienced. Hot flushes and night sweats are just for starters for some!”

Coral has always had an interest in well-being and mental health and has a string of accreditations to her name. In 2019/20 she trained and qualified as a Clinical Hypnotherapist and also became a Master Practitioner in neuro-linguistic programming (NLP).

Hearing Heather’s talk and realising that so many women can suffer quite debilitating symptoms, particularly night sweats and hot flushes, she wondered if her skills could help others. She researched whether anyone had used hypnosis to reduce menopause symptoms and found that clinical research trials had been conducted by Gary Elkins, a professor of psychology and neuroscience at Baylor University in the United States.

His work was published online in *Menopause: The Journal of The North American Menopause Society* and studied 187 women over a five-week period. They had weekly hypnosis sessions by clinically trained therapists and also practised self-hypnosis, using audio recordings.

By their fourth session the women’s hot flushes were reported to have decreased by around 70% and when followed up after three months the average decrease was 80%. Elkins said: “Some women reported having nearly complete elimination.”

Mini trial pathway

“Heartened by this I tracked down a fellow hypnotherapist who was specialising in this area who offered specific training and I took her course and started up my Menopause Relief Programme.

“I wanted to offer ladies the educational side of what happens to our bodies in menopause and to explain the lifestyle changes, through diet and exercise, that they can do for themselves but also see if hypnosis could specifically help with hot flushes and night sweats.”

All of my trainer’s work had, naturally, been carried out on a face-to-face basis but with the arrival of the pandemic and then lockdown that route was closed to me.

“So, I decided to set up my own mini-trial to see if video sessions would work. I anticipated they would, but have been amazed by how successful they have been.”

Coral put out a post on Facebook asking if any women would be prepared to take part in her trial. With no cost involved she got a strong response but as she was asking for a time commitment some inevitably fell by the wayside.

“Eventually two professional women, Lesley, who runs her own children’s nursery business and Joannea, who is a nurse kindly agreed to take part. We had four sessions over four weeks. The first was for around two hours and the following anywhere between forty minutes and an hour.”



• Night sweats and flushes, day or night are debilitating for so many women.



Lesley's Experience:

"After another night of sleep deprivation due to the intensity of my hot flushes, I was feeling irritable and generally grumpy! Opening Facebook and scrolling through what now has become the daily rag, Room 101 therapy popped up on my news feed looking for females to try hypnotherapy in relation to menopause. This ad caught my attention as I did not want to use HRT and that was all my GP could offer me; I was looking at a more natural way of dealing with hot flushes. I sent a message to Coral and she got back to me asking if we could meet over zoom and have a chat. I agreed and this was most definitely the start of a life changing serious of events.

"The first session went well, I was extremely anxious and a bit scared as I know rationally Coral could not control my mind but not having experienced hypnotherapy before, there was a niggling doubt!

"Coral almost read my mind as assured me that it will not be like what we see on the TV or live shows that we have all seen either at the poolside in Benidorm or in the Pavilion Theatre! We spoke about diet, lifestyle, stage of menopause and how this is affecting my physical and mental wellbeing.

"I would use Coral from 101 therapy again and although the free sessions were very appealing and is what attracted me in the first place, feeling and seeing the results I would definitely pay. I got benefit from the first session, I think you have to try it to believe it.

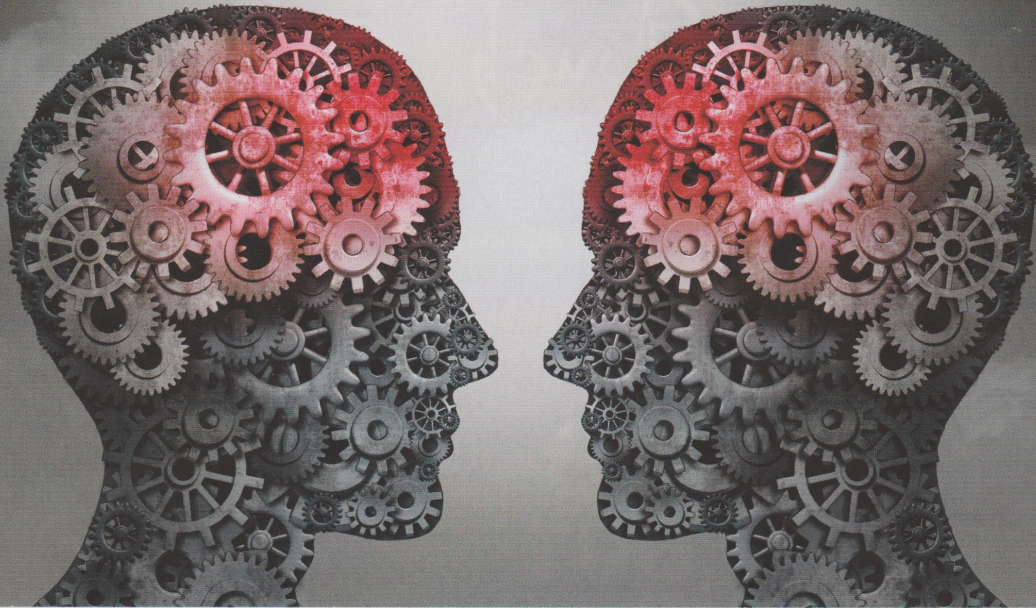
"From the first session I felt totally in control of my body and mind, Coral explained everything and listened to my concerns and got to know me. I felt relaxed and looked forward to my sessions each day although through whatsapp I knew Coral was in the room with me and I felt at peace.

"Session 2, I was excited to be back with Coral as I felt I had turned a corner and got my life back, I still had hot flushes and still had disturbed sleep but felt I was slowly taking back control of my body. Second session belly breathing became easier, getting into the zone became more natural. I was also looking at my diet, I am fairly fit and try to look after myself but through these sessions I realised I had fell off the wagon so addressing things like caffeine, alcohol, cakes, sweets and chocolate, my body and cravings were also getting addressed.

"Looking at session 3 and 4 I felt back in control, my diet had improved my moods in general were better, my hot flushes became manageable even during the night. I went from being awake and feeling rubbish, eating for comfort or craving a quick fix from sugary food to boost my energy levels, to belly breathing through the crisis, saying my trigger word and taking myself back to a hypnotic state where I felt in control and able to approach life in a more positive productive way.

"I set off in week one to help with hot flushes, night sweats, anxiety, mood swings, general health and wellbeing. I was not convinced this was the right route but believed there had to be a solution that didn't involve medication. I am now in control of my hot flushes and night sweats to the point where I welcome them and deal with them as easily as blinking my eyes. My anxiety levels go up and down but again, through positive thought and counting to four, these can be swept away. I am in general a better person to be around and like myself again. I do not drink any caffeine but do have the odd gin! But knowing that I might have a rough night I weigh up the pros and cons to having a gin!"





Joanna's Feedback:

Joanna's flushes had been very debilitating and she had been waking almost every hour throughout the night, impacting on her husband and daily life. On a scale of 1-10 with 10 being horrendous, following the sessions she said:

"Daytime flushes I give a 4, barely noticing them. Night time flushes I would say also a 4."

"In the past week I have only put my fan on once a night every night. If I am flushing I am unaware as they are not waking me. My hair has also been dry and not stuck to my head every morning."

"People may say it's because of the cooler weather when indeed I say confidently it is not as this time of year is most difficult as the central heating is on 24/7."

"I like to listen to my audio recording in the morning and I feel it sets me up for a stress and flush free day."

Joanna has done a video interview with Coral where she talks more about her results. You can watch it in full on Coral's Facebook page – details below.

• **Hypnotherapy is all about entering a deeply relaxed state but you remain in control at all times.**

Hypnosis: Sceptical? Scared?

Coral fully concedes that hypnosis has had a bad press, mainly due to TV stunts and silly headlines and a lot of people are either sceptical or nervous at the outset.

"Please don't be. You are always in control throughout any session. You will be able to hear everything, remember everything, only accept suggestions that are right for you and you will be able to get up and leave at any point...when in a deeply relaxed trance state...you probably just won't want to!"

An invitation to Menopause Matters readers

Coral would be delighted to hear from any reader who feels they may want to consider an alternative therapy to medication for their night sweats or hot flushes.

Please contact her at info@room101therapy.com
| 07979 520421 | [facebook.com/room101therapy](https://www.facebook.com/room101therapy)