

HOW TO BEAT HORMONE-RELATED HAIR LOSS

● Nutrition advice for thicker hair ● PLUS! New volumising tools & treatments

TOP Santé

GOOD HEALTH STARTS HERE

LOSE WEIGHT + BURN FAT FAST!

With the **upgraded** high-intensity workout

8 COLLAGEN DRINKS TO REDUCE WRINKLES

WHY DOING NOTHING keeps you well!

19-PAGE SPECIAL

REDUCE STRESS TODAY

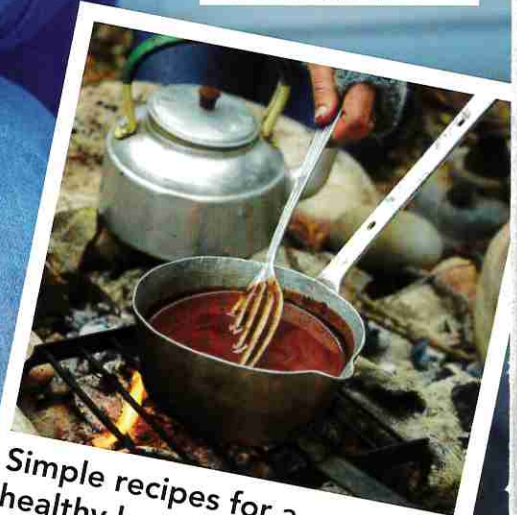
- Your gut-calming meal plan
- The mineral that relaxes you
- Expert chill-out tips & remedies

BANISH MENOPAUSE SYMPTOMS

The therapy French women swear by for hot flushes!

6 Easy ways to bounce back from anything

NOVEMBER 2019 £3.90



Simple recipes for a healthy bonfire night feast!

A NEW-TO-THE-UK therapy is making waves, thanks to women experiencing drastic reductions in menopause symptoms. Luxopuncture, which originates from France, not only helps to calm fluctuating hormones but it's also being credited for shifting stubborn weight, which can creep on during menopause. The non-hormonal, non-invasive treatment was developed in France around 25 years ago, where it's hugely popular with women who use it to treat not



**Meno
matters**

Let there be LIGHT!

To reduce hot flushes, anxiety, depression and mood swings as well as possibly shed a few pounds, Luxopuncture could be the answer to your prayers.

only menopausal symptoms but also to aid weight loss, relaxation and general good health.

'Luxopuncture was created by acupuncturists,' says Colchester-based practitioner Anne Claydon (luxopunctureclinic.co.uk). 'It is based on the same principles as acupuncture and auriculotherapy (ear acupuncture) but, with Luxopuncture, instead of using needles, the practitioner uses a laser (infra-red beam of light) to stimulate pressure points. It's totally painless with no penetration of the skin.'

According to Chinese medicine, acupuncture stimulates the free flow of energy through the body, undoing blocks and rebalancing areas of stagnation. In a recent Danish study (BMJ Open, 2018) of 70 women with moderate to severe menopause symptoms, acupuncture once a week for five weeks was shown to help reduce hot flushes, night sweats, sleep disturbances and emotional imbalances. And Luxopuncture, working along the same principles as its needle-based cousin, can offer the same benefits minus the skin pricks.

MONITORING PROGRESS

'When someone comes to me for the first time, we talk about their symptoms,' says Anne. 'For some it might be hot flushes, night sweats and insomnia, for others mood swings, anxiety, or depression. Every woman is different. I also ask women to give problematic symptoms a score. It's a good way to monitor improvements with each session.'

A treatment lasts around 30-40 minutes and begins with auriculotherapy, using the light beam to stimulate acupoints on the ear, which helps to induce a state of

'I've seen women come in feeling desperate and end their sessions like new women.'

relaxation. 'I then work on points around the body, spending 20 to 40 seconds on each one. The energy generated by the infrared beam is transferred to the nerve endings of pressure points. This stimulates the nervous system and helps to rebalance the hormonal system, compensating for any lack of oestrogen and progesterone.'

BALANCING YOUR BODY

As well as working on the hormonal system, Luxopuncture also works on the neuro-hormones, promoting the release of feelgood chemicals, leading to an increased sense of wellbeing, calmness, serenity and emotional balance. 'Basically, your behaviour is affected by four essential hormones: serotonin, dopamine, melatonin and endorphins. When these are low or out of balance, it can lead to low mood, compulsive behaviours such as over eating or smoking, and sleep issues. Luxopuncture can help to eliminate or considerably reduce these disorders, helping improve mood and ability to cope with stress,' says Anne.

For best results, she recommends a course of seven sessions over six weeks. Most women start to see improvements after the third or fourth time, she says. After that, patients can go back for monthly top ups or wait longer. 'The effects of Luxopuncture can be life changing. I've seen women come in feeling totally desperate due to their menopausal symptoms, and end their sessions like new women.'

WEIGHT LOSS BENEFITS

Anne has experienced the benefits of Luxopuncture first hand, which is what spurred her on to train in it.

'When I first started going through perimenopause a few years ago, one of my symptoms was weight gain. With Luxopuncture I was able to lose 22lbs in two months. I went from just over 11 stone to 9 stone 6lbs. Luxopuncture helps to suppress appetite and food cravings. It has also helped me on an emotional level. I'm naturally a perfectionist and a worrier. Now, I find it much easier to be mindful, and live in the moment.'



'MY HOT FLUSHES ABATED AFTER TWO SESSIONS.'

Debbie Lawes, 44, from Essex, is married, has three teenagers and runs a dog-boarding centre.



'I'm actually quite young to be going through menopause but my mum was over and done with it by 43, so early menopause obviously runs in the family. I first started having Luxopuncture with Anne a year ago. I had terrible insomnia and hot flushes where I would feel a flood of heat right throughout my body from my head down.

'I was also very forgetful, emotional and short-fused. My irritability was made worse by the lack of sleep. I was beside myself. I didn't want to take HRT. I knew I wanted to either go down the herbal route or try something else holistic and then somebody recommended Anne. When I first met her, I was so emotional I just said, "You need to start

something today!" so she did. I had seven sessions in all. But, within the second one I started to notice a reduction in the hot flushes. To begin with my sleep wasn't great but that improved gradually with each treatment. I have no problems sleeping now. My mood improved too. It was just amazing. I felt so much calmer and happier.

'I still see Anne about every five weeks. Luxopuncture really helps to keep my symptoms at bay. My husband has noticed a difference in me too. I can't believe how something so simple has totally transformed the way I feel. I love this treatment and I'd recommend it to anyone who is having a difficult time with menopause.' 🌟

