

21 DAY

FITTER
FOOD

MENOPAUSE

SUPPORT HUB

Empower yourself with the knowledge to take control of your hormones and embrace a holistic approach to perimenopause and menopause

**LAUNCHES
27 SEPT
2021**



Includes: 21 days of coaching and support from a highly experienced team of menopause professionals discussing weight loss, HRT, vaginal health, herbal medicine and more

21 DAY MENOPAUSE SUPPORT HUB

**STARTS
27 SEPT**

This autumn Fitter Food is launching a Menopause Support Hub to empower women with all the knowledge and resources required to create a personalised, holistic approach to both perimenopause and menopause.

Perimenopause and menopause are a transformative time in a woman's life, both emotionally and physically.

Despite being shrouded in negativity it's an opportunity for positive change, your hormones are simply insisting you step to the front of the queue and put yourself first. Self-care is no longer negotiable, it becomes essential for your future health.

Time To Take Back Control With Our Team

Includes

21 days of coaching from a highly experienced team of professionals delivering interactive sessions and guidance on:

- Weight loss and metabolic support
- Safe, effective and personalised hormone replacement therapy (HRT)
- Vaginal, genitourinary issues and pelvic health
- Bone density and joint support
- Libido loss
- Herbal medicine support
- Personalised menopause nutrition and exercise programmes



HUB HOST: NUTRITIONIST AND PERSONAL TRAINER KERIS MARSDEN (FITTER FOOD)

Having battled through menopausal hormone levels for years I've been lucky to have the expertise and connections to health professionals that enabled me to get the right support. I was able to carry out the appropriate blood tests and symptom assessment to establish my needs and get some answers.

I've implemented a personalised nutrition, exercise and lifestyle modifications alongside evidence-based nutritional supplements and HRT support.

Having experienced the benefits first-hand I'm passionate about creating the same opportunity for other women and enlisted my trusted experts to help me run the **Menopause Support Hub**.



The Experts

To support you through the menopause transition we've gathered a team of experts including a Newson Menopause Clinic GP, a medical herbalist, a vaginal health expert and a pelvic health physio, PLUS a team of weight loss experts, nutritionists and fitness professionals to ensure you have the knowledge, resources and support to implement an integrated approach to your own menopause journey.



Keris Marsden
Clinical Nutritionist
(Fitter Food)



Matt Whitmore
Personal Trainer
(Fitter Food)



Victoria Caulfield
Women's Health Physio



Dr Jane Robertson
Menopause GP
(Newson Clinic)



Carolina Brooks
Medical Herbalist



Debbie Cotton
Naturopath

ALL THE DETAILS

COST: early bird tickets £107
(offer ends 15 Aug).
Full price tickets £147

DATES: 27 Sept – Sun 17 Oct 2021

INTERACTIVE SESSIONS:

Take place 2–3 times a week,
weekday evenings@ 7.30pm

*all sessions will be recorded
and lifelong access provided

LOCATION: the hub will be a private
Facebook group with daily interaction.

All expert sessions will take place on
ZOOM with time dedicated for Q&A.

BONUS CONTENT: LIVE Facebook
sessions, meal plans, menopause
recipes, yoga and mobility routines.

Grab your space here:

<https://fitterfood.com/store/21-day-menopause-support-hub/>

EXPERT SESSIONS

Herbal Medicine Support And Hormone Replacement Therapy (HRT)

- HRT: A Personalised Approach With Newson Health Menopause Clinic GP [Dr Jane Robertson](#)
- Herbal Medicine Solutions for Menopause with Functional Medicine Practitioner and Western/Traditional Chinese Medicine Herbalist [Carolina Brooks](#)

Weight Loss And Metabolic Health

- Diets, Fasting and Weight Loss Workshop For Peri and Menopause With Clinical Nutritionist and Personal Trainer [Keris Marsden](#)
- Interactive Calorie And Macronutrient Workshop For Peri and Menopause With Clinical Nutritionist and Personal Trainer [Keris Marsden](#)
- Thyroid Support Beyond Thyroxine With Clinical Nutritionist and Personal Trainer [Keris Marsden](#)

Pelvic And Vaginal Health

- Supporting Vaginal Health Through The Menopause Transition With Naturopath and Clinical Researcher [Debbie Cotton](#)
- Menopause And Pelvic Floor Health With Women's Health Physiotherapist [Victoria Caulfield](#)

Bone Density, Muscles And Metabolic Health

- Strength Training, HIIT And Building Muscle Through Menopause Personal Trainer, Nutritionist and Strength Enthusiast [Matt Whitmore](#)
- Bulletproof Your Bones And Joints Through Menopause And Beyond With Clinical Nutritionist and Personal Trainer [Keris Marsden](#)

MEET THE HUB EXPERTS



Keris Marsden: Menopause Hub Host

Clinical Nutritionist, Lecturer, Personal Trainer and Yoga Teacher

Keris runs healthy lifestyle company Fitter Food with her partner Matt. They have co-authored two successful, published books and coach online via their membership site [Fitter 365](#). Keris also lectures in nutrition and supports an extensive private client base. She has a specialist interest in menopause health after supporting her mum through breast cancer treatment and experiencing menopausal hormone levels herself. She devised an integrated approach to resolve her issues that included nutrition, exercise, supplements, lifestyle changes and personalised hormone replacement therapy. Having observed the positive impact a holistic approach to hormones health can bring she's keen to encourage other women to do the same.

Expert sessions with Keris include

Diets, Fasting and Weight Loss

- Overview of metabolic changes across perimenopause and menopause
- How to implement safe and effective fasting protocols
- Evidence based review of effective diet interventions to support menopause weight loss
- Q&A

Interactive Calorie And Macronutrient Workshop

- DIY session on calculating appropriate calorie intake
- Guidance on establishing appropriate macronutrient (protein, carbohydrates and fats) targets
- Practical tips on simplifying energy intake to support weight management
- Q&A

Bulletproof Your Bones And Joints Through Menopause And Beyond

- Essential nutrients for strong bones and robust joints
- The vital role of movement in supporting healthy joint function
- An evidence-based approach to addressing inflammation and joint pain with targeted supplements and phytonutrients
- Q&A

Thyroid Support Beyond Thyroxine

- Thyroid hormones and menopause
- Overview of thyroid testing and conventional medical approach
- Nutrition, supplement, exercise and lifestyle support to optimise thyroid health
- Q&A



Debbie Cotton

Naturopath And Clinical Researcher

Expert Session: Supporting Vaginal Health Through Menopause Transition

After completing an Advanced Diploma of Naturopathy, Bachelor of Health Science and a Masters of Integrative Psychotherapy, Debbie has been in clinical practice for over fifteen years, including time in the NHS, and working as a lecturer in health sciences. She also works in product development and as part of the clinical education team at Invivo Clinical, a health diagnostics and supplement company.

Expert session with Debbie includes

- Vaginal health changes through perimenopause and menopause; pH, vaginal dryness and vulvovaginal atrophy
- The vaginal microbiome and implications for preventing UTI's and thrush
- The impact of HRT on vaginal health
- Nutrition, supplement and lifestyle recommendations to improve vaginal health through perimenopause and menopause
- Q&A



Victoria Caulfield

Women's Health Physiotherapist

Expert Session: Menopause And Pelvic Floor Health

After qualifying as a senior physiotherapist and Pilates instructor, Victoria went on to specialise in post-natal rehab and pelvic health after completing Mummy MOT™ training. Her extensive clinical experience has enabled her to specialise in developing personalised treatment plans for women to help them address pelvic dysfunction. She launched the Postpartum Physio Blog discussing evidence-based treatments to empower women and improve the standards of care provided by professionals.

Expert session with Victoria includes

- Menopause statistics and physiological changes
- Menopause and genitourinary symptoms
- Treatment options and exercise adaptations to support pelvic health
- Putting together your personal pelvic floor plan
- Q&A



Carolina Brooks

Medical Herbalist

Expert Session: Herbal Medicine Solutions for Menopause

Carolina Brooks is a certified functional medicine practitioner (IFMCP) who uses a systems biology and science-based approach to healthcare involving nutrition, genetics, herbal medicine, endobiogeny, and orthomolecular medicine. Her herbal medicine training encompasses Western, Ayurveda, Traditional Chinese Medicine, Native American and Mexican Curanderismo traditions. She has also trained in ear acupuncture and nutritional psychiatry. She runs her own clinic, Anthrobotanica which focuses on supporting those with complex chronic diseases and committed wellness seekers.

Expert session with Carolina includes

- How to address common menopause challenges with herbal medicine. Includes traditional and evidence-based approaches
- Treatment protocols and case examples
- Safety and cautions using herbal medicine
- Q&A





Dr Jane Robertson

HRT: A Personalised Approach With Dr Jane Robertson, GP From Newson Health Menopause Clinic

Jane qualified from Charing Cross and Westminster Medical School in 1996. She initially worked as a GP in Northwest London. She has been working at a surgery in Worcestershire for the past 15 years. She enjoys the variety and continuity of care that exists within general practice.

Attending the theory course for the Diploma in Menopause Care run by the British Menopause Society in 2012 ignited her interest in the care of women going through the perimenopause and menopause. The practical sessions to finish the diploma were completed at Birmingham Women's Hospital.

Her experiences within general practice, personally, and with family/friends have been key to Jane realising the extent and huge variation of psychological and physical symptoms that women may experience during the perimenopause and menopause and in particular how early the perimenopause can begin. These symptoms can have a massive impact on their personal and professional lives. She feels passionately that women should receive full and adequate, evidence-based information to help them make decisions about their care, at this time in their lives.

Jane enjoys walking (and a new love of cycling since lockdown!) in Warwickshire with her family. Periodically pausing the "hamster wheel of life" to de-brief with friends over prosecco is also important to her!

Expert session with Dr Jane Robertson includes:

- Common symptoms of perimenopause and menopause
- Overview of latest HRT treatment options
- Risks and benefits of HRT: what the latest research says
- Q&A session

**Places are limited
Early bird offer
ends 15 Aug
Book [HERE](#)**



Matt Whitmore

Personal Trainer, Nutritionist and Strength Enthusiast Expert Session: Strength Training, HIIT And Building Muscle Through Menopause

Matt has worked in the fitness industry for over 20 years and runs healthy lifestyle company Fitter Food with Keris. Together they have co-authored two successful, published books and coach online via their membership site Fitter 365. He's participated in marathons, boxing competitions and is now hooked on CrossFit. He's passionate about inspiring people to optimise their health through fitness and prioritising safe and effective exercise to reduce the risk of injury. He also teaches an evidence-based approach to nutrition with a side of ice cream #balance

He recently launched his own fitness clothing range: The Strong Humans Club, an ethical, sustainable brand that is also the start of an "inspiring" community of fit, strong human beings.

Expert session with Matt includes

- Common myths and mistakes regarding exercise for weight loss
- Effective programming for weight loss, reducing injury risk, increasing strength and fitness
- Essential ingredients to build menopause muscle
- Q&A



Claire Hughes Hub Mentor

Clinical Nutritionist, Sports Massage Therapist and CrossFit Enthusiast

Claire is a busy mum of four and member of the Fitter Food team. Claire is also currently manoeuvring through her own menopause transition and implementing a series of nutrition, lifestyle and exercise adaptations to support the process. She's also recruited the support of herbal medicine and hormone replacement therapy to help with symptom management, she's passionate about sharing her experience with other women.

She balances her hectic schedule with plenty of time walking on the beach with her dog Menna.