

Women's Business Resources

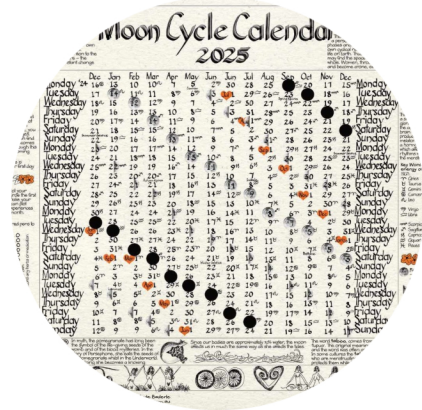


Red School

Founded by Alexandra Pope and Sjanie Hugo-Wurlitzer, Red School educates women about the power inherent in their cycles. They have written two books; Wild Power and Wise Power that address menstruation and menopause respectively. Their website is www.redschool.net

Moon Cycle Calendar

The simple act of plotting our cycles with the Moon Cycle Calendar can have quite a profound affect on our health. It brings us in touch with the dynamism of the body and our cyclical natures. The Moon Cycle Calendar wall chart shows the months in 28 day columns, enabling comparison between your cycles and that of the Moon. You can find this at www.mooncyclecalendar.com.au



Sussan Weed

World renowned, well respected wise woman, Sussan is well versed in herbal and natural health for women. She has much to offer. Her website is www.wisewomanmentor.com
Advice: Herbs and plant medicine are powerful, please check for contraindications against any medication you may be taking and/or existing medical issues.

Hot Flush First Aid

Ideally, stop whatever you are doing, sit down, and take these few minutes for yourself - during a hot flush the probability of making mistakes, hurting yourself, dropping things, and just not being able to think clearly increases dramatically. Breathe slowly and deeply, sip some water if you have some handy. Secondly, to avoid overwhelm and preserve your continued good relationship with others, we suggest you do not attempt conversation or to answer questions during a hot flush (you might think we're kidding - well, maybe a tiny bit 😊). And please don't try to make decisions, even small ones, it can feel very stressful!

Best advice? Tell people to leave you alone for a few minutes. Sometimes, a trip the the loo for a pee and some peace and quiet may be the best solution. The above won't always be possible. For more ideas on planning and strategies for journeying with menopause, visit our website www.goddesstemplebelling.org/red-tent-resources/



For more details