

The
Book
Of
Satisfaction

P.M.S Bar

Primum

Menopause

Satisfaction

Bar

By Nina Dotti

The
Book of Satisfaction
Containing
A Whole Lot of Satisfaction

PLUS

SOME Menopause Items Also

APPOINTED TO BE READ IN TCC

THE CHILL CONCEPT

LOGO

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IN WELLNESS WE TRUST

IN THE BEGINNING

CAFÉ –COFFE

Caffeine is found in coffee .Because caffeine can stay in your system for up to 6 hours you should limit your daily intake before midday as it can have a huge effect on your sleep patterns. Coffee is loaded with **antioxidants**, which can **prevent premature skin aging**. SO DON'T DRINK MUCH OF IT USED IT IN YOUR SKIN

Here are three beauty benefits of coffee:

1. It gets rid of puffy eyes.

Caffeine works as a constrictor to **reduce swelling and inflammation**, is recommended applying **eye creams** that contain caffeine, as opposed to drinking coffee.

2. It minimizes the appearance of cellulite... temporarily.

You've probably read accounts of women proclaiming that they **got rid of cellulite by scrubbing with coffee**, but the skin-firming effects will only last for about three hours.

3. It exfoliates dry skin and makes it feel silky smooth.

While coffee beans may be a bit too harsh to use on your face, Wechsler believes using a homemade scrub made out of coffee bean grounds is safer option for exfoliating the body.

Below is a simple coffee scrub recipe that certified nutritional consultants and health coaches Marra St. Clair and Lori Kenyon-Farley shared with us from their book "[The Juice Cleanse Reset Diet](#)."

What you'll need: 1 cup of warm coffee grounds, a half cup of sea salt and two tablespoons olive oil.

Directions: Lay newspapers (or an old towel) down on your bathroom floor. Stir all ingredients together and apply the mixture to dry skin. Brush thoroughly onto skin, giving extra attention to your elbows, feet, and other extra dry areas. Leave on for about two minutes. Brush off as much of the mixture as possible before hopping in the shower. Alternatively, you can apply and wash off in the shower, but cover the drain with mesh to avoid clogging the drain.



BUT AND IN A BLINK

TÉ –TEA

The benefits of herbal tea during menopause are not to be dismissed.

The purpose of herbal tea during menopause is to support the body by balancing hormone levels and alleviating and reducing the symptoms of menopause.

Black Cohosh Root Herbal Tea

Black Cohosh controls the secretion of LH (Luteinizing Hormone) produced by the pituitary gland which has an estrogenic effect. **Benefits:** Hot flushes, vaginal dryness, irritability, tiredness, relieves PMS It can be used as an alternative to HRT as it naturally boosts estrogen levels. (Women who are pregnant or lactating should not use this herb)

Lemon Balm Loose Leaf Herbal Tea

Benefits: *Sleeping problems*, PMS, settles emotional upset and is an anti-depressant, migraine headaches

Red Clover Flowers Loose Herbal Tea **Benefits:** Hot flushes and night sweats, a daily tonic during menopause, helps the body to balance *estrogen*, shown to improve cardiovascular function in menopausal women, relieves PMS

Sage Loose Leaf Herbal Tea **Benefits:** *Night sweats and hot flushes*

Chastberry Herbal Tea **Benefits:** Hot flushes, helps to control excessive menstrual bleeding, can help to boost your mood if you suffer from mild *depression* associated with menopause

Ginseng Herbal Tea **Benefits:** Hot flushes and night sweats. (If you suffer from Insomnia do not take Ginseng as it can cause Insomnia)

Raspberry Leaf Herbal Tea **Benefits:** Offers general relief from menopause related symptoms

Licorice Herbal Tea **Benefits:** Hot flushes, increases estrogen levels

Dong Quai Herbal Tea **Benefits:** Hormone balancer. (U.S. studies have shown that women taking Dong Quai reported a 25% decrease in the severity of their menopausal symptoms)

Chamomile Herbal Tea **Benefits:** Insomnia, irritability and restlessness.

Valerian Herbal Tea **Benefits:** Recommended to aid sleep problems since the 1300s.

Motherwort Herbal Tea **Benefits:** Sleep disturbances and insomnia.

Macafem Herbal Tea **Benefits:** Alleviates menopause related depression.

See more at: <http://www.menopausehealthmatters.com/benefits-of-herbal-tea.html#sthash.U4sBVjwl.dpuf>



PLANTS AND TREES GREWW AND GAVE THEIR BOUNTY
UNTO US

RAW + ORGANIC+COLD PRESSED JUICE

Try juicing at least once a day, take one of the herbal supplements
and get outside for a daily walk!

Fruits and Vegetables:

KALE, SPINACH, ROMAINE, CUCUMBER,
PARSLEY,CELERY,MINT,CARROT, BEET, APPLE, LEMON,
ORANGE,PINEAPPLE, GINGER,ALMONDS,VANILLA BEAN, RAW
HONEY,NUTMEG,CINNAMON

Try mixing a variety of fruits and vegetables in your juice to give
yourself balanced nutrition.

REPLENISH

Kale, apple,romaine, spinach, parsley,celery,cucumber, lemon,
ginger

REFRESH

Pineapple,apple,lemon,mint

REVIVE

Beet,carrot,lemon,apple,ginger

RENEW

Apple,spinash,clery,parsley,lemon

RESTART

Carrot.coconut water

RECOVER

Almond,dates,h2o,agave,cinnamon,vanilla extract, grey sea salt



FROM THE BUBBLING WATERS CAME FORTH LIFE

The high caffeine and phosphoric acid content in both regular and diet colas create **lower bone density** at a time when osteoporosis is already a threat for women in menopause. Researchers believe that caffeine interferes with the calcium absorption needed to keep bones healthy. Consuming more phosphoric acid with the caffeine compounds the problem since when phosphate levels are high and calcium levels are low, calcium is pulled out of your bones. Drink refreshing, revitalizing water, either plain or sparkling. To liven it up, flavor it with a lemon, lime or just a touch of juice

SOFT DRINKS

Fountain of Youth (100% natural coconut water straight from the palm tree)

Ginger Green Tea with Pomegranate Spritzer

Kiwi Spritzer

Hibiscus Flower Water

Mineral Water

HARDCORE DRINKS

The “change” is the beginning of a very exciting and fulfilling time, and that it’s not a collection of symptoms to be “fixed,” but a mind/body revolution which brings tremendous opportunity for happiness and satisfaction.

MAIN SATISFACTION

INGREDIENTS

1 part Vodka Strawberry Lemonade

1 part tonic water (or club soda)

Squeeze of a lemon

INSTRUCTIONS

Pour SVEDKA Strawberry Lemonade and tonic water (or club soda) into a rocks glass filled with ice. Add a squeeze of lemon to taste, stir, and garnish with sliced strawberries.

Mind revolution

drink recipe by: drink recipe by: Nina Dotti

1 shot Bucana's 18 with splash of Hibiscus tea a twist of lime splash over ice

Ingredients

BUCANAS 18
Ice
Hibiscus tea
Lime

Exciting and fulfilling

drink recipe by: drink recipe by:

1 shot Vodka Ginger Syrup a twist of limes plash of ginger aleshaken over ice

Ingredients

Vodka
Ice
Gin
Ginger Ale

(-) pause

drink recipe by: drink recipe by: Ron White

1 shot goldschlaager 1 shot bacardi 151 splash of cranberry twist of limesplash of ginger aleshaken over ice

Ingredients

Bacardi 151

Ice
Gin
Ginger Ale

YOGAHOLIC

Look and feel younger with yoga

Menopause brings with it fluctuating hormones that mess with your sleep, pack on pounds of belly fat, and make you irritable and less interested in sex. But yoga can help. Yoga practice cut hot flashes by 31% in one study, and other research has found that regularly doing yoga improved libido, mood, and craving control.



SEXORCISE

Sex after menopause? Some experts will tell you it's a downhill ride of waning sex drive and dried up hormones. Sorry, we're not buying it SEXORCISE . We happen to think there are plenty of 50-plus babes who are rocking it just as much as in their younger days. And there's no reason the rest of us shouldn't too.

Lifestyle changes

Some simple steps may help with your sexual life during menopause:

Try to exercise. Physical activity can increase your energy, lift

your mood, and improve your body image — all of which can help with sexual interest.

Try to have sex more often. Sexercise can increase blood flow to your vagina and help keep tissues healthy.

Allow time to become aroused during sex. Moisture from being aroused protects tissues. Also, avoid sex if you have any vaginal irritation.

Practice pelvic floor exercises. These can increase blood flow to the vagina and strengthen the muscles involved in orgasm. Learn more about [pelvic floor exercises](#) in our Urinary incontinence fact sheet.

Avoid products that irritate your vagina. Bubble bath and strong soaps might cause irritation. Don't douche. If you're experiencing vaginal dryness, allergy and cold medicines may add to the problem.

good
vibes
only

