

## Menopause Resources

### Websites:

[www.menopausematters.co.uk](http://www.menopausematters.co.uk)

[www.bms.org.uk](http://www.bms.org.uk) (British Menopause Society)

[www.daisynetwork.org](http://www.daisynetwork.org) (for premature menopause)

[www.clementineapp.com](http://www.clementineapp.com) (relaxation/CBT)

### Books:

Managing Hot Flushes and Night Sweats: A Cognitive Behavioural Self-help Guide to the Menopause, by Myra Hunter and Melanie Smith

Eating Well for Menopause: Dr Laura Wyness and Lynn Burns