



UNPAUSE WITH NIKITA

# HormoneWise

Make sense of hormonal changes during perimenopause and menopause



Key Takeaways

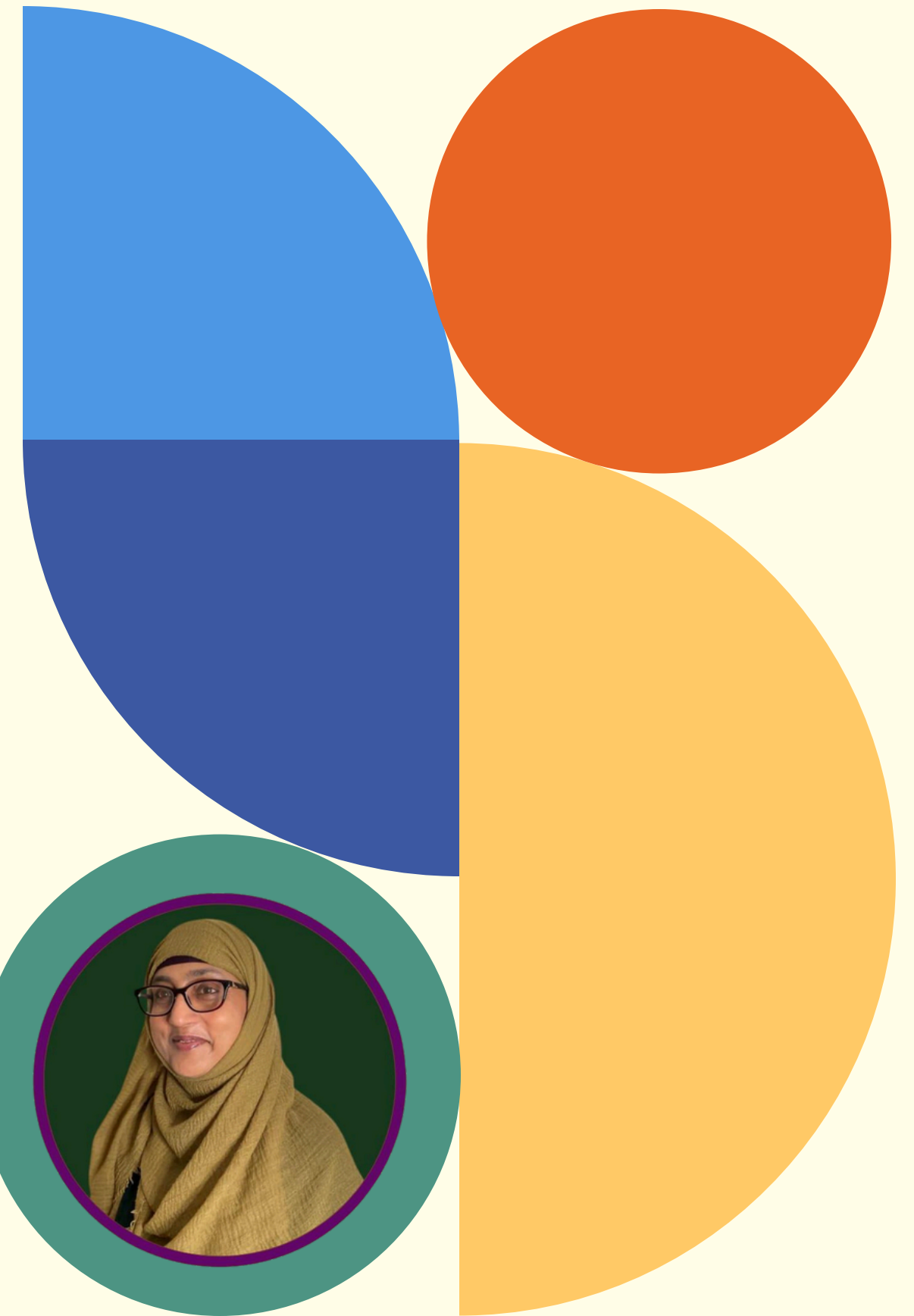


One Week Plan



Next Steps

**Dr. Nikita Islam**  
Your Muslimah  
Perimenopause Coach





# JazakumuAllahukhairan

for participating in my HormoneWise workshop.

I hope it has allowed you to view these years of your life with a new lens. It is the beginning of a new phase of your life.

If you want to live your later years to the fullest, you need to make some changes.

Small consistent steps, bring about the greatest change.

Take the first step to better physical, mental, and spiritual well being with these simple practises.

**Dr. Nikita Islam**

Your Muslimah Perimenopause Coach

# Key Takeaways

**01**

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The symptoms you experience during perimenopause are caused by hormonal imbalances.

**02**

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Hormones are interconnected and they depend upon each other to perform efficiently.

**03**

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Menopause is simply a new phase of your life.

You just have to live your life accordingly.

**04**

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Awareness Guides, Action Delivers.

Knowledge is useless unless it's acted upon.

**05**

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Hormonal imbalances are natural.

So should be the measures to regain balance.



# One Week Plan

**Surprisingly simple** actions you can take every day to balance your hormones and instantly feel better.

**01**

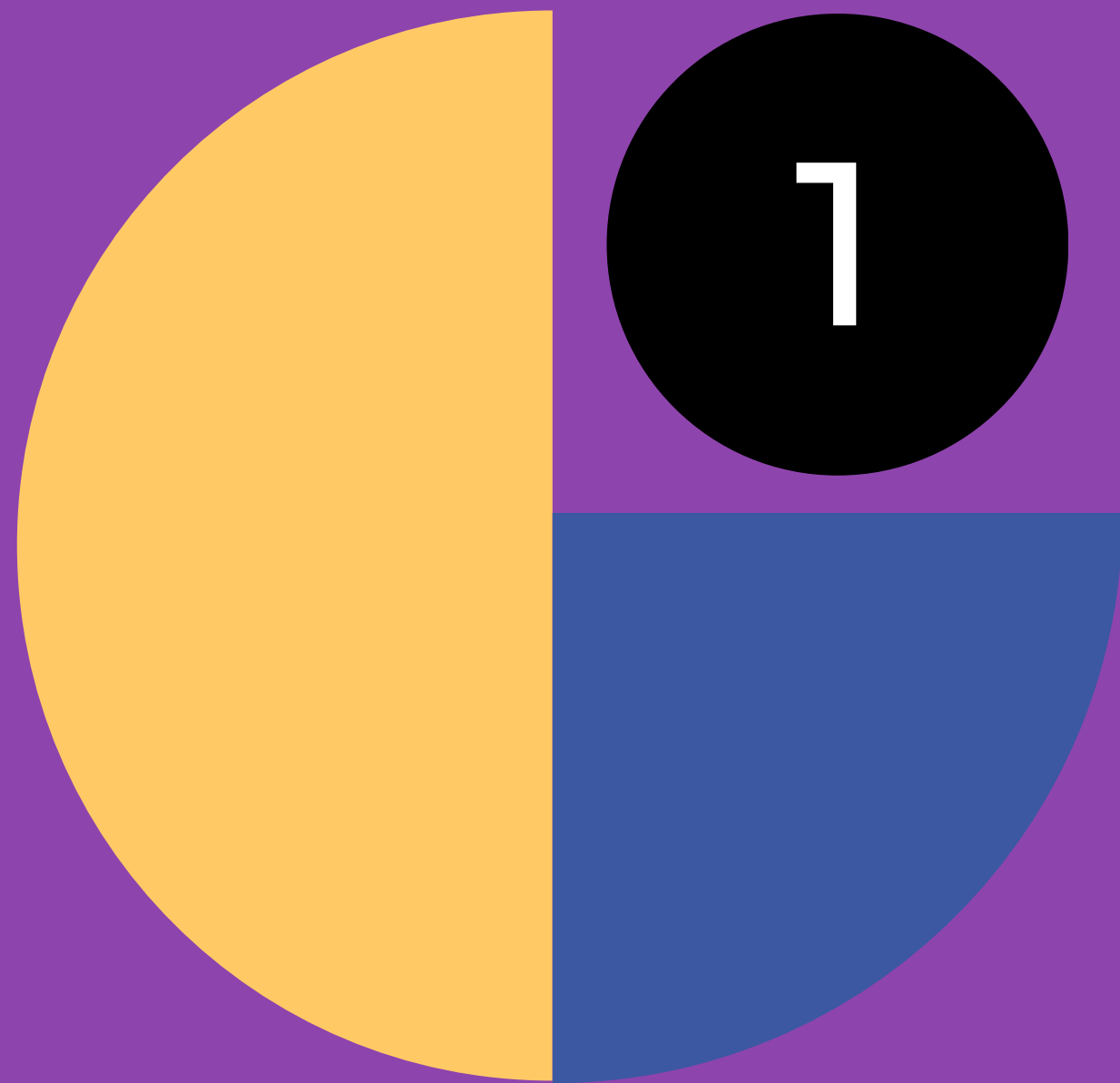
Safe and Effective

**02**

Easy to follow

**03**

Aligned with deen



# Physiological Sigh

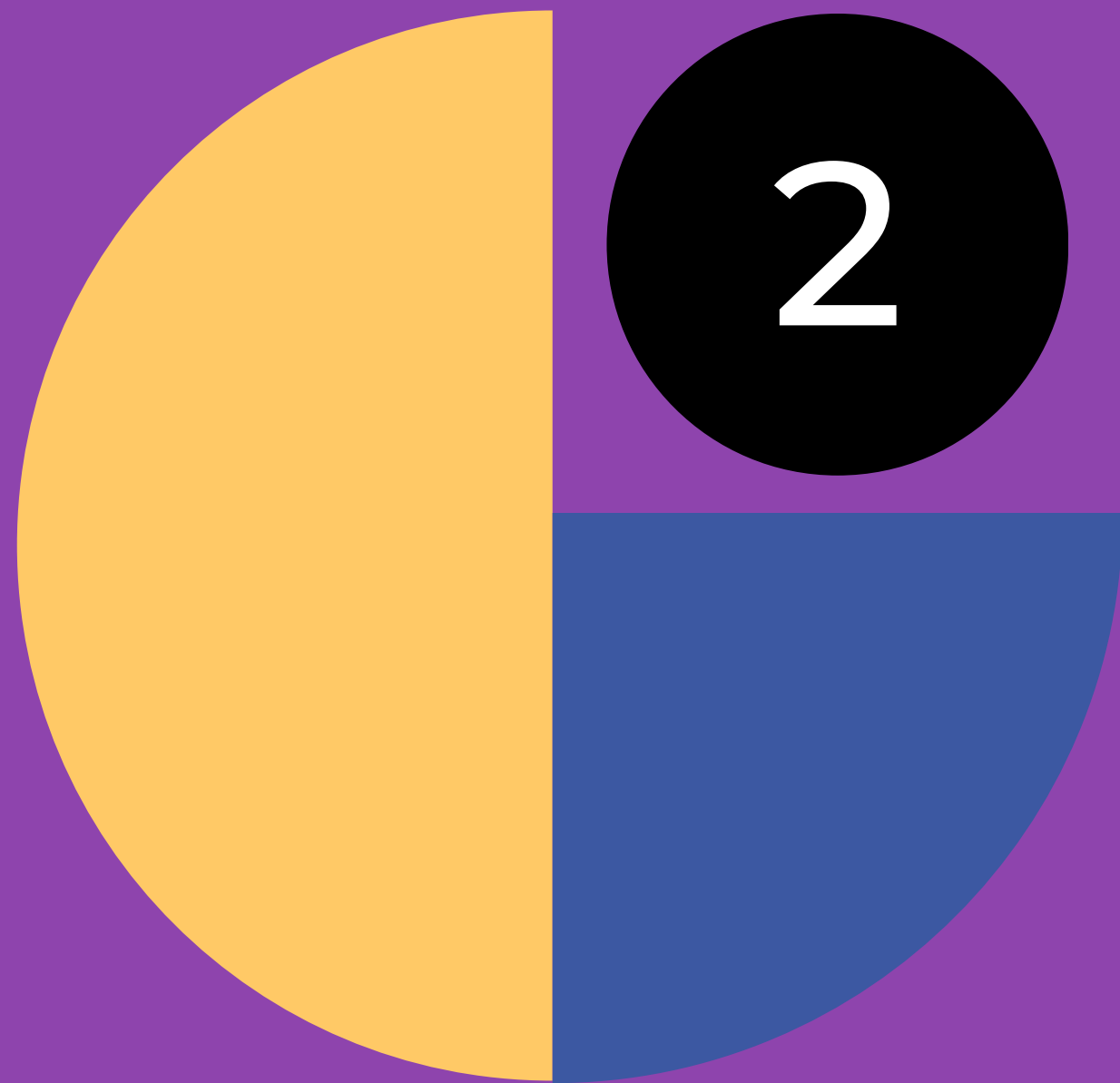
Practice 2 Physiological Sighs before every salaah, before sleep, or whenever you feel anxious/stressed.

## ACTIVITY

# Physiological Sigh Process

1. Normal breath in
2. Sharp breath in
3. Long exhale





# Smart Movement

Introduce physical activities  
in your daily routine.

## ACTIVITY

# The 12 minute menopause workout

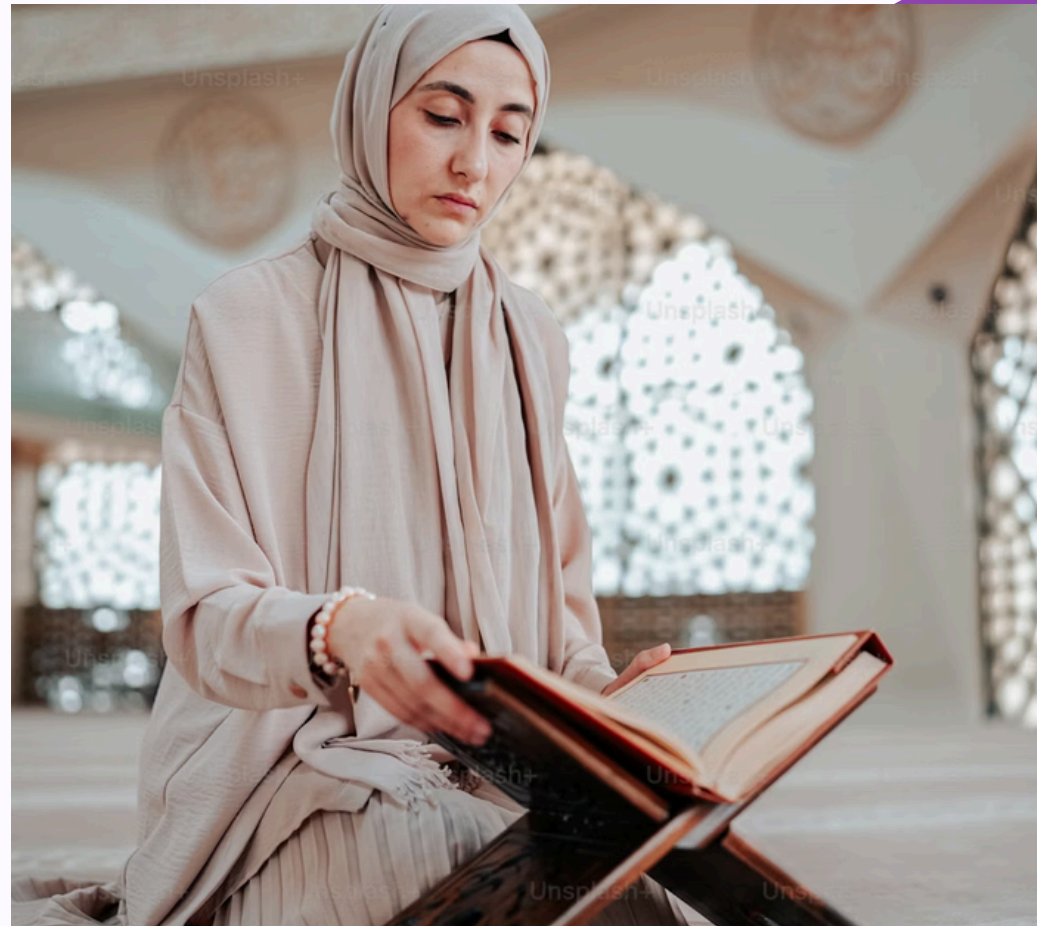
Do this workout every day. If you are just starting off, 5-7 minutes of stretching. If you are used to exercising, 30 minutes of moderate exercise at least 5 days of the week.

**Video Link:** <https://www.youtube.com/watch?v=IsM9D3gKUQ0>



# Smart Movement

Include exercise in your daily routine.



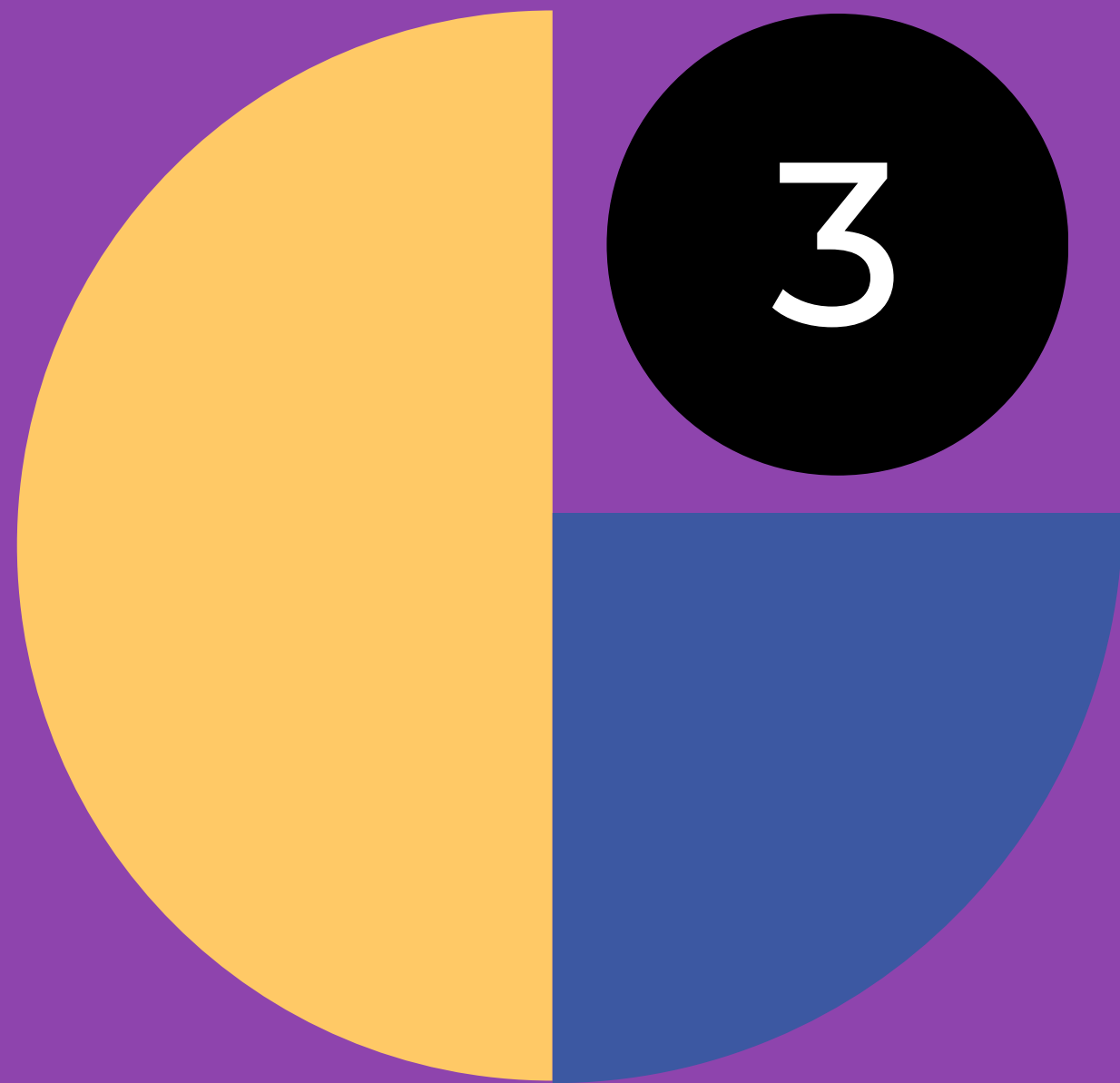
## Sitting on the floor

Sit on the floor to read Quran and work on your laptop.



## Squatting

Squat while cleaning kitchen/bathroom floor.



# Hydrate yourself

Keep yourself hydrated. Drink  
2 litres of water every day.

**ACTIVITY**

# Download a hydration reminder app



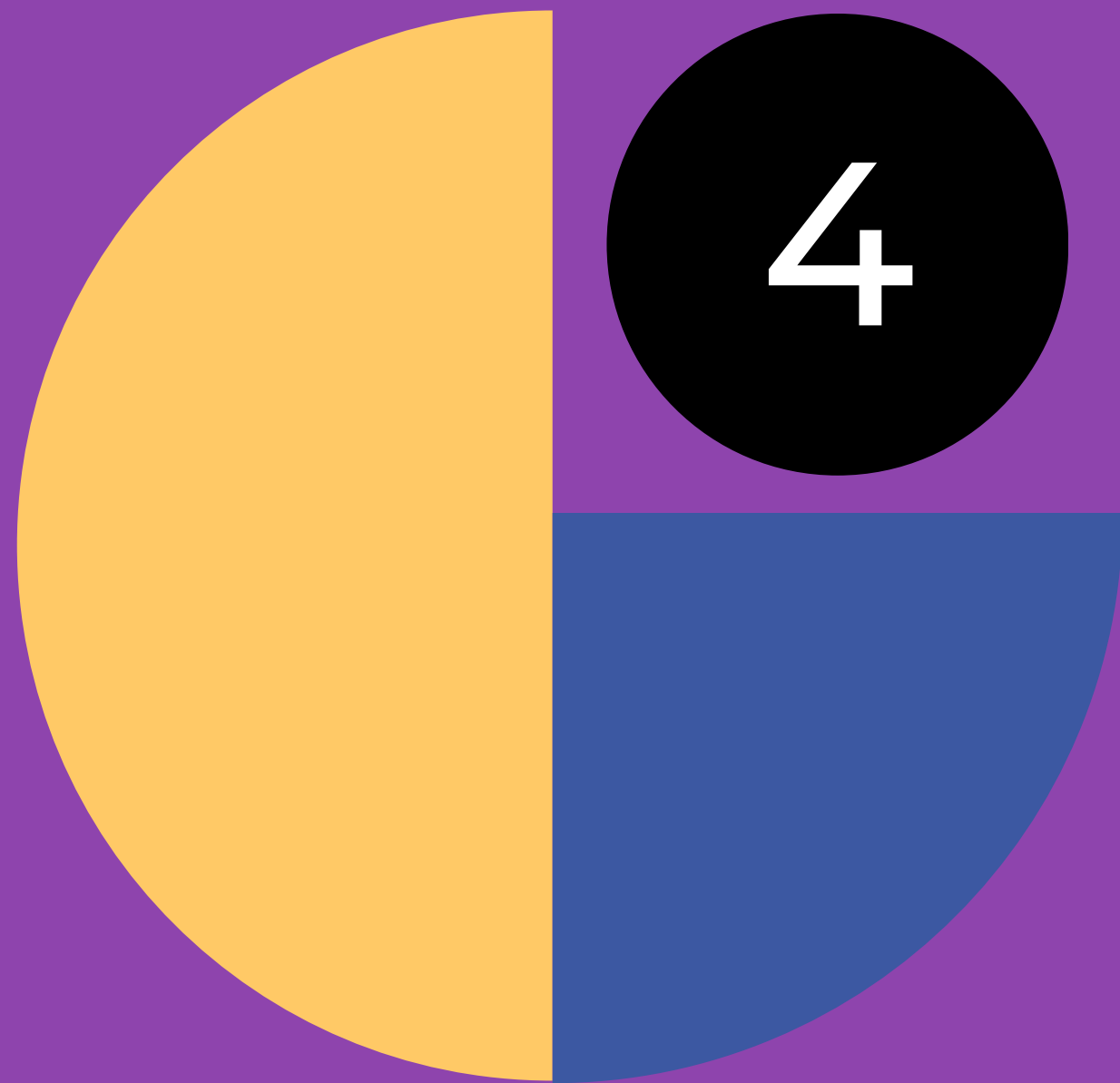
**Waterllama**  
**(Apple)**



**Waterminder**  
**(Apple & Android)**



**Water Time**  
**(Apple & Android)**



# Eat right

Reduce chronic inflammation with what and how you eat.

# Eat of the halaal and tayyib

Surah Al Baqarah 168



# What you eat?

**EAT  
FRESH,  
SEASONAL,  
DIVERSE,  
ORGANIC** (if possible)



# How you eat?

**01**

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Eat a salad with two meals.

**02**

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Diverse, a rainbow, half a plate.

**03**

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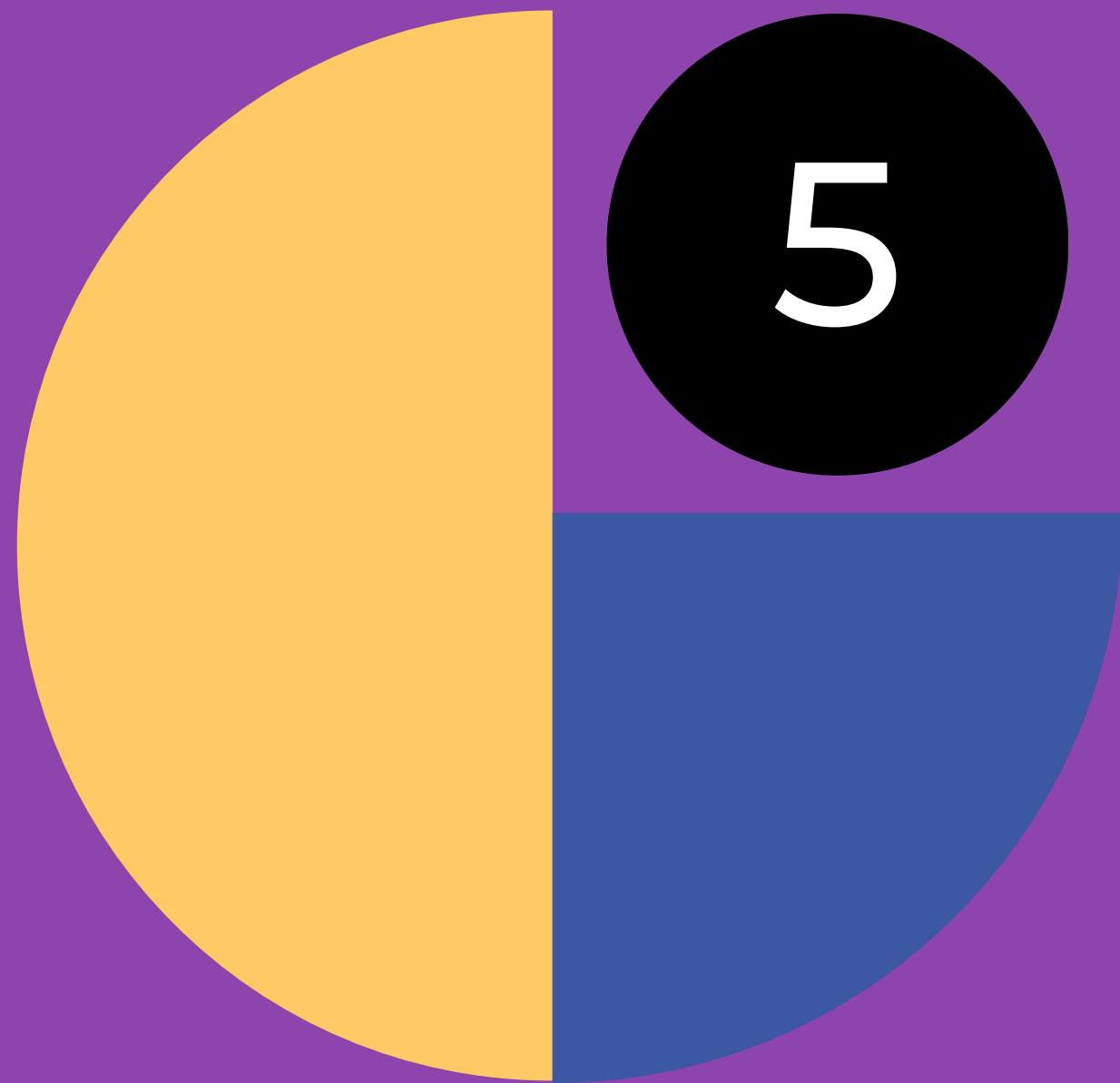
Eat your salad slowly, chew mindfully.

**04**

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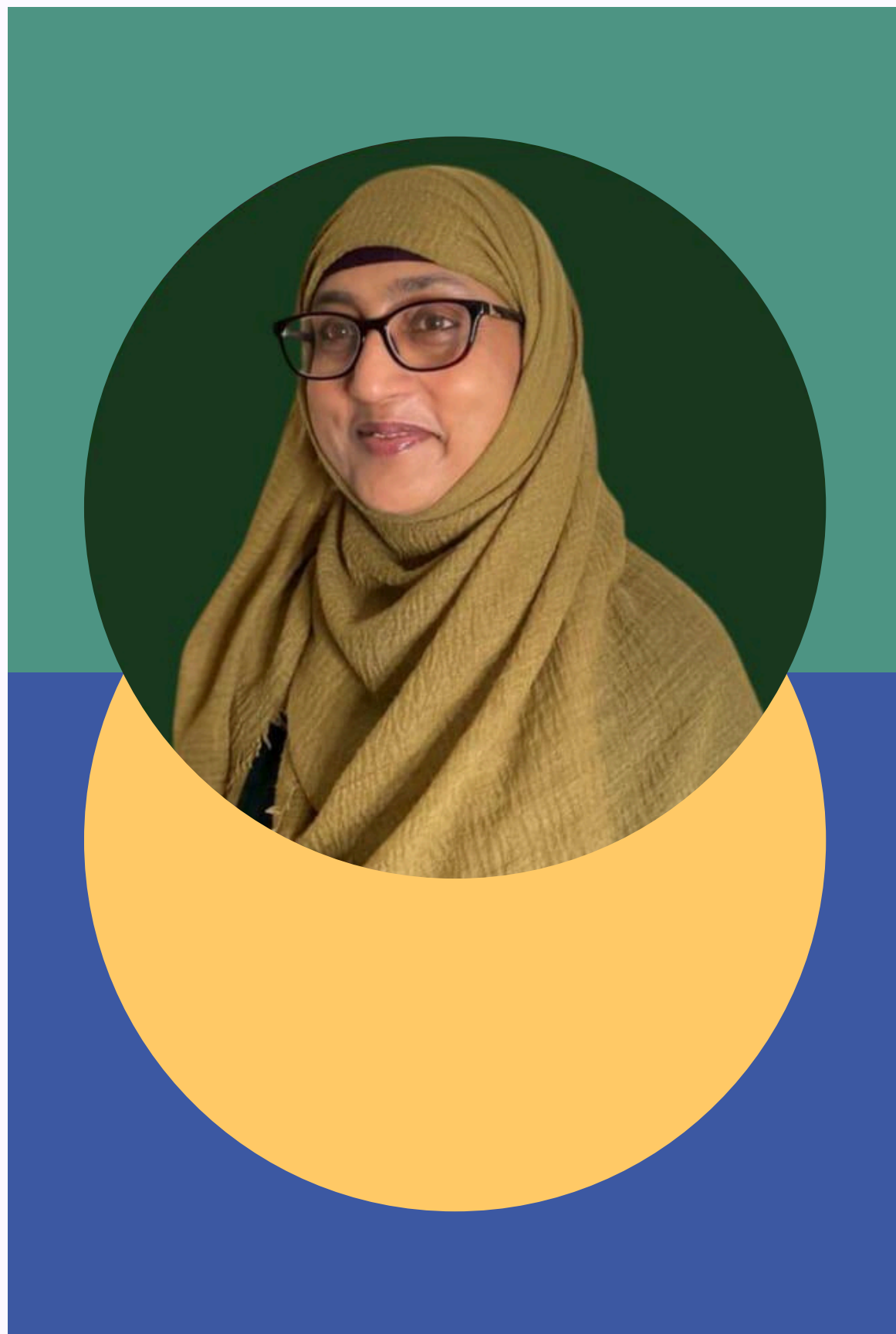
Eat your salad before your meal.





# Do this with someone

Join a community or find someone to do it with. Be accountable for each other.



## ABOUT ME

# I'm Dr. Nikita Islam

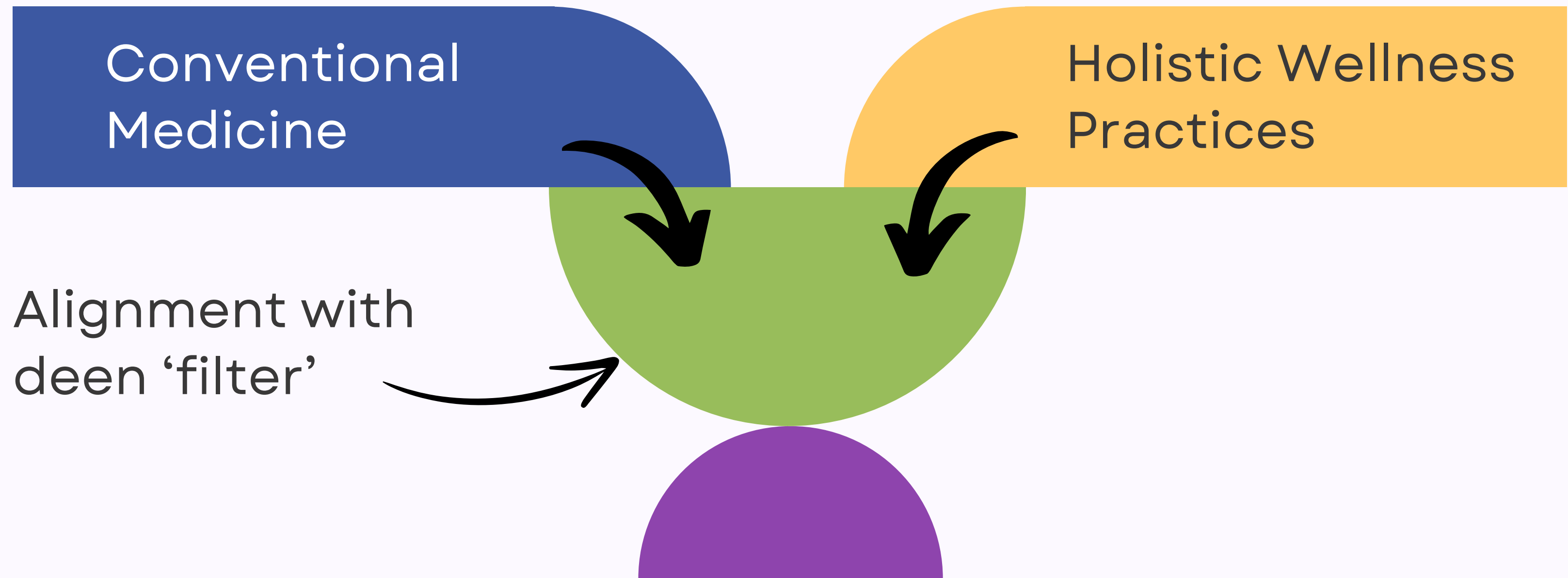
**I help muslim women navigate through perimenopause and menopause with more energy, focus, and confidence.**

I am a Gynaecologist turned perimenopause and menopause coach for Muslim women.

- Obstetrician and Gynaecologist (MD, FRCOG).
- Practised for over 20 years.
- Certified Health Coach, College of Naturopathic Medicine (UK)
- Certified NLP and timeline resourcing practitioner
- EFT, meditation & mindfulness informed
- Member, Association of Naturopathic Practitioners (UK)

# My Unique Approach

I infuse best practices from conventional medicine and holistic wellness practices, and teachings of our sunnah to create my signature holistic wellness programme. The practices in my programme are, safe, effective, easy to follow, and aligned with our deen.



Alignment with  
deen 'filter'

**UnPause With Nikita** Framework

# Next Steps

You can continue to work with me.  
Here is how I can help.

## Book a 1-1 session with me

Schedule an hour long one-on-one session to explore any, and all health concerns holistically and get actionable next steps.

**Link:**

<https://www.drnikitaislam.com/schedule>

Scan QR code



## Join my membership

Join Muslimah Vitality Hub, a holistic midlife wellness programme, exclusively designed for Muslim women.

**Link:**

<https://www.drnikitaislam.com/mvh>

Scan QR code





REMEMBER,

You can  
**Unpause!**

Your best is yet to come.  
In sha Allah.