

Return II Eden Healing

Support your body, support menopause

Dr. Nickie Ann



r2ehealing.com



DAILY SELF-CARE RHYTHM

A Daily Rhythm for Menopause Support

Morning

- Sunlight
- Protein-rich breakfast
- Gentle movement

Midday

- Hydration
- Balanced meals
- Stress breaks

Evening

- Screen reduction
- Herbal tea
- Magnesium
- Deep breathing

Regulation beats perfection.





SOUL-ALIGNED AFFIRMATIONS + REFLECTION

Menopause Is My Initiation

Affirmations:

- My body is wise
- I honor this transition
- I trust my inner rhythm
- I am entering my powerful years

Reflection Prompts:

- What is my body asking for right now?
- What am I releasing in this season?
- How do I want to feel in this next chapter?

🌸 MENOPAUSE SYMPTOM TRACKER

Simple checklist:

- Sleep
- Mood
- Energy
- Digestion
- Stress
- Nutrition





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HEALING

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Love and Blessings Dr. Nickie Ann