

NSW Coast

Newcastle → Coffs Harbour



PERIMENOPAUSE & MENOPAUSE SPECIALIST GUIDE

EXPERT SUPPORT AVAILABLE

This comprehensive guide connects you with experienced menopause specialists across Newcastle to Coffs Harbour, helping you navigate the transition with compassion and expert support tailored to your unique needs.



QUALIFIED PROFESSIONALS

- Integrative Medicine General Practitioners
- Women's Health Centres
- Allied Health Professionals
- Nutrition & Naturopathy
- Mental Wellness Support
- Fitness & Movement Experts

Reach out today for personalised guidance and support on your menopause journey.

We're here to help!

Developed by Wave Nutrition Consulting
Mid North Coast, NSW, Australia
0401 784 272
cate.wavenutrition@gmail.com
www.wavenutrition.com.au



Welcome to *The Menopause Specialist Guide*

This Menopause Specialist Guide has been created to help women across the Newcastle to Coffs Harbour region access trusted, menopause-supportive care during perimenopause and menopause.

It brings together medical, allied health, and integrative practitioners, alongside practical education and community resources, recognising that menopause support works best when care is collaborative and individualised.

Who Can Benefit From This Guide

This guide is designed for women who are:

- Experiencing perimenopause, menopause, or post-menopause
- Seeking local, evidence-informed support
- Wanting to better understand their symptoms and care options
- Looking for practitioners who understand midlife hormonal change

How To Use This Guide

Every woman's menopause experience is different. This guide is designed to be explored in a way that feels right for you.

- Use the specialist listings to find care aligned with your needs
- Read the educational sections to better understand symptoms and support options
- Combine medical, lifestyle, and emotional support where appropriate
- Trust your instincts and seek care that feels safe and supportive

The practitioners listed have been selected based on their experience, scope of practice, and focus on menopause-related care. Inclusion in this guide does not constitute endorsement of any specific treatment approach.

Women are encouraged to seek medical advice where appropriate and choose practitioners that best suit their individual needs.

Your Guide to Recognising Common Perimenopause & Menopause Symptoms

As you navigate perimenopause and menopause, it's essential to understand the symptoms that many women may experience. This stage affects every woman differently, some may have mild symptoms, while others may experience more severe changes. The key is to recognise these symptoms early on, so you can manage them effectively. Understanding what's normal can help alleviate concerns and provide you with the tools to address them.

Perimenopause/menopause symptoms stem largely from hormonal shifts, particularly the decline in oestrogen and progesterone. These changes can impact a variety of physical systems, as well as emotional and cognitive functions.

Physical Symptoms

The physical changes during perimenopause/menopause are some of the most noticeable. Many women find that managing these symptoms becomes a central part of their day-to-day life.

Here are the most common physical symptoms:

1

Hot Flashes: Perhaps the most well-known symptom, hot flashes are sudden waves of heat that spread through the upper body, often accompanied by sweating. These can occur at any time of the day or night and can vary in intensity.

2

Night Sweats: A form of hot flashes that occurs during sleep, night sweats can lead to disrupted sleep and fatigue. Waking up drenched in sweat can be unsettling and interfere with achieving restful sleep.

3

Sleep Disturbances: Hormonal changes can affect sleep quality, leading to insomnia, frequent waking, or difficulty staying asleep. This can compound feelings of fatigue and irritability during the day.

4

Weight Changes: Many women experience weight gain, particularly around the abdomen, due to slower metabolism and hormonal shifts. This can also lead to changes in muscle mass and body composition.

5

Joint and Muscle Pain: The decline in oestrogen can contribute to joint stiffness and muscle aches. Some women report increased soreness, particularly after periods of inactivity or in the morning.

6

Changes in Skin and Hair: Thinning hair and drier skin are also common as oestrogen levels drop, affecting the body's ability to maintain hydration and elasticity in these areas.

Physical symptoms can vary in severity and frequency, making it important to track how they affect your daily life for effective management.

Emotional and Cognitive Symptoms

While physical changes are often more visible, the emotional and cognitive symptoms of menopause can be just as impactful. Hormonal fluctuations during menopause can lead to:

1

Mood Swings: Many women report feeling more irritable, anxious, or sad during menopause. These mood shifts can happen quickly and may not always have a clear cause.

2

Decreased Libido: Reduced sexual desire is another common symptom. Hormonal changes can lower libido, and vaginal dryness or discomfort during intercourse can also play a role in this decline.

3

Anxiety and Depression: The decrease in oestrogen and progesterone can influence brain chemicals like serotonin, leading to increased anxiety or feelings of depression. This may also be compounded by other personal events in life, such as stress or changes in relationships.

4

Cognitive Changes: Many women experience “brain fog” during menopause, finding it harder to concentrate, remember things, or stay focused. These cognitive changes are linked to hormonal fluctuations but can be managed with certain lifestyle adjustments.

These physical and emotional changes can frequently be associated with perimenopause and menopause; however, similar symptoms may also indicate other health conditions. Appropriate assessment and exclusion of red flags are essential before attributing symptoms solely to hormonal transition, allowing for informed, compassionate, and effective support.

When to Consult a Healthcare Professional?

Although menopause is a natural transition, some symptoms can become more intense or start to affect your quality of life. If you’re experiencing ongoing mood swings, fatigue, anxiety, relationship strain, excessive bleeding, or any unexplained changes, it’s important to seek professional advice.

Menopause is a complex hormonal transition that can influence both physical and emotional health. Effective, evidence-based support is available from qualified healthcare providers. They can help rule out other conditions, guide appropriate treatment options, and ensure you receive the care and understanding you need at every stage.



How Health Professionals Can Help

Menopause and perimenopause affects every woman differently, and support often works best when guided by a team of professionals. From medical treatment and hormone therapy to nutrition, mental health, and lifestyle strategies, each practitioner brings unique expertise to help women manage symptoms, protect long-term health, and feel confident through midlife and the oncoming years.

The list below will guide you in choosing the right health professional for your needs.

- General Practitioners & Specialists – Often your first point of contact for assessment, blood tests, and discussion of treatment options, including Menopausal Hormone Therapy (MHT) or other medical interventions.
- Menopause Specialists – GPs or doctors with additional training in women’s hormonal health who can provide evidence-based treatment and symptom management tailored to individual needs.
- Clinical Nutritionists or Dietitians – Can provide personalised nutrition strategies to support hormone regulation, energy, weight management, and gut health during menopause and midlife.
- Naturopaths and Integrative Practitioners – Can support hormonal balance through herbal medicine, lifestyle strategies, and functional testing.
- Psychologists, Counsellors, or Therapists – Can help address the emotional and relational impact of menopause, supporting stress management, mood regulation, and communication between partners.
- Exercise Physiologists, Physiotherapists & Personal Trainers – Can assist with tailored movement programs to support bone strength, metabolic health, and pelvic floor function.

No woman has to navigate menopause alone. There are always people ready to help, whether it’s a compassionate GP, a menopause-specialist clinician, a nutritionist, a fitness coach, or a supportive community of women.

Support can mean guidance on symptoms, practical lifestyle tips, or simply someone who listens and understands. With the right support, challenges become manageable, confidence grows, and every woman can embrace this stage of life as a time of growth, renewal, and empowerment.

Quick Reference Guide to Specialists

GENERAL PRACTITIONERS

East Coast Menopause Solutions
CK Health and Wellbeing
Menopause & Wellbeing Clinic
Optimal Weight Clinic
Manning Women's Health

FITNESS

Coffs Coast Nutrition
Fast Track PT

NATUROPATHY

CK Health and Wellbeing
Tulsi and Sage Naturopathy
Kathy Grace Naturopath
The Naturopathic Farmer
Nicole Woodcock Naturopathy

NUTRITION

Coffs Coast Nutrition
East Coast Menopause Solutions
CK Health and Wellbeing
Wave Nutrition Consulting

PHYSIOTHERAPY

East Coast Menopause Solutions

PSYCHOLOGY & COUNSELLORS

East Coast Menopause Solutions
CK Health and Wellbeing
Mind Momentum

PUBLIC HEALTH

Hunter New England Menopause Hub
Mid North Coast Menopause Referral Service

When women are supported through menopause, they don't just cope, they flourish.

With the right guidance, encouragement, and understanding, this natural transition becomes more than a challenge. It becomes an opportunity for growth, healing, and personal renewal, allowing women to step into this new phase with confidence, strength, and vitality.





COFFS COAST NUTRITION

Nutrition & Lifestyle Support for Midlife Women

Coffs Coast Nutrition provides personalised nutrition and lifestyle support for women navigating perimenopause and menopause. Services focus on practical, sustainable strategies that fit everyday life, with consultations available in person, via Zoom, or by phone.

Their approach is to address the broader factors influencing health in midlife, including stress, sleep, mood, activity levels, and changing nutritional needs, helping women build confidence and stability.

Nutritionist

Louise Williams specialises in supporting women through perimenopause and menopause using a holistic, realistic nutrition approach. Her work focuses on sustainable changes that support energy, weight stability, mood, and long-term wellbeing, without restrictive or short-term interventions.

Louise works collaboratively with clients to tailor nutrition and lifestyle strategies to individual needs, recognising the interaction between hormones, daily routines, and general health.

Movement & Strength Support

In addition to nutrition services, Louise and her husband, Col, offer private studio gym sessions to support strength, movement, and physical confidence. These sessions complement nutrition support and encourage safe, consistent activity.

Location: 95 Vera Drive, Coffs Harbour, NSW
Phone: 0477 275 299
Email: reception@coffscoastnutrition.com.au
Website: www.coffscoastnutrition.com.au
Bookings: No referral required. A GP Chronic Condition Management Plan is needed only for Medicare rebates.



EAST COAST MENOPAUSE SOLUTIONS

Specialist Medical Support for Menopause & Women's Health

East Coast Menopause Solutions provides specialist, personalised support for women navigating perimenopause and menopause. The clinic focuses on evidence-based menopause management, helping women understand symptoms, treatment options, and health changes during midlife. Their approach reflects the medical, physical, and emotional complexity of menopause, supporting informed decision-making and long-term wellbeing.

General Practitioner | Founder

Dr Cate Bendall is the founder of East Coast Menopause Solutions and an experienced GP with a dedicated focus on women's health and menopause management. She leads the clinic with a strong emphasis on evidence-based practice, clinical education, and compassionate, individualised support for women during hormonal transition.

General Practitioners

Dr Erica Gomes and Dr Ping Lee are experienced GPs with a shared focus on perimenopause and menopause management. Alongside Dr Bendall, they provide informed medical guidance across a range of menopause-related concerns. All doctors at East Coast Menopause Solutions are members of the Australian Menopause Society, reflecting a strong commitment to current, evidence-based menopause practice.

Allied Health Support

The clinic also offers access to Psychology, Nutrition, and Physiotherapy, supporting a multidisciplinary approach to menopause that addresses mental wellbeing, nutrition, movement, and physical function alongside medical management.

Location: 115A Tudor Street, Hamilton NSW 2303
Phone: 02 4088 8040
Website: www.eastcoastmenopausesolutions.com.au
Bookings: No referral required - Call or book online for in-person or telehealth consultations.



CK HEALTH & WELLBEING

NATUROPATHY - NUTRITION - PSYCHOLOGY

CK Health is an award-winning integrative health clinic specialising in the care of women through perimenopause and menopause. The clinic offers coordinated care across integrative GP medicine, naturopathy, nutrition, herbal medicine, and psychology, supporting hormonal health, thyroid function, metabolic change, and emotional wellbeing.

Integrative General Practitioner

Dr Jane Taylor is an Integrative GP with over 30 years' medical experience, specialising exclusively in perimenopause and menopause care. Her clinical focus includes thyroid management, autoimmune thyroid conditions, and complex hormonal presentations. Dr Jane combines conventional medicine with functional assessment and lifestyle-informed strategies to support women through hormonal transition with clarity and confidence.

Naturopath

Cody Kennedy is the founder and director of CK Health and a senior naturopath with over 21 years of clinical experience. She supports women through perimenopause and menopause using herbal medicine, nutrition, and microbiome-focused care. Cody's approach is particularly suited to women who cannot or prefer not to use HRT, including those with a history of breast cancer or other medical considerations.

Psychology Support

CK Health's psychologists provide mental and emotional health support tailored to midlife and hormonal transition, addressing mood, stress, anxiety, sleep, and adjustment during perimenopause and menopause. Services are available in-clinic and via telehealth.

Location: 136 Glebe Road, Merewether NSW 2291
Phone: 02 4077 3803
Email: admin@ckhealth.com.au
Website: www.ckhealth.com.au
Bookings: No referral required, except for psychology appointments using a Mental Health Care Plan (eligible for a \$98 rebate per session).



TULSI & SAGE NATUROPATHY

LIZZIE STOW - CLINICAL NATUROPATH

Naturopathic Support for Women's Health & Menopause

Tulsi & Sage Naturopathy provides individualised naturopathic support for women across all stages of life, with a strong focus on perimenopause and post-menopause. Their approach reflects a whole-person understanding of women's health, integrating physical, emotional, and energetic factors that influence wellbeing during midlife.

Consultations are available online and face-to-face, offering flexible access for women seeking personalised, holistic support.

Clinical Naturopath

Lizzie is a Clinical Naturopath specialising in women's health, including perimenopause and post-menopause. She integrates herbal medicine, nutrition, lifestyle guidance, and supplementation, alongside energetic modalities such as flower essences and homeopathy, to support balance and resilience during hormonal transition.

Lizzie's work is grounded in a holistic framework, supporting women who are seeking natural, individualised approaches to midlife health and wellbeing.

Consultation Options

Consultations are offered online and in person, with a free discovery call available for women who would like to explore whether this approach is the right fit before booking.

Location: Warners Bay & Online (servicing Newcastle/Lake Macquarie, NSW)
Phone: 0421 424 421
Email: lizzie@tulsiandsage.com.au
Website: www.tulsiandsage.com.au
Bookings: Maternity leave from Dec 2025 – May 2026 (waitlist available via website).

*Menopause is a pause, not a loss.
It's an invitation to rest, reset, and rise stronger.*

*This isn't an ending, it's a renewal. A time to listen, nourish,
and realign with what truly supports you.*

*Strength now comes not from doing more, but from finding
balance, calm, and clarity within.*





MENOPAUSE & WELLBEING CLINIC

Specialist Medical Support for Menopause & Hormonal Health

Menopause and Wellbeing Clinic provides specialist medical support for women navigating perimenopause and menopause, with a focus on evidence-based assessment and management of hormone-related symptoms.

Their approach reflects the complexity and individuality of hormonal transition, recognising that symptoms, risks, and treatment preferences vary widely between women. Support focuses on informed decision-making, addressing both current symptoms and long-term health considerations, helping women navigate hormonal transition with clarity, confidence, and improved quality of life.

General Practitioner | Founder

Dr Casey Bye is a General Practitioner and founder of the Menopause and Wellbeing Clinic, with a dedicated clinical focus on perimenopause, menopause, premature ovarian insufficiency, and premenstrual dysphoric disorder (PMDD). She works with women experiencing a wide range of hormonal concerns, including complex or persistent symptoms.

Consultations focus on developing individualised treatment plans that align with each woman's medical history, symptom profile, and health priorities.

Management options may include body-identical hormone therapy, non-hormonal approaches, complementary therapies, and lifestyle optimisation across nutrition, physical activity, sleep, and stress regulation. The aim is to support both symptom management and long-term health outcomes.

Location: Lake Cathie Health Complex, NSW
Phone: 02 6584 8899
Email: reception@lcmc.com.au
Website: www.mwclinic.com.au
Bookings: Thursdays and Fridays only - no referral required.



OPTIMAL WEIGHT CLINIC

Medically Supervised Weight & Metabolic Health Care

Optimal Weight Clinic provides holistic, medically supervised weight management for adults, with a particular focus on women navigating perimenopause and menopause. The clinic's approach reflects that weight changes in midlife are driven by hormonal and metabolic factors, not just diet and exercise.

Programs are designed to support safe, sustainable weight loss while improving metabolic health, energy levels, and long-term wellbeing.

General Practitioner & Bariatric Physician

Dr Nandini Subbiah is an experienced General Practitioner with postgraduate qualifications in Obstetrics and Gynaecology and is a SCOPE-certified Bariatric Physician, the only internationally recognised qualification in obesity management. She provides evidence-based care for individuals requiring structured, medically guided weight support.

Through the Optimal Weight Clinic, Dr Subbiah supports women through perimenopause and menopause using an approach that integrates hormonal health, nutrition, lifestyle medicine, and metabolic assessment. Care focuses on realistic weight loss goals, preservation of lean mass, and improving long-term health markers, rather than short-term or restrictive approaches.

Location: Port Macquarie & Wauchope, NSW
Phone: 02 6583 2833
Email: optimalweightclinic@gmail.com
Website: www.optimalweightclinic.com.au
Bookings: Self-referral or GP referral accepted.



During menopause, balance is everything.

*Nourishing food, restorative sleep, movement,
and stress support work together to restore
energy, calm, and confidence.*



WAVE NUTRITION CONSULTING

NUTRITIONIST AND MENOPAUSE CONSULTANT

Nutrition & Lifestyle Support for Perimenopause & Menopause

Wave Nutrition Consulting provides personalised, evidence-based nutrition and lifestyle support for women navigating all stages of menopause. Their approach reflects the strong connection between hormonal change, gut health, energy regulation, and daily lifestyle factors in midlife, recognising that symptoms are often influenced by more than food alone.

Support is practical and realistic, helping women manage symptoms, improve confidence with food, and build sustainable habits that support long-term health.

Clinical Nutritionist | Menopause Nutrition & Lifestyle Consultant

Cate Keen is a Clinical Nutritionist and Menopause Nutrition & Lifestyle Consultant specialising in perimenopause and menopause. Her work focuses on supporting women through tailored nutrition plans, evidence-based supplement reviews, and lifestyle strategies that address gut health, metabolic function, energy levels, and general wellbeing.

Cate is Monash FODMAP trained and has a special interest in supporting women with IBS and digestive concerns, particularly where gut symptoms overlap with hormonal change, stress, or fatigue. Her approach promotes balance and confidence with food, avoiding unnecessary restriction while still addressing symptoms effectively.

Cate works closely with clients to translate nutrition science into clear, achievable strategies, empowering women with education and practical tools to support their health.

Location: Killawarra, NSW
Phone: 0401 784 272
Email: cate.wavenutrition@gmail.com
Website: www.wavenutrition.com.au
Bookings: No referral required - Telehealth consultations only available.
Private Health Rebates available.

Kathy Grace

Naturopath

WOMENS HEALTH NATUROPATHY

Naturopathic Support for Women's Hormonal Health & Midlife Transition

Kathy Grace provides individualised naturopathic support for women across all stages of hormonal change, with a strong focus on perimenopause and menopause. Her approach reflects an in-depth understanding of hormonal, metabolic, and reproductive health, recognising how these systems evolve across a woman's life course.

Support is tailored, evidence-informed, and designed to guide women through change with clarity and confidence.

Kathy is a naturopath with over 30 years of clinical experience. Throughout her career, she has specialised in women's health, initially focusing on fertility and pregnancy preparation before expanding her work into perimenopause and menopause support.

Kathy has completed extensive additional training in functional and medical pathology, vaginal microbiome health, IVF and fertility support, pregnancy and miscarriage support, menopausal hormonal changes, and metabolic and weight management. This breadth of expertise allows her to support women with both current symptoms and longer-term health considerations.

Her work integrates nutrition, lifestyle guidance, and targeted naturopathic strategies, supporting women through hormonal transition with informed, compassionate, and practical support.

Location: Mid Coast NSW
Website: <https://kathygrace.com.au/>
Bookings: <https://calendly.com/kathygracenaturopath>



THE NATUROPATHIC FARMER

MENOPAUSE & WOMENS HEALTH NATUROPATH

Naturopathic Support for Menopause & Metabolic Health

The Naturopathic Farmer provides individualised naturopathic support for women in perimenopause, menopause, and post-menopause. The approach reflects the close relationship between hormonal change, thyroid function, gut health, and metabolism in midlife, supporting women who wish to transition naturally as well as those using menopausal hormone therapy (MHT).

Support is grounded in evidence-based naturopathic principles and focuses on restoring balance, resilience, and vitality.

ATMS-Accredited Naturopath

Debbie is an ATMS-accredited naturopath specialising in perimenopause, menopause, and post-menopausal wellness. She works with women experiencing a range of midlife concerns, including changes in energy, weight, digestion, and hormonal stability.

Areas of special interest include thyroid health, gut health, and metabolic function, supported by advanced functional testing where appropriate. With a strong belief in food as medicine,

Debbie integrates nutrition and lifestyle foundations alongside targeted herbal, nutritional, and therapeutic support to develop personalised, sustainable programs.

Location: Belbora NSW 2422
Phone: 0481 862 295
Email: debbiewholebodyhealing@gmail.com
Website: www.thenaturopathicfarmer.com
Bookings: No referral required — online and phone consultations available.



DR MARY-LOUISE GRAHAM

MANNING WOMEN'S HEALTH

Medical Support for Women's Hormonal Health

Manning Women's Health provides medical support for women across all stages of hormonal change, with a strong focus on perimenopause and menopause management.

There approach reflects an integrative, evidence-based understanding of women's hormonal health, recognising the physical, emotional, and lifestyle factors that influence symptoms during midlife.

Support focuses on improving symptom control, supporting long-term health, and helping women navigate hormonal transition with clarity and confidence.

General Practitioner

Dr Mary-Louise Graham is a General Practitioner with a special interest in women's hormonal health, including perimenopause and menopause. She works with women experiencing a wide range of symptoms, offering both hormonal and non-hormonal treatment options tailored to individual needs, preferences, and medical history.

Dr Graham brings extensive experience in reproductive and sexual health, menstrual management, and postnatal care, providing continuity of support across different life stages. Her work emphasises education, informed decision-making, and personalised management strategies, supporting women to feel balanced, supported, and confident.

Location: Taree, NSW
Website: <https://tareemedicalcentre.com.au/manning-womens-health/>
Bookings: No referral is required to book an appointment.



TARLI BLACK

Strength, Conditioning & Coaching for Women's Health & Perimenopause

FastTrack PT provides strength, conditioning, and lifestyle-focused coaching for women navigating perimenopause and midlife health changes. The approach reflects the importance of building strength, confidence, and physical resilience during hormonal transition, supporting women to move safely, improve body composition, and feel capable in their bodies again.

Programs are delivered through structured coaching, habit tracking, and personalised support, with options for online and face-to-face training.

Personal Trainer & Strength & Conditioning Coach

Tarli is a Personal Trainer and Strength & Conditioning Coach with over 10 years' experience as a nationally ranked athlete. She brings a strong performance background to her work, now applying this expertise to support women in perimenopause who are experiencing changes in strength, body composition, energy, and recovery.

Tarli's work focuses on progressive strength training, movement quality, habit development, and sustainable routines, rather than high-intensity or appearance-driven programs. Tarli offers structured coaching that may include personalised training plans, conditioning work, recovery strategies, and lifestyle support, tailored to individual goals and capacity.

Program Options

FastTrack PT offers tiered coaching options, including online coaching, face-to-face personal training, habit tracking and perimenopause-focused education, allowing women to choose a level of support that fits their needs and lifestyle.

Location: Forster, Hallidays Point & Taree
Facebook: [Fast Track PT](#)
Bookings: [Online Application](#)



WENDY GILROY

HOLISTIC WELLNESS COACH, COUNSELLOR & THERAPIST

Psychological & Emotional Support

Mind Momentum provides psychological support and wellbeing coaching for women navigating perimenopause and menopause, with a focus on emotional health during midlife transition.

Their approach reflects the interaction between emotional, physical, and lifestyle factors, recognising the impact hormonal change can have on stress response, mood regulation, confidence, and relationships.

Support is delivered through private online consultations, offering flexible access for women seeking individualised emotional support.

Counsellor, Therapist & Wellbeing Coach

Wendy supports women experiencing stress, anxiety, panic attacks, and relationship challenges, with a particular focus on concerns that emerge or intensify during perimenopause and menopause. Her work combines counselling, therapeutic techniques, and wellbeing coaching to help women better understand emotional patterns, develop coping strategies, and improve resilience during times of change.

Wendy offers a supportive, non-judgemental space where women can explore emotional wellbeing alongside practical lifestyle considerations. Referrals are not required, and new clients are invited to book a free 20-minute introductory call to determine whether this support aligns with their needs.

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|-----------|--|
| Location: | Online (based on the NSW Mid North Coast, supporting clients Australia-wide) |
| Phone: | 0449 667 133 |
| Website: | www.mindmomentum.com.au |
| Email: | support@mindmomentum.com.au |
| Bookings: | No referral required - sessions available via Zoom or phone <i>This is a private service (No Medicare Rebates available).</i> |

A Partner's Guide to Menopause

UNDERSTANDING, COMMUNICATION & SUPPORT

Whether it's perimenopause, menopause or post menopause, it's not just a biological milestone, it's a shared experience that can affect emotional connection, communication, and daily life for both partners. Understanding what's happening helps replace confusion or frustration with compassion and teamwork.

What is Happening?

During the stages of menopause, levels of oestrogen and progesterone fluctuate and gradually decline. These hormonal changes can affect:

- Mood and stress response - Increased irritability, anxiety, or tearfulness.
- Sleep and energy - Difficulty falling asleep or waking frequently.
- Temperature regulation - Hot flushes and night sweats.
- Cognition - Forgetfulness, difficulty concentrating.
- Sexual health - Changes in libido, comfort, or body confidence.

These changes are biological, real, and often temporary, but the way they're managed can deeply affect a woman's health.

How Partner's Can Help

Listen First

Sometimes, she may just need to vent or be heard without solutions. A simple, "That sounds really hard, what can I do to help?" can go a long way.

Communicate With Kindness

Talk openly about changes in mood, intimacy, and daily routines. Avoid taking things personally; hormonal changes can amplify emotions.

Offer Practical Support

Share daily tasks, create space for rest, or plan calming routines together. Even small gestures such as a walk, a meal, or a quiet evening, can help create stability.

Stay Connected

Physical and emotional closeness may change, but connection is still vital. Be patient and creative in finding ways to maintain intimacy and affection.

Learn Together

Understanding menopause helps remove stigma and fear. Reading, attending appointments together, or exploring evidence-based information empowers both partners.



NICOLE WOODCOCK NATUROPATHY

NATUROPATH & WOMEN'S HEALTH PRACTITIONER

Naturopathic Support for Perimenopause & Women's Hormonal Health

Nicole Woodcock Naturopathy provides holistic, evidence-based naturopathic support for women navigating perimenopause and hormonal change.

Their approach reflects the role of nutrition, lifestyle factors, and targeted supplementation in supporting hormone balance and overall wellbeing during midlife, recognising that symptoms can vary significantly between individuals.

Services are delivered via online consultations, offering flexible and accessible support for women across Australia.

Naturopath

Nicole Woodcock is a naturopath specialising in perimenopause and women's hormonal health. She works with women experiencing hormonal fluctuations, changes in energy, mood concerns, and other midlife symptoms, using a practical and individualised framework.

Her approach integrates nutrition guidance, lifestyle strategies, and targeted supplementation, informed by current evidence and tailored to each woman's needs and goals. Nicole focuses on helping women feel supported, informed, and empowered.

Location: Sunshine Coast, QLD (Online Australia-wide)
Phone: 0490 881 509
Website: hello@nicolewoodcock.com.au
Email: www.nicolewoodcock.com.au
Bookings: No referral required - self-referrals welcome for online consultations.

Daily Foundations For Hormone Balance

SUPPORTING HORMONES THROUGH EVERYDAY HABITS

Over 3.3 million Australian women aged 40–59 are currently transitioning through perimenopause or menopause, with the average age of menopause at 51.¹ During this stage, hormonal shifts can influence metabolism, mood, sleep, cardiovascular and bone health.² Research highlights that consistent nutrition, movement, and restorative habits play a measurable role in reducing symptoms and supporting long-term physical and emotional health.³

The three foundations below outline practical, evidence-informed strategies to help maintain hormonal balance and vitality throughout all stages of menopause.

1

Nourish Your Body

Balanced nutrition provides the building blocks for balanced hormones.

Nutrition underpins hormone regulation and energy stability. A Mediterranean-style pattern, rich in vegetables, lean protein, whole grains, and healthy fats, helps support oestrogen metabolism, manage blood sugar, and protect bone and heart health.

- Build meals around colourful plants, quality protein, and whole foods.
- Include omega-3 fats, legumes, and fibre for digestive and metabolic support.
- Reduce intake of ultra-processed foods and added sugars.

2

Restore & Rebalance

Rest and calm to allow your body to reset and recover.

Adequate rest, hydration, and stress regulation support the endocrine and nervous systems. Small, consistent changes can ease symptoms such as fatigue, sleep disturbance, and temperature fluctuations.

- Aim for 7–8 hours of quality sleep each night.
- Stay hydrated with water or herbal teas throughout the day.
- Use short breathing, mindfulness, or relaxation breaks to manage stress.

3

Strengthen & Connect

Consistency and connection are key to thriving through menopause.

Regular movement and meaningful social connection influence hormone health, metabolism, and mental clarity. Staying active and connected builds resilience during hormonal transition.

- Move every day - Include walking or yoga.
- Prioritise muscle and bone-strengthening activities 2 - 3 times weekly.
- Engage in supportive relationships and enjoyable community activities.

References

1. Davis SR, Magraith K. Advancing menopause care in Australia: barriers and opportunities. *Med J Aust* 2023; 218(11):500-502.
2. GESB WA. Menopause Fact Sheet, 2024.
3. Monash University Women's Health Research Program. Prevalence of Menopausal Symptoms in Australian Women, 2023.



HUNTER NEW ENGLAND MENOPAUSE HUB

The Hunter New England Menopause Hub provides specialised medical support for women experiencing perimenopause and menopause across the region. The service offers comprehensive assessment and management of menopause-related symptoms, including hormonal and non-hormonal treatment options. Care is delivered by a multidisciplinary team of GPs, gynaecologists, endocrinologists, and women's health professionals, ensuring evidence-based and coordinated support for women's wellbeing during midlife.

Location: Level 2 Pettinger Building, Wallsend Health Campus, 12 Longworth Ave, Wallsend NSW 2287

Phone: 02 4924 6358

Email: hnelhd-menopausehub@health.nsw.gov.au

Referral: A GP referral is required for new patients.

MID NORTH COAST MENOPAUSE REFERRAL SERVICE

The Mid North Coast Menopause Referral Service provides specialist care and support for women experiencing perimenopause and menopause across the Mid North Coast region. The service offers assessment, education, and management options tailored to each woman's individual needs, with access to qualified health professionals experienced in menopause care. Referrals can be made by GPs and other health providers, ensuring coordinated support within the public health system.

Location: 19-31 Morton St, Port Macquarie NSW 2444

Email: MNCLHD-MenopauseService@health.nsw.gov.au

Referral: GP or healthcare provider referral required.

Cooling the Heat

Natural Tips for Hot Flashes & Night Sweats

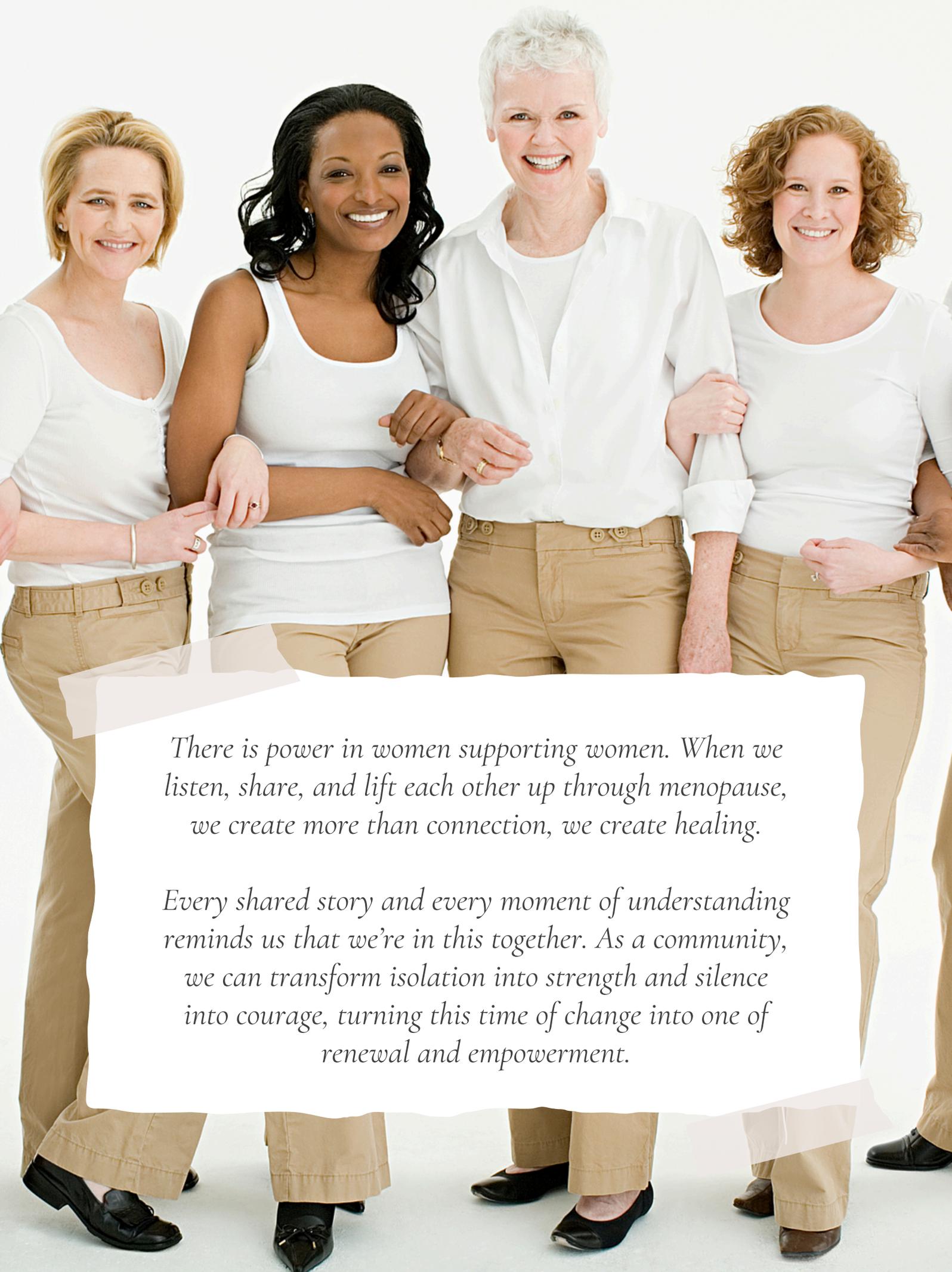
Hot flashes and night sweats can leave you feeling drained, sticky, and frustrated, but small, natural tweaks to your day can help cool your body and calm your nervous system. Here are 7 simple, proven tips you can start today.

- 1 Balance Your Blood Sugar** Eat regular meals with protein, fibre, and healthy fats, this helps prevent the blood sugar dips that can trigger flushes. Avoid skipping meals or relying on lots of refined carbs & sugary snacks.
- 2 Stay Hydrated** Aim for at least 8–10 glasses of water a day. Add a pinch of sea salt or a squeeze of lemon if you sweat a lot, this helps replace electrolytes.
- 3 Focus on Phytoestrogens** Include soy, flaxseeds, chickpeas, and lentils, these plant-based compounds can help ease hot flashes naturally. A tablespoon of ground flaxseed daily is a great start.
- 4 Create a Cool Bedtime Ritual** Keep the bedroom at a comfortable temperature (ideally below 20°C). Use breathable cotton sheets & wear light sleepwear. Try a cool shower, herbal tea (like sage or chamomile), and deep breathing before bed.
- 5 Be Mindful of Triggers** Common triggers include: alcohol, caffeine, spicy foods, hot drinks, and stress. Keep a short diary for a few days to pinpoint what sets yours off.
- 6 Move Your Body** Regular exercise can improve temperature regulation, sleep, and mood. Even a brisk 30-minute walk or gentle yoga can be beneficial.
- 7 Calm Your Nervous System** Stress can amplify hot flashes. Try simple breathing techniques, mindfulness, or restorative yoga.

Do you need step-by-step guidance?

If you'd like more personalised, practical support to reduce your hot flashes, night sweats or common menopause symptoms naturally, the **Cooling the Heat program** is designed exactly for that! It includes a detailed lifestyle & nutrition plan, supportive rituals & routines, and guidance from someone who's been there too.

For more information - www.wavenutrition.com.au.



There is power in women supporting women. When we listen, share, and lift each other up through menopause, we create more than connection, we create healing.

Every shared story and every moment of understanding reminds us that we're in this together. As a community, we can transform isolation into strength and silence into courage, turning this time of change into one of renewal and empowerment.

The Change Room

A Supportive Community for Women in Midlife

'The Change Room' is a warm, welcoming online space where women can come together to talk openly about all stages of menopause including perimenopause and post menopause.

It's a place to share stories, compare experiences and learn from one another in a supportive, understanding environment.

Inside the group, women discuss everything from their own personal symptoms and what has worked for them with respect to nutrition, sleep and stress management.

It's a safe non-judgemental space where you can ask questions, seek advice, and feel seen and supported by others who truly understand.

Whether you're navigating hot flushes, fatigue, mood changes, or just want to know that others are going through the same thing, you're definitely not alone.

Together, we're rewriting the menopause experience with honesty, strength and compassion.

Scan to Join
'The Change Room'
on Facebook



Your space to connect, share, and thrive through change.

Guide Developments & Updates

This Menopause Specialist Guide will be reviewed and updated regularly to reflect changes in services, practitioner availability, and the inclusion of new resources and menopause-supportive professionals as they are identified.

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Requesting Updates or Contributions

If you are a practitioner featured in this guide and would like to:

- Update or correct your listing
- Add new services or locations
- Request removal
- Suggest additional menopause-supportive practitioners
- Contribute to future editions

Please contact me via email. Feedback and collaboration are always welcome.

Get Involved

Practitioners: If you support women through perimenopause or menopause and would like to be considered for inclusion in future editions of this guide, you're very welcome to get in touch using the contact details above.

With thanks to the healthcare professionals who generously reviewed their listings and contributed to the accuracy and integrity of this resource.