

REIKI & MENOPAUSE



HOW CAN REIKI HELP?

Reiki can help with many mental, as well as physical ailments.

During menopause, women's bodies go through many changes, which can be uncomfortable and challenging.

Reiki helps to improve our natural flow of energy which moves around our bodies. This can enable relaxation, and also relieve any pain you may be feeling. Reiki can aid in alleviating menopausal symptoms such as:

- Insomnia
- Hot Flashes
- Racing thoughts
- Painful cramps
- Stress and fatigue
- Chronic pain
- Migraines / headaches
- Digestive complications
- Cramps
- Anxious feelings
- Mood swings



WHAT IS REIKI?

In the body, there are seven main chakras or energy centres.

These can range from the very top of our heads, right down to the base of our spines

Each of these energy centres represents a different element of our natural energy.

These chakras reside in each and every one of us and act as a natural state of balance. Therefore, when our bodies go through a change, it can cause this balance to be affected significantly.

CBT THERAPIST &
REIKI PRACTITIONER

Kate Stewart



TRANQUILITY TOOLBOX

