



Menopause Wellness & Care

DR
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My Purpose



In the midst of my menopausal adventure, I found myself navigating with little to no guidance, making it quite the challenge to handle all those changes. Through the ups and downs, I honed my skills in managing this journey. Despite being a doctor and being aware of the 'theory' of menopause, I saw myself unprepared to handle the practical challenges that this phase brought in. It then struck me how countless women are left without the crucial support they need during menopause.

I now center my focus on elevating the tapestry of perimenopausal and menopausal women's quality of life. I steer women in the holistic management of menopause, irrespective of which phase they are in.

Boasting a wealth of over three decades in the realm of medicine, I also stand as an instructor of Yoga, Meipadam and Karalakattai and Obesity Management. Through this wealth of expertise and unwavering dedication, I empower everyone to grasp life with newfound assurance and vitality.

About Menopause

Menopause marks a significant transition in a woman's life, signifying a natural decline in hormone levels that ultimately leads to the cessation of monthly periods. Officially, menopause is declared after twelve consecutive months without menstruation, absent any external intervention. Although the average age for natural menopause is around 51, it can occur earlier or later.

The menopausal process unfolds gradually encompassing several distinct stages:

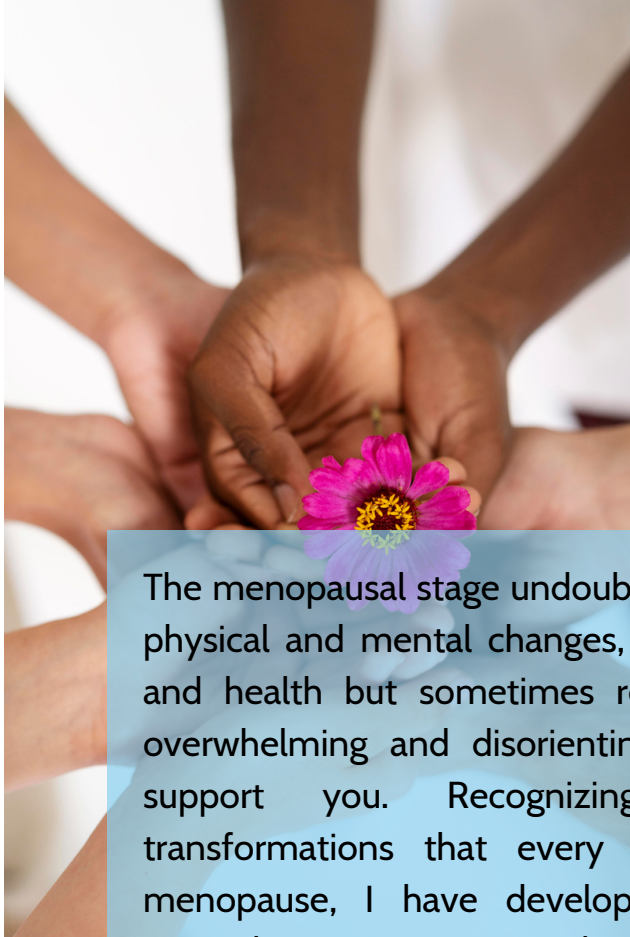
PERIMENOPAUSE

During this phase, hormone levels fluctuate, potentially resulting in changes in period frequency and intensity. Various menopausal symptoms may also emerge. The duration of perimenopause varies from woman to woman.

MENOPAUSE

This is the stage when a woman experiences a full year without menstruation. This natural occurrence is a facet of the aging process, signifying the conclusion of your reproductive years.

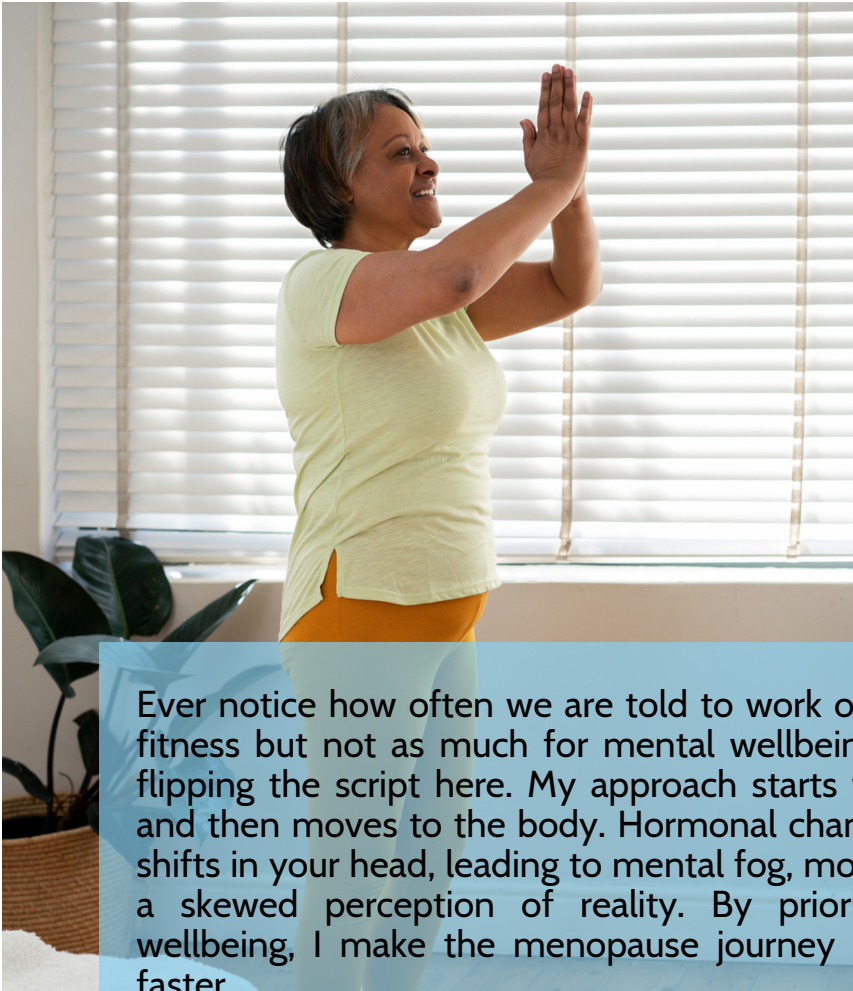
My Approach



The menopausal stage undoubtedly brings about significant physical and mental changes, impacting not only lifestyle and health but sometimes relationships, too. It can be overwhelming and disorienting. However, I am here to support you. Recognizing the challenges and transformations that every woman encounters during menopause, I have developed a program tailored to streamline your menopausal journey.

Considering your health status and specific symptoms, my program addresses your mind, body and inner wellbeing. This comprehensive approach combines elements of workouts, nutrition and lifestyle changes to ensure your wellbeing during this transitional phase.

Workouts for Mental and Physical Wellbeing



Ever notice how often we are told to work out for physical fitness but not as much for mental wellbeing? Well, I am flipping the script here. My approach starts with the mind and then moves to the body. Hormonal changes can make shifts in your head, leading to mental fog, mood swings and a skewed perception of reality. By prioritizing mental wellbeing, I make the menopause journey smoother and faster.

As a certified instructor in ancient practices like Meipadam, Karlakattai and Yoga, alongside modern workout styles, I have crafted a fitness program tailored for women in the midst of menopause. I blend various techniques to help balance hormones, slow down of bone loss, and boost the overall quality of life. But here's the deal: it requires a consistent workout routine. Studies back this up—choosing the right workout plan can significantly enhance your quality of life.

So, let's ditch the "too late, too old" mindset and jump into this mental spa today!

Fun with Nutrition



You won't catch me using the word "diet"! I am all about savoring food and would never like to take the joy out of it. But look, a solid lifestyle and good nutrition are key to balancing those hormones and easing menopausal symptoms.

Personally, I team up with my clients to whip up a nutrition plan that matches their tastes, lifestyle and eating habits. This ensures that the journey towards hormonal balance is not only effective but also enjoyable.

And in case you are starting to worry as you read this, YES, you will still get to enjoy all your favorite eats, just maybe in a slightly different form! :)

Informative Workshops

I invite all you amazing women to join me online in exploring the journey of menopause. Together, we will delve into understanding its meaning, learning to attune to our bodies, and embracing this phase with joy. This space is dedicated to both teaching and listening. Our sessions will be interactive, fostering a spirit of shared knowledge and camaraderie. Every woman seeking knowledge about menopause is warmly encouraged to be part of these discussions.

Terms and Conditions

Health and Medical

- If you suffer from any medical condition, then it is your sole responsibility to obtain clearance from your medical practitioner prior to indulging in any workout program.
- It is essential to provide complete information regarding your medical history, current condition, as well as past and present treatments, regardless of their nature. This prevents any potential interactions between the prescribed plan and other aspects of your medical condition and treatment.
- Dr. Veena Nair holds no responsibility for any injuries, reactions, or side effects that may occur following the nutritional or workout plans.
- For medical emergencies, please promptly seek assistance at your nearest healthcare facility.

Others

- Your status as my client along with the content of your sessions, is held in strict confidentiality.
- I maintain records of your personal information, including your name, contact details, appointment dates, times and health records. These records are stored securely.
- The sessions are conducted through Zoom. It is the client's responsibility to ensure a stable internet connection for the session. No recordings of the classes will be provided.
- I adhere to a stringent policy of non-refundability.
- Services included in the purchased package must be availed within one month of payment; otherwise, the package will expire.
- Upon request, only the three-month purchased package may be temporarily suspended only once for medical reasons or extended travel for up to two weeks. Class suspension is not allowed in the monthly packages.
- Our contact hours are from 10 AM to 6 PM IST, Monday to Saturday. Holiday hours may vary.
- If you encounter any issues with your consultation or service, kindly communicate with us via email to facilitate a resolution.

These terms and conditions are subject to modification. Clients will be duly informed of any updates.

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For more queries and to enroll in our programs,
scan the QR code

