

## Possible side effects

When you switch from eating a high carbohydrate insulin spiking diet to this high fat form of eating it can cause side effects. Not everyone will experience them but you should be aware and prepared.

These may include:

- Headaches
- Cravings
- Low energy
- Diarrhea / constipation
- Mood swings
- Achy joints
- Dizziness

The reason for this is that the body is loathed to change the status quo and it might let you know about it! You will be moving to a state where your body is relying less and less on high levels of blood sugar for energy and the changeover is what induces the above symptoms.

## Strategies to combat symptoms:

- Drink more water
- Put a pinch of pure salt (NOT if you have high blood pressure) on the back of the tongue and drink a glass of water to wash it down, this also great before exercise.
- Increase your fat intake to increase your energy.
- Try a sweet food swap to help sugar cravings.
- Eat something. Especially if you feel light headed. Cold meats, boiled eggs or cheese are great as they give you a boost in the form of fat, protein and vitamins and minerals quickly.

The great news is that if you experience them at all (not everyone does) they should be gone within the first week or so.

## Making mistakes

As one of my clients says "It's not failing, it's learning!" Finding out what is best for your menopausal body during your transition will take time. So always look forward and put mistakes firmly behind you but also learn from them.