

The Unvarnished Truth, or What Nobody Tells You About Menopause

Just 14 of the changes YOU MAY experience when you hit **menopause**.



Your upper arms will disappear and be replaced by **bat wings**.

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Your skin will acquire the **texture of a sixties re-cycled crepe frock**...unfortunately, it won't shrink when it gets wet!

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Colours you have always worn will now make you look like a **refugee from an ICU**.

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Your features will start to **fade**.

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The growth of under-arm hair, pubic hair, and the hair on your legs will slow, giving you **plenty of time to care for the beard and moustache you will acquire**.

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You will learn never to leave home without a pair of tweezers in your bag, to catch that **stray 6-inch long, white hair in the middle of your cheek**, highlighted by a blast of sunlight.

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You may be **plagued by very late-onset Acne**.

You will catch a **glimpse of yourself** in a mirror or a shop window and the reflection you will see is **your Mother**...you've only ever known your Mother as old...and now you look like her!

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You start worrying...**about everything and nothing**...from the correct night to put out the recycling rubbish, to saving water, to finding a moisturiser that really does lift your face by two millimetres. (Actually, there is no such product in existence ...except a Galvanic Spa or a lift).

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Physical and mental changes you could never have imagined in **your worst nightmare**.

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Your body will change shape with **frightening speed**; you will become a **Shape Shifter**.

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Your **hair will continue to grey**, it may become thinner, it will become coarse; if it was curly it will become straight and if it was straight it may become curly (and closely resemble pubic hair).

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An elephant will creep into your bedroom one night and sit on your face.

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Suddenly you will be able to stand naked in front of a mirror and see **your bottom without turning around**, and it will start to slide towards your knees.

The **good news** is, you are not alone in the challenges you face...
And one of the most important lessons you will need to learn is how to **laugh at yourself!**

