

Hello \*|FNAME|\*!

*Have you ever set yourself a goal, only to discover that you just can't move forwards towards it, no matter what you do?*

That's exactly what has happened to me over the past week or so. I had planned to kick-start a new workout routine when I'd recovered from my jetlag and share it all with you on Facebook and Instagram.

But that just hasn't happened. Starting my period late has really zapped my energy this month and I can't even consider getting started.

And you know what? **That's perfectly ok.** I would even go so far as to say that it's *good*.

Whilst I was looking forward to getting really active and motivated and I feel disappointed that it hasn't happened yet, it has reminded me of the importance of listening to my body and giving it what it needs.

Feeling like this **is my body's way of telling me that I need to slow down**, get more early nights, keep a closer eye on my diet and give myself plenty of TLC. So that's what I intend to do until I'm back on track

*How often do you listen to what your body is telling you?*

Do you just try to battle on through despite knowing that you need to rest? Do you neglect your diet because you just don't have time, even though your body is begging you for more wholesome food?

I'll leave you with that thought for the week. In the meantime, have a look at the new blog and my exciting news below!

**NEW BLOG POST: [What Every Woman Needs to Know about Oestrogen Dominance](#)**

Have you noticed your PMT grow much worse over the past few years?

You're noticing that you're putting on weight, you feel frustrated, irritated or even sad. You might even be suffering hot flushes, sleep disturbances and you feel like you never have any energy.

So you start worrying that the menopause might already be on its way. But not necessarily.

In this week's blog, I'd like to explain why these might not be early signs of the menopause, but another hormonal imbalance called oestrogen dominance. [Read the blog here](#) to find out more.

Have a great week!

From P x