

**SOURCES: OAUk -JHI Menopause webinar 27.11.22**

**Websites**

<https://www.nhs.uk/conditions/menopause/>

<https://www.menopausematters.co.uk/>

<https://www.healthline.com/health/menopause>

<https://patient.info/womens-health/menopause>

<https://www.who.int/news-room/fact-sheets/detail/menopause>

**Video**

<https://www.nia.nih.gov/health/what-menopause>

**Useful Apps:**

Balance menopause App and Symptom Tracker

<https://www.balance-menopause.com/balance-app/>

Women's health Peppy App (available through many company health insurance schemes)

[Peppy App](#)

**Menopause support in the workplace**

<https://info.peppyhealth.com/expert-guide-to-menopause-support-in-the-workplace>

<https://www.acas.org.uk/menopause-at-work/menopause-and-the-law>

**Ayurveda**

Ayurveda UK- Ayurvedic Professionals Association

<https://apa.uk.com/>

Dosha Quiz

<https://www.pukkaherbs.com/uk/en/dosha-quiz>

**Accupuncture**

<https://acupuncture.org.uk/>