

Delight

Vitality

Calm

Nutrition

Menopause Health Care Tips

Delight

Stay in a pleasant mood and share your thoughts with family and friends

Vitality

Do the stretch, warm up and aerobic exercise regularly

Calm

Relieve the stress of life through reading, listening to music and yoga

Nutrition

Eat a high-fiber diet with less oil, less salt and less sugar, and also take enough vitamin supplements

