

# The New Hot

Taking on the Menopause with Attitude and Style

By Meg Mathews

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*'This book has the potential to be an amazing resource for women, men, healthcare professionals, children – in fact, anyone who knows a woman – to read, enjoy and learn about this part of life!'*

**Dr Louise Newson**, GP and Menopause specialist

*'I want to break down the taboos and communicate frankly about the menopause ... This book is about giving you the knowledge of what to look out for and how to own it.'*

**Meg Mathews**

When Meg Mathews hit menopause, she was shocked at the lack of awareness, understanding and support shown to women - and also found the information available far too dreary. After getting her symptoms under control she became determined to help other women avoid an experience like hers.

With approximately 13 million women in the UK going through menopause (for many this will be expected to last several decades) and life expectancy for women increasing, we all need to be educated about our options to optimise our future health.

**The New Hot** is Meg's no-holds-barred guide to menopause designed to entertain and empower women in equal measure. It's full of Meg's personal insights as well as the latest information, case histories and advice from a wide range of menopause and lifestyle experts. Together they cover a wide range of issues, including:

- **What the hell is going on?** (a meno-audit of the 34 possible symptoms and how to start taking control)
- **Hey Doc! I need help** (how to ask your GP for the right support and treatment for you)
- **Eat to beat your hormones** (food as medicine, gut health, supplements and a meno- friendly eating plan)
- **Look alive** (skin-saving beauty and style tips)
- **Vagina SOS** (all about 'down-there' healthcare and two pelvic floor exercises that really help)
- **To HRT or not HRT?** That is the question (the hot topic of benefits, options, risks and who can have it)
- **Menopause au naturel** (managing menopause symptoms naturally when HRT isn't for you)
- **Let's get physical** (why exercise matters, how to do it and a 5-minute workout)
- **Meg's meno-dictionary** (a quick guide to medical terms your doctor might use)



Each section also contains some *Take Control* tips. These are the best practical suggestions that Meg and the experts and the rest of the MegsMenopause team have discovered over the last few years to get you through the day.

Honest, empowering and entertaining with humourous illustrations, **The New Hot** will help you take on the menopause, to make the right choices for you – and keep your sense of self, style and humour intact.



### *About the Author:*

An icon of the nineties Brit Pop scene, Meg Mathews is a former music industry PR, events planner and designer turned entrepreneur and advocate for the menopause. She founded MegsMenopause ([megsmenopause.com](http://megsmenopause.com)) in 2018 as a platform dedicated to breaking the stigma around the menopause and supporting and informing women.

Meg holds menopause roadshows and high-profile talks around the country and launched a range of affordable intimate products in 2019, as well as a multilingual MegsMenopause app creating a global support network & community helping women navigate their menopause on the go.

Meg is currently an online columnist for Red magazine and was named by the publication as one of their Top 20 Career Shifters in 2017. In November 2018, Meg was awarded the Inspiring Public Figure of the Year award by the Inspirational Leadership Trust.

Meg has a daughter, model and photographer Anaïs Gallagher, and lives in London, UK, with her dog Ziggy. **The New Hot** is her first book.

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