

The
BOOK
of
SATISFACTION

P . M . S . L O U N G E

Premium

Menopause

Satisfaction

By Nina Dotti

THE
BOOK *of* SATISFACTION

Containing

A Whole Lot of Satisfaction

PLUS

SOME Menopause Items Also

APPOINTED TO BE READ IN

PMS LOUNGE

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'IN WELLNESS WE TRUST'

IN THE BEGINNING...

CAFÉ – COFFEE

Caffeine is found in coffee. Because caffeine can stay in your system for up to 6 hours, you should limit your daily intake before midday, as it can have a huge effect on your sleep patterns. Coffee is loaded with antioxidants, which can prevent premature skin aging.

SO DON'T DRINK MUCH OF IT, USE IT ON YOUR SKIN!
HERE ARE THREE BEAUTY BENEFITS OF COFFEE:

1. It gets rid of puffy eyes.

Caffeine works as a constrictor to reduce swelling and inflammation. It is recommended to apply eye creams that contain caffeine, as opposed to drinking coffee.

2. It minimizes the appearance of cellulite... temporarily.

You've probably read accounts of women proclaiming that they got rid of cellulite by scrubbing with coffee, but the skin-firming effects will only last for about three hours.

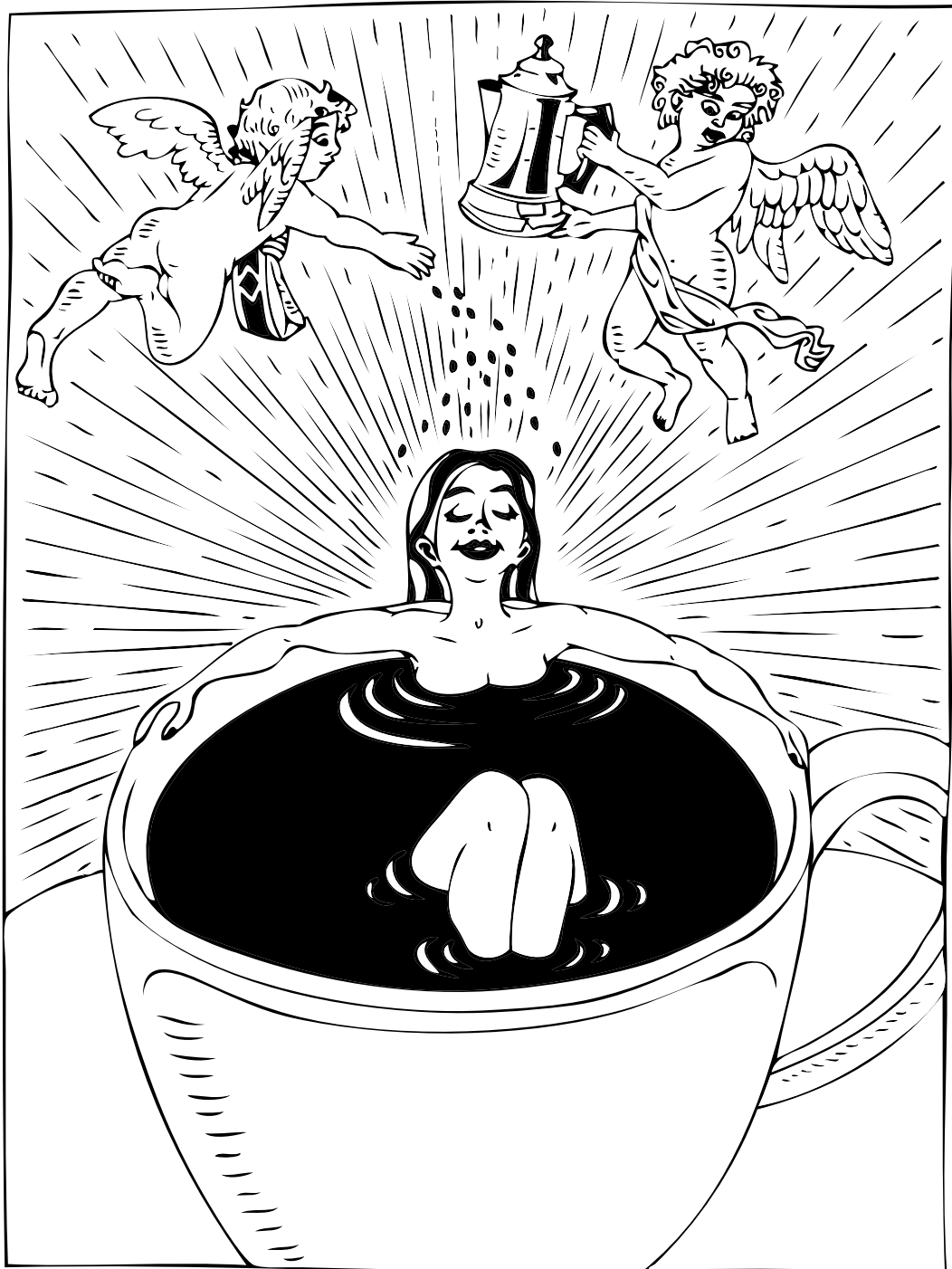
3. It exfoliates dry skin and makes it feel silky smooth.

While coffee beans may be a bit too harsh to use on your face, Wechsler believes using a homemade scrub made out of ground coffee beans is a safer option for exfoliating the body.

Below is a simple coffee scrub recipe that is certified by nutritional consultants and health coaches Marra St. Clair and Lori Kenyon-Farley, shared with us from their book, "The Juice Cleanse Reset Diet."

WHAT YOU'LL NEED: 1 cup of warm coffee grounds, a half cup of sea salt, and two tablespoons of olive oil.

DIRECTIONS: Lay newspapers, (or an old towel) down on your bathroom floor. Stir all ingredients together and apply the mixture to dry skin. Brush thoroughly onto skin, giving extra attention to your elbows, feet, and other extra dry areas. Leave on for about two minutes. Brush off as much of the mixture as possible before hopping in the shower. Alternatively, you can apply and wash off in the shower, but cover the drain with mesh to avoid clogging the drain.



AND IN A BLINK...

TÉ - TEA

The benefits of herbal tea during menopause are not to be dismissed. The purpose of herbal tea during menopause is to support the body by balancing hormone levels and alleviating and reducing the symptoms of menopause.

BLACK COHOSH ROOT Herbal Tea *Benefits: Hot flashes, vaginal dryness, irritability, tiredness, relieves PMS. It can be used as an alternative to HRT, as it naturally boosts estrogen levels, (Women who are pregnant or lactating should not use this herb). Black Cohosh controls the secretion of LH, (Luteinizing Hormone) produced by the pituitary gland, which has an estrogenic effect.*

LEMON BALM LOOSE LEAF Herbal Tea *Benefits: Sleeping problems, PMS, settles emotional upset, migraine headaches, and is an anti-depressant.*

RED CLOVER FLOWERS LOOSE Herbal Tea *Benefits: Hot flashes and night sweats, a daily tonic during menopause, helps the body to balance estrogen, shown to improve cardiovascular function in menopausal women, relieves PMS.*

SAGE LOOSE LEAF Herbal Tea *Benefits: Night sweats and hot flashes.*

CHASTBERRY Herbal Tea *Benefits: Hot flashes, helps to control excessive menstrual bleeding, can help to boost your mood if you suffer from mild depression associated with menopause.*

GINSENG Herbal Tea *Benefits: Hot flashes and night sweats, (If you suffer from Insomnia do not take Ginseng as it can cause Insomnia).*

RASPBERRY LEAF Herbal Tea *Benefits: General relief from menopause related symptoms.*

LICORICE Herbal Tea *Benefits: Hot flashes, increases estrogen levels.*

DONG QUAI Herbal Tea *Benefits: Hormone balancer, (U.S. studies have shown that women taking Dong Quai reported a 25% decrease in the severity of their menopausal symptoms).*

CHAMOMILE Herbal Tea *Benefits: Insomnia, irritability and restlessness.*

VALERIAN Herbal Tea *Benefits: Recommended to avoid sleep problems since the 1300s.*

MOTHERWORT Herbal Tea *Benefits: Sleep disturbances and insomnia.*

MACAFEM Herbal Tea *Benefits: Alleviates menopause related depression.*

See more at www.menopausehealthmatters.com/benefits-of-herbal-tea.html#sthash.U4sBVjwl.dpuf



PLANTS AND TREES GREW AND GAVE THEIR BOUNTY UNTO US . . .

RAW + ORGANIC + COLD PRESSED JUICE

Try juicing at least once a day, take one of these herbal supplements and get outside for a daily walk!

Fruits and Vegetables:

KALE, SPINACH, ROMAINE, CUCUMBER,
PARSLEY, CELERY, MINT, CARROT, BEET,
APPLE, LEMON, ORANGE, PINEAPPLE,
GINGER, ALMONDS, VANILLA BEAN,
RAW HONEY, NUTMEG, CINNAMON

Try mixing a variety of fruits and vegetables in your juice to give yourself balanced nutrition.

REPLENISH

Kale, apple, romaine, spinach, parsley, celery, cucumber, lemon, ginger

REFRESH

Pineapple, apple, lemon, mint

REVIVE

Beet, carrot, lemon, apple, ginger

RENEW

Apple, spinach, celery, parsley, lemon

RESTART

Carrot, coconut water

RECOVER

Almond, dates, water, agave, cinnamon, vanilla extract, grey sea salt



RESTART
carrot
cucumber
water

RAW
PRESSED

REFRESH
pineapple
apple
lemon
mint

RAW
PRESSED

FROM THE BUBBLING WATERS CAME FORTH LIFE . . .

SOFT DRINKS

The high caffeine and phosphoric acid content in both regular and diet colas create lower bone density at a time when osteoporosis is already a threat for women in menopause. Researchers believe that caffeine interferes with the calcium absorption needed to keep bones healthy. Consuming more phosphoric acid with the caffeine compounds the problem, since when phosphate levels are high and calcium levels are low, calcium is pulled out of your bones.

Drink refreshing, revitalizing water, either plain or sparkling. To liven it up, flavor it with a lemon, lime, or just a touch of juice.

FOUNTAIN OF YOUTH

(100% natural coconut water straight from the palm tree)

GINGER GREEN TEA WITH POMEGRANATE SPRITZER

KIWI SPRITZER

HIBISCUS FLOWER WATER

MINERAL WATER



HARD CORE DRINKS

The, “change” is the beginning of a very exciting and fulfilling time, and it’s not a collection of symptoms to be, “fixed” but a mind/body revolution which brings tremendous opportunity for happiness and satisfaction.

MAIN SATISFACTION

Ingredients:

*1 part Svedka Vodka Strawberry Lemonade, 1 part tonic water, (or club soda)
Squeeze of lemon*

Instructions

Pour Svedka Strawberry Lemonade and tonic water, (or club soda) into a rocks glass filled with ice. Add a squeeze of lemon to taste, stir, and garnish with sliced strawberries.

MIND REVOLUTION

drink recipe by: Nina Dotti

1 shot Buchanan’s 18 with splash of Hibiscus tea, a twist of lime splash over ice

Ingredients:

Buchanan’s 18, Ice, Hibiscus tea, Lime

EXCITING AND FULFILLING

drink recipe by: Gary Lucas

1 shot Vodka, 1/2oz Ginger Syrup, a twist of lime, splash of ginger ale, shaken over ice

Ingredients:

Vodka, Ice, Gin, Ginger Ale

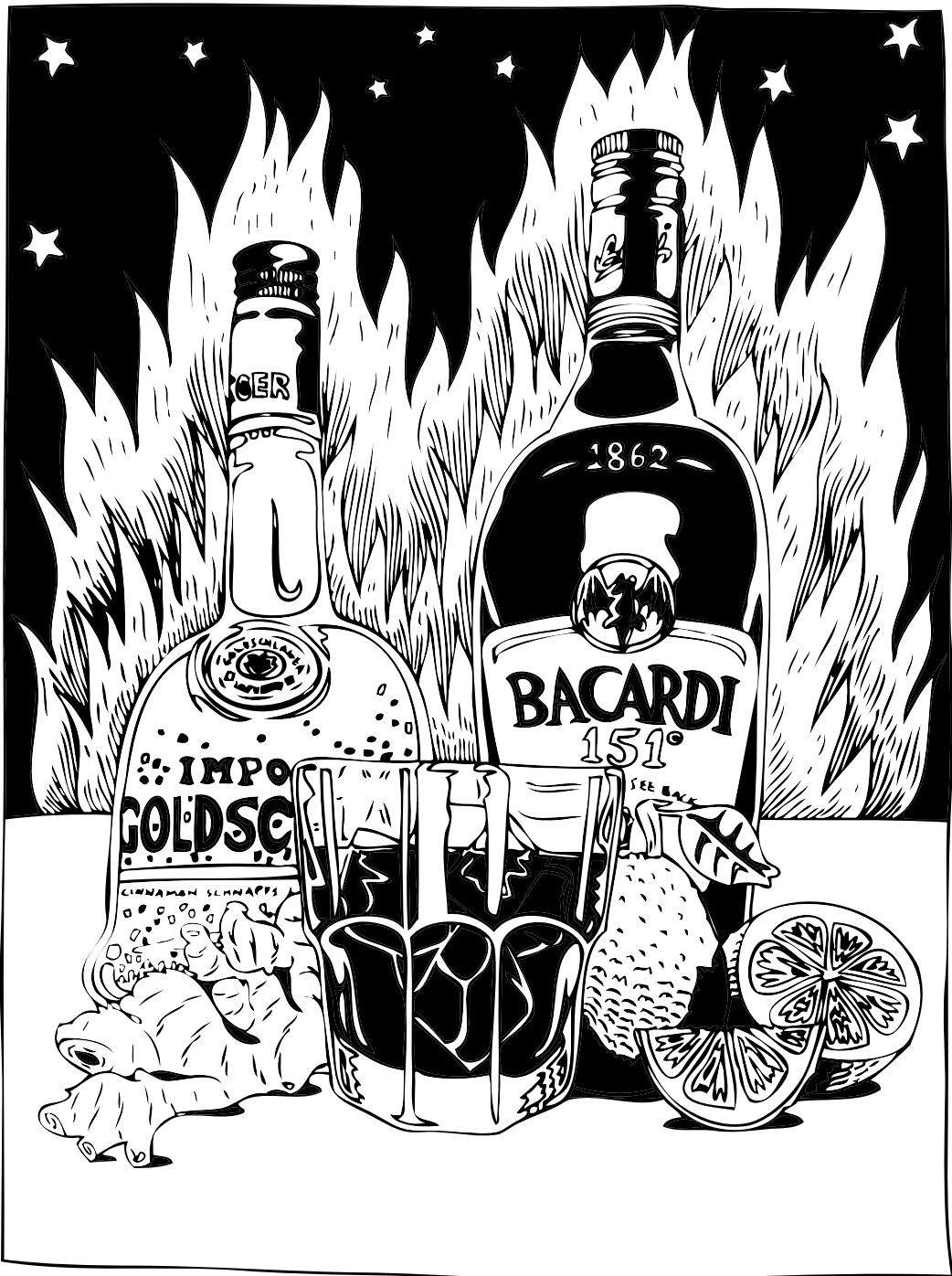
(-) PAUSE

drink recipe by: Ron White

1 shot Goldschlager, 1 shot Bacardi 151, splash of cranberry, twist of lime, splash of ginger ale, shaken over ice

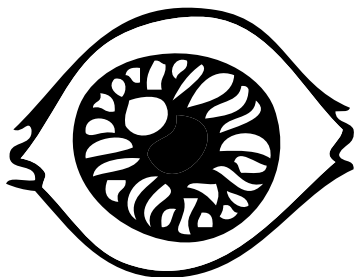
Ingredients:

Goldschlager, Bacardi 151, Ice, Gin, Ginger Ale

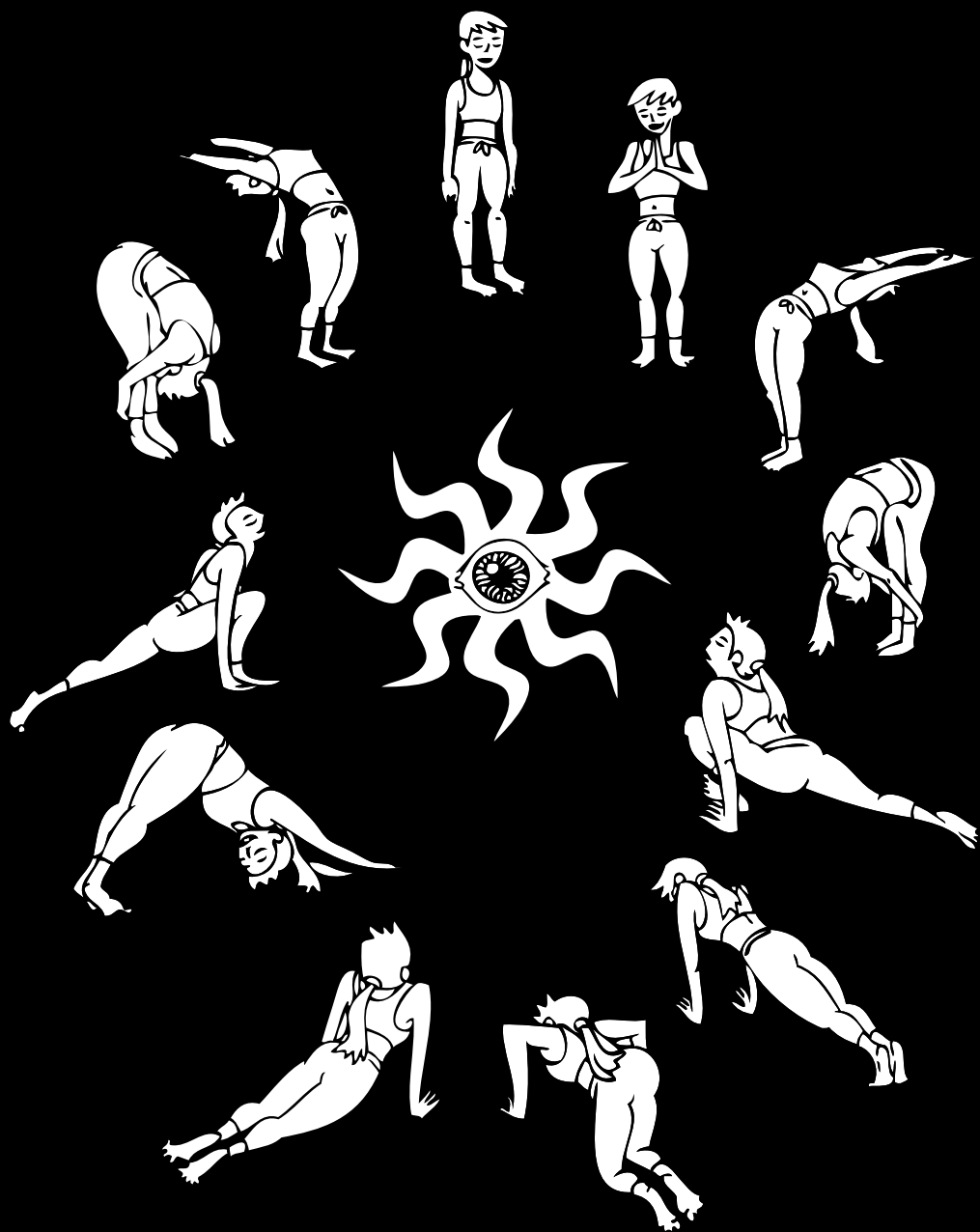


YOGA HOLIC

Look and feel younger with yoga



Menopause brings with it fluctuating hormones that mess with your sleep, pack on pounds of belly fat, and make you irritable and less interested in sex. But yoga can help. Yoga practice cut hot flashes by 31% in one study, and other research has found that regularly doing yoga improved libido, mood, and craving control.



SEXERCISE

Sex after menopause? Some experts will tell you it's a downhill ride of waning sex drive and dried up hormones. Sorry, we're not buying it. *Sexercise!* We happen to think there are plenty of 50-plus babes who are rocking it just as much as in their younger days. And there's no reason the rest of us shouldn't too.

LIFESTYLE CHANGES

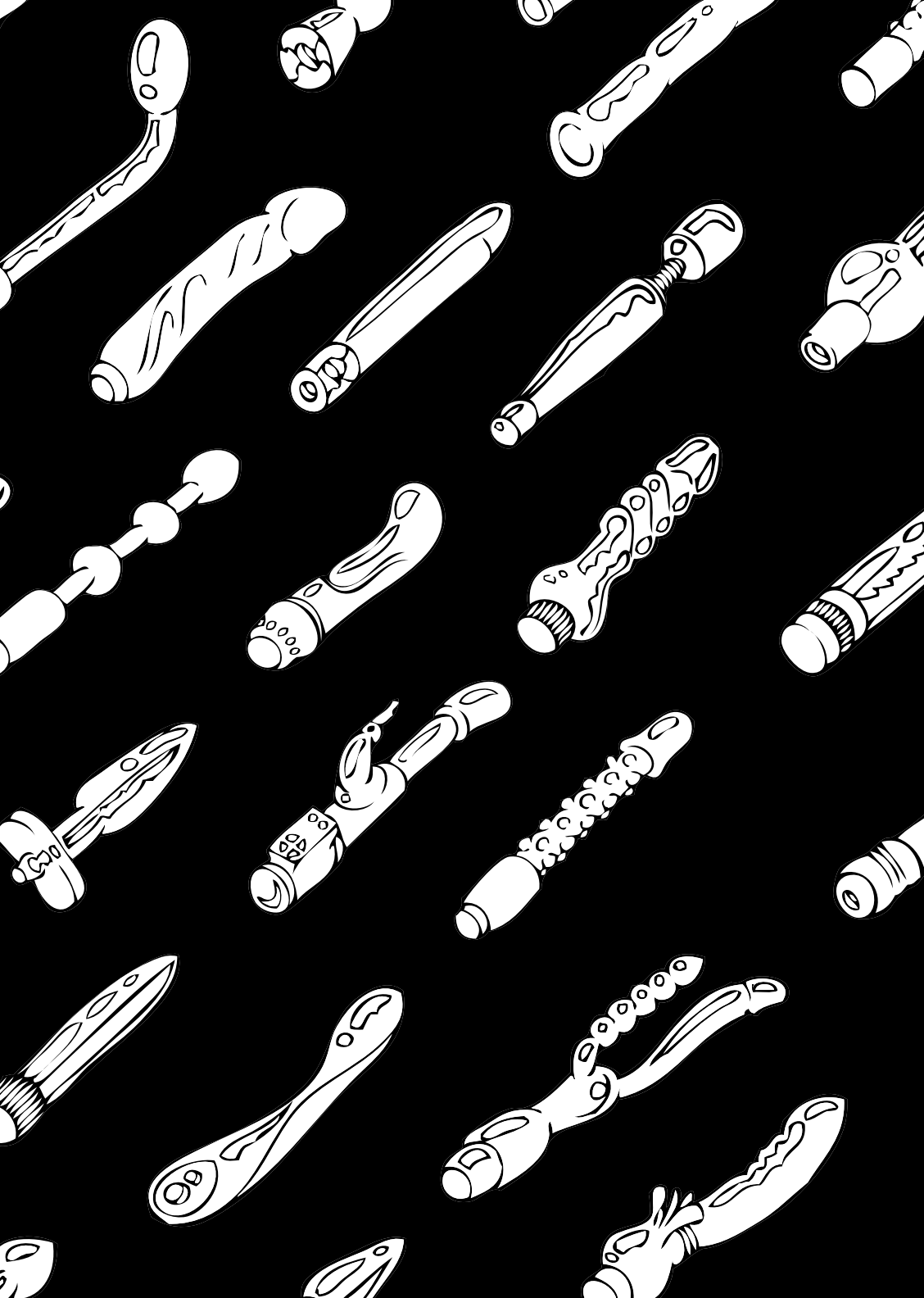
Some simple steps may help with your sex life during menopause:

Try to exercise. Physical activity can increase your energy, lift your mood, and improve your body image — all of which can help with sexual interest.

Try to have sex more often. Sexercise can increase blood flow to your vagina and help keep tissues healthy.

Allow time to become aroused during sex. Moisture from being aroused protects tissues. Also, avoid sex if you have any vaginal irritation. Practice pelvic floor exercises. These can increase blood flow to the vagina and strengthen the muscles involved in orgasm. Learn more about pelvic floor exercises in our Urinary incontinence fact sheet.

Avoid products that irritate your vagina. Bubble baths and strong soaps might cause irritation. Don't douche. If you're experiencing vaginal dryness, allergy and cold medicines may add to the problem.



TIPS

- *Relax and enjoy yourself*
- *Water Therapy*
- *Not Hot Not Cold Weather*
- *Relax And Enjoy The Present*
- *Be Comfortable*
- *Get Mindful*
- *Get Physical (with A Partner)*
- *Avoid Depression*
- *Use Sunscreen*
- *Exercise A Little, Work Hard And Get Vertical*
- *Stop Smoking*
- *Drinking Alcohol Only In Moderation*
- *Don't Stop Learning*
- *Be Busy*
- *Study About The Sugar And Avoid It*

ABOUT P.M.S LOUNGE APP

Nina Dotti proposes the P.M.S (Premium Menopause Satisfaction) Lounge App. This performance is a spa session where the guest will be invited to get a relaxing physical session while interacts with the P.M.S. App downloaded in tablets or pads. The main content for the app are 20 second videos. These videos circle around the common menopause issues, from a sensitive point of view. The artist uses humor and the social spa dynamics as the triggers for individual and collective reflexion on a topic directly related to the body in its physical stage.

The software has been designed as an educative tool that allows the user of the P.M.S. Lounge app – collaborative performance participant – to obtain important knowledge about the menopause and andropause. Short videos as snapshots, with humor, irony and shameless critic.

This specialized app could be downloaded in a mobile device such as a tablet or/ and cell phone at the performance lounge or online. The artist will recreate a spa station, with relaxation music and three lounge chairs; the participants would receive a 30 minute foot massage while they experience the interaction with the app. Once the participant finishes the session, a 15 minute focus group will follow to exchange valuable and important information about the topic and the experience. The multi platform proposal has a web page www.pmslounge.com and interfaces to use different social media channels such as: Facebook, Instagram, Periscope, and Twitter

ABOUT NINA DOTTI

Born in Caracas (Venezuela) 1968, Nina Dotti (aka) resides and works in Miami, Florida (USA). The evolution of her artistic work, utilizes diverse creativity strategies such as performance, video, installation, photography, and creative encounters with participative intent. Her creative statement is dominated by the understanding of “art work” as a community participative engagement, guiding the audience to confluence concepts of the individual and the collective, the private and the public.

With this in mind, the topics she works with are part of the daily dilemma in the political agenda: sexual diversity, homosexual marriage, adoption, women’s role in the XXI Century, gender based violence, health, discrimination, Hispanic minority’s role in USA and menopause among others.

Each of these topics are presented using short articulated tales with open codes: humor, kitsch elements, absurd presentations, precarious stationary and POP marketing, the ludicrous; each of these strategies used as confrontational elements for the transformation of the common sense, and as disruptive pedagogical experience to disseminate empathy and community engagement.

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