

## **When the menopause hit me, I thought my world had ended, little did I know it would give me a new direction and purpose.**

Ipswich based Melissa Neisler Dickinson, Founder of the NEW [www.menopausevitamincompany.co.uk](http://www.menopausevitamincompany.co.uk) menopause supplements, information, and support group.

When the menopause hit me, I honestly thought my world had ended. I suffered crippling anxiety, brain fog, stiff joints, not to mention the hot and cold flushes and endless sleepless nights. I was completely overwhelmed with these new symptoms, thoughts, and feelings. I felt as though I had lost my direction and purpose.

I had a successful career as a Manager in the Essex hospitality industry, and wonderful life in Suffolk, yet I felt so alone and disconnected from the person I was only a few months before. I was not prepared for this, why had nobody told me how this new phase of my life would be? We are prepared for womanhood and pregnancy but not this, perhaps this is why a lot of women find it so difficult.

Everything came to a crunch point when I had a meltdown at work, so I had to find a way to deal with my debilitating feelings. Scouring the internet, I found the website of [Dr. Louise Newson](#) one of the UK's leading menopause experts. This information gave me the confidence to try Hormone Replacement Therapy. This was a game changer for me in terms of relieving my hot flushes, night sweats, brain fog and especially my anxiety.

However, HRT is not a cure for all, so I spent hours researching the vitamins, minerals and botanicals that would help with my thinning hair, weak nails, mood, and energy levels. I discovered 15 different supplements that made a big difference, but how could I afford to take that many supplements every day.

There was nothing on the market that could combine all these in one supplement, so I set out to create my own. Together with a leading UK nutritionist and manufacturer, my first product ['Vibrancy Blend'](#) for Energy, Hair, Skin and Nails was born.

I am so proud of what I have created, a nutritional supplement with no fillers, binders or nasties, just high-quality ingredients to offer women nutritional support during perimenopause, menopause and beyond. My website also offers menopause information and a private Facebook support group.

Without my own menopause experience, I would never have considered starting a company that I hope will in some way support many other women. I also plan to donate money each year from the new business to [The Menopause Charity](#) so they can continue the great work they do to support women.

I have finally found my direction and purpose again

For further information [contact me](#) or to become and affiliate [register here](#)