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Thriving Through Menopause: Amma Usha Regina of Tantra Essence On Wellness Tips for Women Over 45

An Interview With Shawna Robins

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Shawna Robins

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A Balanced Diet and Experimenting with Fasting for Hormonal Balance and Energy

A balanced diet combined with mindful fasting can be a game-changer for hormonal balance, energy, and overall well-being. A whole foods, nutrient-rich diet can help balance hormones, reduce inflammation, and support your energy levels. This means more veggies, fruits, lean proteins, whole grains, healthy fats, and less processed food and sugar. When paired with intermittent fasting (IF) or shorter fasting windows, it can give the body the time it needs to reset and optimize its natural rhythms, enhancing energy and mood stability.

Menopause is a significant transition in a woman's life, often accompanied by various physical and emotional challenges. However, it is also an opportunity to embrace wellness and thrive. How can women over 45 navigate this phase with grace and vitality? As part of this interview series, we had the pleasure to interview Amma Usha Regina.

Usha is a charismatic energy healer. She started her career as a certified Sacred Yoga Dance Therapist. After studying the body and its functions in depth she delved into the world of energy and is now an authority in this field.

As a healer, her holistic therapeutic style aims to help you alleviate pain from the body, mind, emotion and become more aware of your spirit.

She also trained under Ma Ananda Sarita personally to teach the highly rated Goddess Essence series. She has been teaching this series with Sarita since 2016. She is also a trained Color-Light therapy practitioner and teacher and is one of the five certified Tachyon trainers in the world for the University of Integrated Science California (UISCA) to teach Tachyon related training and treatments.

Thank you so much for doing this with us! Before we dig in, our readers would like to 'get to know you'. Can you tell us a bit about your background and your backstory?

I am Amma Usha Regina, a transpersonal healer and teacher from Greece dedicated to helping individuals, especially women, experience profound healing and transformation. My journey into this work has been shaped by my own life experiences and a deep desire to empower others to reconnect with their true selves. My work is deeply rooted in the ancient principle of "Know thyself." It's through this deep knowing of oneself that we can cultivate lasting transformation and create a life of vitality, purpose, and joy.

Over the years, I've studied and practiced a wide range of healing modalities that integrate mind, body, and spirit. These include body awareness, dance and breathwork,, yoga therapy, Color light healing**, and Tachyon energy therapy, to name a few. My approach combines ancient wisdom with modern techniques to help people achieve emotional healing, spiritual awakening, and physical well-being.

A core aspect of my work is empowering women, particularly during transformative life stages such as menopause.

Through my travels and teaching, I've had the privilege of reaching a global

community, offering healing retreats, workshops (co teaching with Ma Ananda Sarita), and one-on-one sessions to help people overcome emotional trauma, chronic pain, and spiritual disconnection. I also collaborate with the University of Integrated Science California, where I teach about the power of Tachyon energy, its ability to facilitate deep healing and the powerful Verticality system.

For me, this work is not just a career — it's a calling that is deeply rooted in my own personal healing journey. My mission is to help individuals rediscover their inner light and live with deeper purpose, authenticity, and joy.

Can you share a story with us about what brought you to your particular career path?

My journey to teaching about menopause began with my own struggles during perimenopause. Like many women, I found myself suddenly facing hot flashes, insomnia, mood swings, and a sense of being disconnected from my body and others. It was overwhelming, and what frustrated me the most was the lack of support and information available. Menopause is still a topic that is often sidelined or stigmatised, and I felt alone and unsure of how to navigate the changes happening within me.

At the time, I was already deeply immersed in Tantra for Women teaching alongside Ma Ananda Sarita in the Goddess essence series and spiritual practices, and it was these teachings that became my anchor.

As I went through perimenopause, I began turning to meditation, embodiment practices, and energy work to help me make sense of what was happening in my body and mind. Over time, I realized that menopause wasn't just a physical process, but a significant inner transformation. It was an opportunity to connect more deeply with myself, and to embrace the wisdom and power that comes with aging.

This experience sparked a desire in me to help other women who were going through similar struggles. I knew I wasn't the only one feeling this way, and I wanted to offer women a different perspective on menopause

I drew on my knowledge of healing modalities, of Tantra and deepened my

understanding of the biological changes that occur during menopause, including the profound impact on a woman's brain and overall well-being.

This led to the creation of the Menodawn New Era program, where we offer a combination of practical tools, emotional support, and spiritual guidance to help women navigate perimenopause and menopause with more awareness and less fear. Through these workshops, we aim to change the narrative around menopause and help women see it as a sacred transition, one that offers wisdom, freedom, and a new beginning.

What are some common misconceptions about perimenopause, and how can debunking these myths empower women going through this stage?

Over the years that we work with women we have encountered the following:

- **The belief that you can continue living exactly the same way as you did during your regular menstrual years.** Many women think that they can keep eating the same foods, exercising the same way, and managing stress the same way as before, and that their bodies will respond the same. Lifestyle adjustments can make a world of difference. The decline in estrogen and progesterone during perimenopause and menopause can lead to changes in metabolism, bone density, and fat distribution. As a result, the body's response to diet and exercise may be different than when you were menstruating regularly. This hormonal change can affect sleep (night sweats and insomnia) and lead to feeling more tired during the day. What worked for your energy levels when you were menstruating may not be enough during this phase. Your body's stress response may be more intense during perimenopause, with an increase in cortisol. Your patience and tolerance change. The way you feel about things and people change. As estrogen decreases, women may experience a reduction in bone density, putting them at higher risk for osteoporosis. That requires changes in diet and exercise.

- **Perimenopause is a disease.** Perimenopause is part of the natural biological process of aging. It's a natural, transformative process that every woman experiences. It's a Normal Life Stage, Not an Illness: Every woman will go

through it eventually. It's not caused by anything you did wrong or any kind of dysfunction in the body. It's just your hormones adjusting to a new phase of life, and those changes can bring some discomfort, but they're temporary and not indicative of a disease. It's not about "fixing" something that's broken, but about embracing the changes, learning about your body, and adapting to your new normal.

- **Perimenopause is just about hot flashes.** Ah, the classic hot flash myth! While hot flashes are certainly one of the most well-known symptoms of perimenopause, there's so much more going on during this phase than just that warm, sudden burst of heat. Perimenopause is a complex and multi-dimensional experience that affects many aspects of your body, mind, and emotions.

- **Perimenopause happens suddenly and with no warning** Perimenopause is a gradual process that can last for several years (usually 4–10 years before menopause). The transition happens slowly as hormonal fluctuations occur, especially in estrogen and progesterone levels. While symptoms can be intense at times, the changes are usually progressive rather than abrupt. The understanding that it doesn't happen overnight can alleviate the fear and confusion and women can take proactive steps toward managing their transition.

- **Perimenopause only affects old women.** While perimenopause typically occurs between the ages of 40 and 55, it can start earlier, sometimes in a woman's 30s. Factors like genetics, stress, and lifestyle choices can influence the timing. The more women are in tune with their bodies and understand the early changes the more likely to seek help or guidance. Recognizing the signs earlier can make a huge difference in managing the transition with more awareness and less anxiety.

- **Perimenopause is only a physical experience.** While many of the physical symptoms are more often discussed, the emotional and psychological changes during this stage can be just as significant. Hormones are deeply connected to our emotional and psychological well-being. During perimenopause, the body

experiences significant fluctuations in estrogen, progesterone, and testosterone. These hormonal changes can affect the brain's chemistry, leading to mood swings, changes in cognition, and emotional stress. The brain's neurochemical balance (involving neurotransmitters like serotonin and dopamine) can be disrupted, affecting mood, stress regulation, and mental clarity. Estrogen, in particular, has a key role in regulating these neurotransmitters, and as levels decrease, may result to mood instability and cognitive challenges.

- **Perimenopause equals the end of fertility.** Perimenopause marks the decline in reproductive hormones, but fertility doesn't disappear overnight. While it becomes more difficult to conceive during perimenopause, women can still get pregnant. Ovulation becomes irregular, so the chances of pregnancy are reduced but not eliminated. So we encourage women to make informed decisions about contraception if they are still sexually active.

- **Perimenopause means a loss of vitality.** While aging is inevitable, perimenopause does not signal the end of energy, vitality, or a fulfilling life. In fact, this stage can be a powerful opportunity for personal growth, self-awareness, and even reinvention. Many women experience increased self-acceptance and a sense of freedom as they move through this stage.

- **Perimenopause signals the end of intimacy and sexual pleasure.** This is definitely a common misconception, and it couldn't be further from the truth! Perimenopause does not have to signal the end of intimacy or sexual pleasure — far from it! In fact, for many women, perimenopause can be a time to rediscover and even enhance their sexual experience, although it may look different than it did in their younger years. In Menodawn Tantra Essence groups a lot of women share that Yes, hormonal fluctuations might have affected their libido. Estrogen levels drop, and this can cause vaginal dryness, which may make sex uncomfortable. However, many women find that their sexual desire remains the same — or even increases! The freedom of no longer having to worry about pregnancy, or simply the wisdom gained from experience, leads to a more confident and fulfilling sex life.

- **Perimenopause means you are old and useless.** Ah, this is one of the most

harmful misconceptions about perimenopause, and it really deserves to be busted wide open! Perimenopause does *not* mean you're "old and useless" — not by a long shot!In fact, perimenopause is a powerful transition phase, not a sign of decline. It's the period leading up to menopause when your body goes through some significant hormonal shifts. The idea of being "useless" is absolutely absurd. Think about it: just because your reproductive system is winding down doesn't mean you're not contributing to the world. Many women in perimenopause are at the peak of their careers, raising children, starting new businesses, caring for others, and making a huge impact in their communities. Women in this stage often find themselves with more time and energy to focus on their passions and they have the experience to make better choices for themselves and others, both of which can lead to even greater fulfillment. Some women are reporting that this is the best time of their life because they know who they are, they know what they want and how to get it. This is a time to redefine yourself and the possibilities are endless.

- **You need medication to manage perimenopause symptoms.** Perimenopause is not a medical condition. While it can come with uncomfortable symptoms , these symptoms are not a *disease* but rather a reflection of your body adjusting to hormonal changes. Usually these symptoms are temporary and fade over time. The idea that you *must* take medication to "fix" something that's a natural transition can make you feel unnecessarily dependent on pharmaceuticals. Before you reach for medication, consider making a few lifestyle changes. There are many natural remedies that can be just as effective. Empower Yourself with Knowledge.The more you understand your body's needs during this phase (or any other phase), the better choices you will make. From lifestyle changes to holistic practices, there are so many ways to manage this transition on your terms.

Many women experience unexpected emotional challenges during perimenopause. How can they develop mental resilience and maintain a positive mindset through this transition?

The emotional and psychological changes that women experience during perimenopause are deeply connected to hormonal shifts and their effects on the

brain. The transition into perimenopause involves a complex interplay between fluctuating hormone levels, brain chemistry, and the way the brain processes emotions, stress, and memory. During perimenopause, as the brain adjusts to changing hormone levels, it undergoes a process of rewiring and adaptation. This is an opportunity for growth — although it might not feel easy at the time.

By engaging in practices like mindfulness, meditation, or cognitive-behavioral therapy, women can actually help "rewire" the brain to manage stress and emotions more effectively. These practices can enhance activity in areas of the brain like the prefrontal cortex, which is responsible for executive functions such as decision-making, self-control, and emotional regulation. Additionally they can control their hormone shifts with adjustments on their diet and way of life.

What lifestyle adjustments — including diet, exercise, and sleep routines — do you recommend to help alleviate some of the most common symptoms of perimenopause?

In the Menodawn New Era program of Tantra Essence we encourage women to follow a balanced, low-glycemic, anti-inflammatory diet with an emphasis on whole, nutrient-dense foods that support hormone health and intermittent fasting. Fasting helps reset insulin sensitivity, balance blood sugar levels, reduce inflammation, and promote weight loss. We suggest that women experiment with different fasting schedules, such as the 16:8 (fasting for 16 hours, eating in an 8-hour window) that we also introduce in our group every day, to help reset hormones and improve metabolic function.

- We invite them to exercise regularly. During perimenopause, physical exercise can play a crucial role in managing symptoms, improving mood, supporting metabolism, and maintaining overall health. Exercise helps combat the physical changes brought on by hormonal fluctuations and can alleviate common perimenopausal symptoms such as weight gain, hot flashes, mood swings, and sleep disturbances. We recommend a balanced fitness routine that includes a mix of strength training, cardio, flexibility, balance exercises, and mind-body practices. In our workshops we always include dance and yoga classes , breath work and specially designed massage exchanges so they can experience first

hand.

- Make easy, small adjustments in your sleep routine. Consistency helps improve the quality of your sleep. Go to bed and wake up at the same time every day to regulate your body's internal clock. Create a relaxing bedtime routine: Engage in activities that help you unwind before bed, such as reading, taking a warm bath, or practicing deep breathing or meditation. Avoid screens (phones, tablets, TV) for at least 30 minutes before sleep, as the blue light can interfere with melatonin production. Control the bedroom environment: Make sure your bedroom is cool, dark, and quiet. Limit caffeine and alcohol: Both can interfere with sleep, especially if consumed in the afternoon or evening. Try to limit or avoid caffeine (coffee, tea, sodas) and alcohol in the hours leading up to bedtime.

- Use your breath. One of the easiest ways to manage stress is through deep breathing. Taking a few moments each day to focus on your breath can help calm your nervous system and relieve anxiety. We incorporated breathing exercises in our Menodawn Tantra Essence program so women eventually learn these techniques and easily they can practice at home. And: Meditation, Meditation, Meditation.

- Over the years, we have seen amazing results from integrating Colorpuncture and the Tachyon Pain Body Technique into our sessions and workshops for women experiencing perimenopause. These therapies have provided significant relief from the challenges of this transitional period. The therapies focus on balancing the body's energy systems, clear emotional blockages, and promote self-healing, allowing women to feel more empowered and in control of their bodies during perimenopause and menopause.

In your experience, what are the most effective natural remedies or alternative treatments for managing symptoms like hot flashes, mood swings, and fatigue?

It is always best before you use any supplements to visit your physician. What I personally found very helpful was black cohosh, one of the most well-researched herbs for menopause for hot flashes and night sweats, Red Clover with plant-based

compounds that mimic estrogen, evening primrose oil may help alleviate symptoms such as Breast tenderness or pain and Irregular periods. I also used B vitamins, especially B6 and B12, to support energy levels, mood, and cognitive function. And Ashwagandha for fatigue and overall vitality. I also found very helpful homeopathy and Bach remedies. And hydration is so, so important.

Hormonal changes can impact cognitive function, often referred to as "brain fog." What advice would you give to women looking to keep their minds sharp and focused during perimenopause?

One of the most important factors in maintaining cognitive function is quality sleep. Regular physical activity has a profound effect on brain function. Exercise boosts blood flow to the brain, helps reduce stress, and promotes the release of endorphins, which we all know, are natural mood lifters. A nutrient-rich, anti-inflammatory diet can support brain health with B-vitamins, especially B6, B12, and folate, are essential, meditation, Techniques like diaphragmatic breathing can activate the parasympathetic nervous system, helping your brain to relax and improve focus. Try and experiment with a new skill like a new hobby, or a language, or even something as simple as brushing your teeth with your non-dominant hand, these small changes challenge your brain and help improve neuroplasticity — the brain's ability to adapt and form new connections that will help with "brain fog".

Ok. Here is the main question of our discussion. Can you please share "5 Things You Need To Thrive Through Perimenopause"? If you can, kindly share a story or example for each.

1. A Balanced Diet and Experimenting with Fasting for Hormonal Balance and Energy

A balanced diet combined with mindful fasting can be a game-changer for hormonal balance, energy, and overall well-being. A whole foods, nutrient-rich diet can help balance hormones, reduce inflammation, and support your energy levels. This means more veggies, fruits, lean proteins, whole grains, healthy fats, and less processed food and sugar. When paired with intermittent fasting (IF) or shorter fasting windows, it can give the body the time it needs to reset and optimize its natural rhythms, enhancing energy and mood stability.

2. Embrace Your Sexuality and Intimacy

A common misconception is that perimenopause means the end of intimacy. While hormonal shifts may cause changes in libido or vaginal dryness, it doesn't mean that intimacy or sexual pleasure must diminish. With a proactive approach — whether through communication with a partner, trying new forms of intimacy, or seeking out solutions for discomfort — women can maintain or even improve their sexual well-being during perimenopause.

3. Regular Exercise to Boost Energy and Mood

Exercise during perimenopause isn't just about staying fit, it's about boosting mood, improving sleep, and alleviating symptoms like hot flashes and anxiety. The right combination of strength training, cardio, and flexibility exercises can make a world of difference.

4.Prioritize Sleep for Restorative Energy

Good sleep is a non-negotiable during perimenopause. Hormonal fluctuations can disrupt sleep patterns, causing insomnia or restless nights. But sleep is critical for your physical recovery, mental clarity, and emotional well-being. When you get enough rest, your body can heal, regenerate, and balance itself, helping you better manage perimenopausal symptoms.

5. A Support System: Talking It Out

While perimenopause can feel isolating, it's crucial to have a support system — whether that's a group of friends, a partner, a therapist, or even an online community of women going through the same changes. Sharing your experience with others can provide relief and connection. This is the main reason we created the Menodawn New Era in Tantra Essence. It is a 3 part workshop that supports and empowers women in this transitional phase of their circle covering all aspects of the changes.

What role does community and social support play in navigating perimenopause,

and how can women find or create supportive networks during this time?

One of the most common feelings women experience during perimenopause is isolation. Many women face this transition with limited information and support, feeling as though their experience is misunderstood or invisible. However, we believe that the key to moving through this transition with grace is connection. When women come together to share their experiences, it helps create a profound sense of belonging. This is the main reason we created the Menodawn New Era Workshop in Tantra Essence, a space designed to offer women a supportive and nurturing environment in which they can share their stories, honour their wisdom, and approach perimenopause and menopause with renewed confidence and grace.

Looking forward, what proactive steps can women take in their 30s and 40s to prepare for peri-menopause and set themselves up for a healthier, smoother transition?

It's crucial for young women to understand their menstrual cycle, adopt healthy eating habits, and maintain an active lifestyle early on, as these practices set the stage for a smoother transition into perimenopause and menopause. The choices made in your 20s and 30s can greatly impact your hormonal, physical, and emotional health later in life. Being in tune with your body allows you to spot early hormonal imbalances and address them before they become bigger issues. A nutrient-rich, anti-inflammatory diet can support hormonal balance, while regular exercise, stress management, and good sleep hygiene promote long-term health. By taking these steps now, women can reduce perimenopause-related challenges like weight gain, bone loss, and mood swings.

Wonderful. We are nearly done. Is there a person in the world, or in the US, with whom you would like to have a private breakfast or lunch, and why? He or she might just see this, especially if we tag them. :-)

Zach Bush has mentioned a greek couple from Icaria, Greece, cooking for a group of people and sharing beautiful stories. I think I would enjoy sitting down and sharing food with this couple.

How can our readers further follow your work online?

Feel free to join us in the https://www.anandasarita.com web site or the menodawn.com for articles and info of our workshops. Or follow us on instagram : @maanandasarita and @menodnawnnewera.

This was very meaningful, thank you so much. We wish you only continued success on your great work!

About the Interviewer: Shawna Robins is an international best-selling author of two books — Powerful Sleep — Rest Deeply, Repair Your Brain and Restore Your Life, and Irresistibly Healthy — Simple Strategies to Feel Vibrant, Alive, Healthy and Full of Energy Again. Shawna is the founder and CEO of Third Spark, an online wellness hub for women over 40 who want to reignite their sleep, reset healthier habits and respark their lives. Shawna is a sleep expert, hormone health expert, and a National Board-Certified Health and Wellness Coach (NBHWC). She has been featured on many podcasts including Dr. Mindy Pelz's "The Resetter Podcast" and in Authority Magazine, Thrive Global, and The Huffington Post. A free download of her latest book can be found at www.thirdsparkhealth.com/powerful-sleep/ You can follow her on YouTube, Facebook, Instagram and LinkedIn.

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In-depth Interviews with Authorities in Business, Pop Culture, Wellness, Social Impact, and Tech. We use

interviews to draw out stories that are both empowering and actionable.

Written by Shawna Robins

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Shawna is the founder of Third Spark, an online wellness hub for women over 40 who want to reignite their sleep, reset healthier habits & respark their lives