

Menopause[®]

AROUND THE WORLD *Experts*



LICENSEE SPOTLIGHT

Nathalie Bonafé – Connecticut, USA

Nathalie Bonafé, PhD, joined Menopause Experts in May 2022 and is based in New Haven, Connecticut, USA. Nathalie has always run her life according to her own values, without following a conventional path. Her journey took her from France to the USA, from fundamental research to cancer research, from academia to R&D, and finally to running her own business as a women's health advocate and coach.

After a successful 25-year career in biomedical research, I decided to ignore the glass ceiling in my last biotech company, choosing instead to create my own consulting private practice. Gentler Parting LLC was born in 2017, the year I turned 50. Through it, I help people (mostly women) suffering from serious illnesses.

Every day, I get to combine all my skills as an intuitive woman, a scientist, and a professionally trained end-of-life doula. Every day, I get to live my truth, unconditionally and unapologetically, connecting at a deep and meaningful level with other human beings, holding space for others, and creating peace.

End-of-life doulas like me advocate for personal choices and autonomy, providing personalized education, informed holistic support, emotional acceptance, and spiritual guidance. So, I think it's very natural that I found myself working with women in the menopause transition – mostly caregivers, daughters or partners.

It's probably no coincidence that my career change coincided with my own perimenopause journey. The process required a tremendous amount of personal transformation. It's what gave me the confidence to empower others, like the dying and their loved ones, to find the missing answers, inner peace, and reconciliation.

Like death, menopause is inevitable and sacred. It can be beautiful, too, even if our society avoids talking about it.

I kept noticing the disproportionate number of women over 50 suffering from chronic diseases, dementia, diabetes, heart condition, UTIs, and osteoporosis. Researching the scientific literature, I found publications in sex differences, like Alzheimer's risks, altered bioenergetics in the perimenopause-to-menopause transition, and the possible implication for the increased health risk for women. All of a sudden, everything started to make sense.

I dug further, educated myself, and started to advocate even more for self-care and self-determination in midlife. At the same time, I was experiencing firsthand the lack of trustworthy resources and support within the healthcare system and the universal disdain directed at ageing women.

It was 2019, and no one was talking about menopause in the USA. Based on my doula work, I developed my own program to empower women in midlife. In 2020, my own menopause support branded website was born and I became the first to host a regular Menopause Café in the USA.



Two years later, I have grown in confidence in my trailblazing where my menopause work beautifully completes my end-of-life work. When I was invited to join MEG in spring 2022, I was already contemplating menopause-in-the-workplace workshops and offering continuing education. The timing was perfect; my license allows me to do that. Joining MEG gave me the confidence to expand my offerings to groups. I have already offered virtual lunch and learns, and have been planning my next in-person workshop. And though that will require commitment and sustained effort, I am more than ready for the challenge!