



# Iris Alheidt-Pehrishch - Welcome to life

## Beyond Coaching

### Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrishch

### Recommendation of the week:



### Imprint

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<https://www.iris-alheidtpehrisch.com>

### Anda.Jetzt - A win for all women



Anda, a valued friend, has launched a non-commercial and freely accessible website, <https://www.anda.jetzt/>, dedicated to the following topics: menopause, aging, the wonder of the female body, medicinal plants, hormonal processes, nutrition, and daily rituals.

In a phase characterized by many physical and emotional changes, Anda's website offers well-founded knowledge that can help in understanding symptoms, weighing treatment options, and making the journey through menopause more self-determined.

### Anda's biography

*"I was born in 1960 and have been influenced by women throughout my life – grandmother, great-grandmother, mother, daughter, granddaughter. From elementary school to high school graduation, I attended all-girls classes.*

*Later, I lived in women-only shared apartments and worked in a herbal drugstore with an all-female team. I have always been fascinated by women's lives, in their processes and complexity, by the fascinating female body, the psyche, and the social contexts.*

*I am a trained druggist and have spent over 35 years intensively studying medicinal herbs and healthy living. During this time, I have taught many people in courses and provided guidance through detailed consultations. Additionally, I am the author of the book 'Frauenkräuter' and have completed a course in life and social counseling with a focus on sexuality. I see myself as a learner, constantly evolving."*

Next week, Anda will answer some more questions on the topic of menopause. Valuable insights and practical tips are guaranteed.