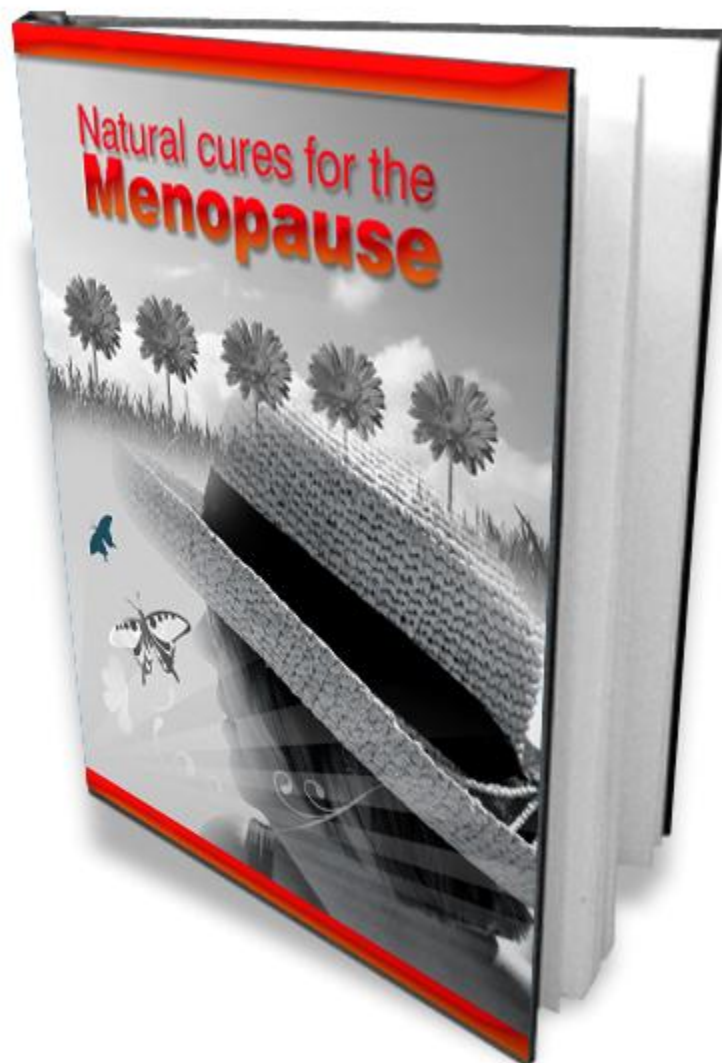


# **Natural Ways to Overcome Menopause Symptoms**

**Discover the Best Ways to Deal with Menopause**



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## **Introduction:**

Menopause is the term used to signify the end of menstruation in women. Menopause goes on to suggest a great deal more than this basic fact.

[Menopause](#) is when a woman stops ovulating and stops having periods.

One reason why menopause is the cause of anxiety and fear amongst women is during this time there are significant changes in hormones.

In most women, menopause occurs between ages forty seven and fifty three. This is generally considered to be the natural age for menopause although there are some exceptions.

During menopause many women experience a variety of symptoms; the most common being hot flushes from hormonal imbalances. Some women have a lot of problems during this transitional phase of life. Many find they need help to treat the symptoms of menopause.

This eBook will show you the best possible ways to combat the common symptoms of menopause naturally and help you live a healthy and happy life post menopause.

## **Stages of Menopause**

Before getting into the details of natural treatments for menopause, let's take a look at the various stages of menopause and the symptoms associated with each stage.

### **Premature Menopause**

Menopause is a natural event that occurs in every woman's life. It is an indicator of the end of the woman's reproductive years. But in some cases, women experience early menopause. This is a common condition also known as premature menopause.

Premature menopause happens when a woman stops menstruating before her natural age to do so. When you encounter menopause in your twenties or thirties, this is premature menopause. This can be an indicator that there is something wrong with your ovaries and they are not in a healthy condition. Premature menopause is known to occur in approximately one percent of women. Medical statistics revealed recently that in England, as many as 110,000 women between the ages of twelve and forty experience early or premature menopause.

Given below are the different stages of menopause to be aware of:

### **Menopause and Climacteric**

Menopause the medical term for the last periods you have. [Climacteric](#) is a term used to denote gradual changes in your body due to naturally lowered production of hormones and the end of ovarian function.

There are numerous gradual changes which mark the process of menopause. Like puberty, it does not happen suddenly. Your body shows many signs that you are nearing menopause. These changes are known as climacteric.

## **Premenopause**

The initial symptoms of premenopause are night sweats and mood swings. Although you will be experiencing normal periods, this is a time when you will notice certain changes in your behavior. The word premenopause signifies the stage in your life when you are still menstruating but there are some indicators that menopause is not far off.

## **Perimenopause**

Perimenopause is something entirely different from premenopause. During perimenopause women begin to notice the signs of menopause while continuing to ovulate and have menstrual periods. Many women begin to notice irregular periods and the onset of hot flashes but may still be three to five years away from the full onset of menopause.

Perimenopause is the stage when you see the first signs of menopause beginning to take place. During this stage, you will continue to have periods.

There is a lot of confusion regarding premenopause and perimenopause because they are so phonetically similar, but there shouldn't be. Premenopause is what happens before menopause and perimenopause refers to the beginning of the onset of menopause.

Perimenopause describes the period when there are many significant changes in the woman's body such as hot flashes and night sweats. Marked mood swings are common during this phase.

During this phase of perimenopause, you are still fertile and reproductively active. However, the indicators are there to tell you that you are nearing menopause. This is a phase when there are fewer chances of getting pregnant. This phase is marked by a considerable rise in the level of your [Follicle stimulating hormones](#).

## **Postmenopause**

Postmenopause is used to denote the phase of your life after menopause. Once a woman has gone 12 months without a menstrual cycle occurring, she has reached full menopause. The ovaries at this time no longer release eggs and produce much less progesterone and estrogen. Pregnancy is no longer possible at this stage.

Once you recognize the signs of the onset of menopause or you are in full menopause, then you should make the necessary changes to provide yourself with as smooth a transition as possible. If you are finding it difficult to manage the symptoms of menopause, you should seek the advice of a doctor.

During perimenopause, symptoms generally occur because of constant fluctuation in hormone levels. After menopause, symptoms decline because estrogen and progesterone levels remain consistently low.

When it comes to menopause, most women experience hot flashes. The time period during which the average woman experiences hot flashes ranges from one to five years. Women who have had their ovaries surgically removed generally experience more symptoms.

There has been a considerable amount of research to try to discover why women have hot flashes. As a result of this research, it is believed that the sudden drop in estrogen levels make the brain release a burst of hormones. This sudden surge in hormones increases [gonadotrophin](#) levels which has been identified as the cause of hot flashes.

Women also report feeling suddenly hot or cold, with profuse sweating or cold chills at any time of the day.

Menopause is also signaled by certain changes in the menstrual cycle. This can sometimes be accompanied by an increase in painful cramps. With the passage of time, menstruation ceases and the cycle stops.

## **Symptoms of Menopause**

There are many signs and indicators of menopause. There is no need to have any fear or anxiety about menopause, because it is as much a natural process as puberty and it happens to every woman. As you approach the time in your life when menopause becomes more likely, be on the lookout for the signs that menopause is approaching.

Aging is a process that is intrinsically linked with menopause. As you gain in years, your body also ages and menopause naturally occurs as part of the aging cycle. Every woman goes through this phase and it is a different experience for every woman. Most women agree that menopause is a great maturing experience and helps them accept their age gracefully.

Some women sail through menopause while some experience a certain amount of distress. Mood swings and hot flashes occur incessantly during menopause and you have to learn to treat the symptoms effectively.

To do this let's begin by understanding the signs of menopause.

Be on the lookout for the first signs of menopause when you are around forty five. If you sense that you are getting early signs of menopause, it is time to pay your gynecologist a visit.

A common precursor of menopause is irregular periods. There are many ways in which you will see this irregularity. There can be either an increase or a decrease in the time between your periods.

Some women experience a shortening of their cycle while in some the signs of menopause are a lengthening of the cycle. Check the flow of your periods regularly after forty five. Some women experience very heavy flow, for others the flow is decreased.

The advent of menopause usually thins the vaginal and urethral lining. These changes increase your chances of contracting vaginal infections. We recommend monitoring for signs and symptoms of vaginal infections, such as an itchy feeling in your vagina, sometimes coupled with a burning sensation.

This is also a time when your desire to urinate increases considerably. This can be unpleasant and disturbing for women because many of them also suffer from incontinence during laughing, coughing or sneezing. This is also a time when you will find it somewhat difficult to indulge in sexual intercourse. Intercourse might become something that causes discomfort and pain in your vaginal area.

One of the most common and surest signs of menopause is the hot flush. This is caused when the estrogen levels in your body suddenly drops. This dramatic fall in estrogen levels lead to a very rapid expansion of blood pressure which in turn suddenly increases your skin temperature. The effects of the hot flush usually last for a few minutes, and they can happen as frequently as once or twice in an hour. Other than a sudden increase in your body temperature, the hot flush also causes profuse sweating and a flushed complexion.

**Hot flushes** can occur at any time of the day. If you wake up to find yourself soaked in sweat, it is an indicator that you had been having hot flushes in your sleep. You may want to seek medical advice if you are concerned that it may be something else.

**Weight Gain** is another sign of menopause. Generally women gain around five pounds but this varies from individual to individual. The extra weight has a tendency to gather in the stomach area.

Other indicators of menopause include physical changes such as wrinkles, extra fullness of breasts, thinning of hair or the onset of skin problems like acne.



## **Confirmed Menopause**

Once you see the initial signs of the onset of menopause, it is best to pay a visit to your doctor. Since there can be many other complications related to menopause, it is best to go and see your gynecologist when you first start to experience menopausal symptoms. For example, sudden drops in estrogen levels can lead to an increased risk of cardiovascular disorders.

This is also a time when you have to take extra care of your body. If you are a smoker, there is no better time to consider quitting. Try to reduce the fattening foods in your diet and include more fruits, vegetables and whole grains. Start exercising regularly and get regular blood pressure check ups.

Another major effect of menopause is osteoporosis. After the advent of menopause, the bone density of your body deteriorates. This is a time when you need to have a diet high in calcium so that your body is able to counteract the effects of menopause. Regular walking and jogging also helps strengthen your bone structure.

### **Why do you get these effects?**

With menopause, there is a drastic change in your body's hormone levels. The lower levels of estrogen and progesterone mean an end to the reproductive years. These changes in hormone level means that the other functions of your body also tend to change.

## **Increased PMS symptoms**

Many women suffer dramatic mood changes during the early part of undergoing the menopause, primarily because they are suffering a degree of difficulty with [Pre Menstrual Syndrome](#) or PMS. The mood changes are caused because of the drops in estrogen levels. Estrogen influences the amount of serotonin produced in the body which leads to mood changes.

At the same time, many women suffer changes in memory and attention span. There are many women who have problems remembering things. Some women also complain of decreased attention spans. The lessening of estrogen levels affect the ability to concentrate in certain cases.

Another adverse effect of perimenopause is insomnia. This is mainly because of frequent night sweats which lead to sleep disorders. Even mood swings and depression lead to sleeping problems. However, you have to ensure that you get sufficient sleep because inadequate sleep often leads to increased irritability during daytime.

Since the levels of estrogen decrease with the arrival of the menopause, there is a gradual thinning of the vaginal lining. This makes sexual intercourse a painful experience for many women.

Another adverse effect of perimenopause is urinary incontinence. This happens because of the changes in the pelvic floor. Also, decreased levels of estrogen make it more difficult for the bladder to hold urine.

## Dealing with Menopause

There are many ways to deal with menopausal problems. You can go for lifestyle changes or hormone replacement therapy which will help you to deal with menopause.

The lifestyle changes include regular exercise, quitting smoking and opting for a healthy diet. You can go for yoga which is very good for your health. Another very good thing to do is to practice Tai Chi. Tai Chi is very effective and many women during menopause have received immense benefits from doing this. You can make changes in your diet like incorporating more calcium, complex carbohydrates and having multiple meals.

Another important thing for women who are undergoing menopause is to enjoy a high level of social support.

But, don't wait until the menopause sets in before seeking additional social support. If you are nearing your menopause, try to involve yourself in new and exciting activities that will keep you busy.

While going through the menopause, many women suffer depression and unhappiness due to feelings of loneliness and isolation. Therefore, this is an ideal time for making new friends and to try doing new things.

One of the major reasons for depression at this age is the loss of a partner. Even if things go wrong and you lose your partner due to death or separation, do not lose heart.

Remember that all of us are a small cog in the overwhelming circle of life and have to deal with the good things and the bad with equal dexterity. Menopause is a time when a woman is particularly sensitive. So if you are someone who is close to a menopausal woman, try to deal with her with a lot of love and care.

Hormone replacement therapy is another way of dealing with menopausal symptoms. This therapy involves the intake of estrogen and progesterone in order to make up for the lower levels of these hormones in the body during menopause. However, it is only when one faces severe symptoms that doctors advise Hormone Replacement

Therapy. Before undergoing this therapy, you also need to confide in your doctor about your medical history and any personal choices you have about medicines.

For example, one situation where it is best for a woman to take additional estrogen is if her uterus has been removed by an earlier surgical operation. If one takes estrogen without the removal of the uterus, it can lead to many other side effects.

Taking estrogen without progesterone is also not something that is ideal because it can lead to uterine lining damage which increases the chances of uterine cancer. Therefore, if one decides to go for hormone replacement therapy, one should ensure that there is an intake of both estrogen and progesterone in tandem. The best thing, however, about hormone replacement therapy is that it eliminates the signs of menopause like hot flashes, vaginal dryness or mood swings.

There are many women who have undergone hormone replacement therapy and feel great about it. Some have also reported that it helps them to have greater concentration spans and attentiveness. Since one of the effects of menopause is reduced capability to remember things, many women have also felt that even this is improved after hormone replacement therapy.

Apart from all of these things, one aspect that is extremely important is the psychological support that a woman who is going through the menopause enjoys.

Menopause is a very trying time for almost all women because they have to deal with sudden changes in their body and mind. This is indeed a very tough time to go through.

However, with an adequate amount of psychological support, women can sail through menopause and enjoy their lives. It is during the perimenopause period where mood swings and depression are most common. Thus, this is a time when her partner, her friends and her children, if any, need to take maximum care of her. If this phase is accompanied by some great loss, women can even become suicidal. If it ever reaches this level of seriousness, the woman should go for counseling to help her with things.

# The effects of Menopause on a Woman's Body and the Remedies for Control

If you have already reached your menopause, you must have covered up the mirror with a cloth, or perhaps thrown it away. You probably saw how your body bloated up, and you could not tolerate the shock. But there is no need to worry; there are plenty of women who face similar troubles to those that you have suffered, and no matter how bad things might appear to be, or how low you feel, you can still control what is going on. Yes, it is true! You are still in control, and you can do plenty of different things to keep your body fit and healthy.

- The reason for this sudden change in your body mainly arises out of the hormonal imbalances that slow down the rate of your metabolism. Fat starts to pile up around the stomach area, which in turn slightly increases the risk of contracting heart disease. But this is a problem that you can solve. It's just a question of starting to take regular exercise to get rid of the extra weight. Take up walking or jogging, or perhaps start attending a gym regularly, perhaps taking up weights to reduce your tendency to fat. Moreover, constant exercise will increase your metabolism, and balance the hormones in your body, thus keeping you happy as well.
- Remember it is important to increase the rate of metabolism in your body, since this will help you to start burning up more calories. You just cannot abstain from food and starve yourself to lose weight. Daily exercise helps in maintaining and even losing weight, and even though you are post-menopausal, you will still be able to retain your youthful nature and grace.
- Another adverse effect of the passing of menopause is you're your body starts to erode the bones, losing approximately 1% of bone mass within the first year, eventually increasing to 2%-3%. This often leads to osteoporosis, which can sometimes remain undetected until bone fractures occur. You can help to alleviate the worst effects of osteoporosis by exercising too. Proper

exercise helps to create a lot of calcium that strengthens bone structures, thus preventing bone fractures and breakages.

- Another recurrent consequence of menopause is hot flushes, whose symptoms are related to insomnia, unhealthy sleeping patterns and a low energy level. These effects have a generally negative impact on your life in both personal and professional terms. This is another area of controlling your menopause or postmenopausal state where exercise can be a great assistance. Though estrogen replacement therapy can help in controlling negativity brought on by troubled sleep patterns, exercise has also been proven proven to help banishing the blues as well. Exercising helps to make your body sweat so that it eventually cools down and thus it helps to ensure that your temperature is effectively regulated.
- You might suffer from poor blood circulation. This can bring about major mood swings that might make you crankier than ever! To escape this problem, exercise is once again an excellent antidote. Exercise helps you to regulate proper blood circulation, which will in turn lower your blood pressure. This will also release certain 'happy hormones' called endorphins into your brain that should make you perk up in an instant!
- Since the heart also goes through a degree of strain during the menopause, you need to pay proper attention to it too! Spent some time focusing on adequate cardio exercises such as running, walking, cycling or swimming to keep your heart muscles strong and safe.

The advantages of exercise at any time around the period of your life when menopause becomes a likelihood cannot be underestimated. If you hit menopause, life does not stop moving. Instead, you can make it even livelier by getting back into shape.

# **Natural treatment for Menopause**

## **Why should one go for natural treatment?**

Menopause is a condition that many women find it difficult to deal with. However, since it is a matter of hormones, you need to be very careful while treating the problems related to menopause.

When women reach the time for menopause, their body gives signs that their reproductive years are coming to a close. For women who face severe symptoms, it is best to go and seek the advice of a doctor. But you will be glad to know that there are numerous natural remedies that can help you to fight the signs and symptoms of menopause.

Menopause in itself is a natural process. As previously mentioned, it is every bit as natural as puberty, something that you faced earlier in your life (and you managed to get through that, didn't you?)

Thus, this is a phase when you as a woman are going to be undergoing a certain amount of physical and emotional turmoil. Using natural herbs, keeping yourself fit by regular exercise and having fun with friends and family are things which make this phase easier to deal with.

One way to deal with the effects of menopause is hormone replacement therapy. And although many women have benefited from hormone replacement therapy, there are certain known side effects of this treatment. Therefore, women of today are more likely to lean towards natural treatment that gives them relief from the effects of menopause rather than hormone replacement therapy if at all possible.

## **Restore Energy Levels**

Menopause is a process that seems to drain all the energy from your body. Thus, most women become weak and sick because their bodies are not able to deal with menopause. The health system of a woman also reacts wildly because of the hormonal imbalances that come as a part and parcel of menopause. The medicines and vitamins that women take sometimes have adverse side effects too.

So, natural medicine allied to exercise is safer and better alternative because it keeps you fit and has no side effects at all.

### **Restore your sexual urge**

In order to keep yourself sexually active, you need to battle the signs of menopause. Go for natural menopause treatment which helps you get back to normal sexual activity. One of the effects of menopause is that women lose their sexual urge due to decreased levels of estrogen. The most common symptoms are thinning and drying of the vaginal lining, disinterest in your partner etc. So if you want to restore your sexual desire and reignite the flame between you and your partner, you should definitely go for natural menopause treatments that naturally help you to overcome these difficulties.

### **Keep yourself in the pink of health**

With the decreasing levels of hormone in your body, your immune system also needs a little bit of strengthening. During menopause, being sleep deprived is one of the major reasons behind weakening of the immune system. With natural medicines, you can ensure a good night's sleep and keep yourself in good health.

As time passes, more and more women are learning about the wonders of natural medicine for menopause.

Various natural treatments work extremely well to reduce the symptoms of menopause and there are no side effects to worry about.



# Yoga for Menopause

One of the most important things to do when you are undergoing perimenopause or menopause is exercise. During menopause, most women tend to gain some weight and there are many other signs like osteoporosis they can cause more serious, longer term health problems which can nevertheless be offset by taking regular exercise.

Thus, exercise is absolutely essential to keep a woman fit during her menopause. Although there are many kinds of exercises that you can go for, yoga happens to be a great option because it keeps both your body and your mind healthy.

However, you should not have any misconceptions about yoga being a remedy. It is a way of life. Yoga helps you stay fit and deal with the changes that rush through your body and mind during menopause. There are millions of women who have enjoyed great results by resorting to yoga during perimenopause. It helps keep the body fit and the mind calm.

In order to learn yoga, you might choose to enroll in a class, or you can use one of the many websites where you can learn the basics from the Internet in the comfort of your own home.

There are many experts who teach yoga, you can find out where these classes are held by asking around or searching the internet. You can also get hold of a yoga CD that has detailed instructions about how you can go about practicing yoga at home.

But it is if possible best to learn from a teacher who has a thorough knowledge of yoga and can teach you the postures and the exercises with great skill and patience. You can also get hold of some yoga books which will help you learn yoga better.

Yoga consists of asanas (poses) for all parts of your body and your overall well being. There are many asanas to help you lift your mood that will at the same time keep you in the best of health.

Many of the asanas in yoga involve back bending. This increased flexibility is very good for your health in a great many different ways.

However, you need to learn the postures perfectly because if you do them wrong, you could end up getting hurt.

The opinions regarding the kinds of yoga postures you should practice during menopause vary drastically. Some experts are of the opinion that the more gentle yoga gentle postures are what you should be practising because they are very rejuvenating and nurturing.

However, another school of experts say that restorative and gentle postures do not help menopausal women. In fact, they suggest that gentle asanas aggravates certain menopausal symptoms like sudden alterations in the temperament and weight gain. They say that going for a slightly more rigorous regime is a much better option.

But the truth is that the amount of exercise which can keep you healthiest depends on your own body. Every woman is unique, and therefore the amount of exercise that your body needs also depends on your constitution. In order to find out what suits you best, you can start of with a moderate amount of exercise and gradually work yourself up to the next level to establish whether you have energy for more.

Certain yoga postures like the inversion posture are very good for menopausal women because they stimulate the hormone system of your body and help you stay fit. You can try out the special inversion processes like the shoulder stand, headstand or forward bends. These poses help a lot in relaxing your body and mind.

There are many other yoga postures that are best for women who are nearing menopause or are going through it. Postures like the triangle pose, the half moon pose or the extended angle pose are very good for your body and helps reduce cramps.

When you are undergoing menopause, it is very important to keep your body flexible in order to ensure that you do not get cramps. Cramps are immensely painful even during normal periods and more so during perimenopause. Thus, exercise is the best way to steer clear of the pain.

## **Hormone Yoga Therapy- Natural Menopause Therapy**

You can also go for hormone yoga therapy in order to deal with perimenopause and menopause. This special kind of yoga therapy is targeted towards hormones and is great during all the stages of menopause.

This kind of natural hormone therapy is aimed at your endocrine system and the nervous system. The endocrine system is the system of your body that is responsible for all kinds of things related to hormones. Therefore natural treatment directed towards this system helps relieve many of the symptoms during the different stages of menopause. Most of the problems that your body faces during the various stages of menopause are due to the changing levels of hormones in your body. If you go for natural medicines which can regulate the levels of hormones in your body, you will be relieved from most of these symptoms.

### **Hormone yoga therapy**

And selling new idea but one that is nevertheless believed to be extremely effective is a [hormone yoga therapy](#), a natural treatment method that is becoming increasingly popular.

This therapy is directed towards stimulating your nervous system and your glandular system. There are five energy centers in your body, known in ancient Indian philosophy as 'chakras'. These chakras govern the ebb and flow of energy within your body.

Hormone yoga therapy is based on a program of exercises and stimuli that are targeted at stimulating these chakras and keeping your body and mind in the best possible health.

## **Why should you go for hormone yoga therapy?**

Hormone yoga therapy is great for women who are suffering from the problems during the different stages of menopause. During these stages, the hormone levels of your body keep gradually decreasing as you gradually near the end of your reproductive years. Although this is a natural process, the body is abruptly affected by these changes and there are many signs and effects of the hormonal changes in your body, like hot flushes, mood swings, weight gain or really short attention spans. Hormone yoga therapy works by ensuring that your body and your mind remain as unaffected as possible by these adverse effects, while ensuring that you also remain fit and healthy at the same time.

This therapy works by focusing a lot of attention on your adrenal glands and making them stronger because they will gradually take over the mantle of hormone production from the ovaries. It also works with the pineal gland, whose well being determines our mental state.

[Dinah Rodrigues](#), a famous Brazilian yoga expert, has come up with Hath yoga poses which are based on the Kundalini yoga postures. These postures help a woman to remain in the best of health even during the initial onset and progress of menopause.

This particular program of exercises keeps your body beautiful and your mind at peace. Learning these techniques is not very difficult and you can start practicing them within a very short period of time. These exercises are meant for women because they affect the woman's overall well being in a great positive manner.

If you go for hormone yoga therapy, it will provide relief from the adverse effects of menopause. Menopause is a natural process and thus, you should try to make the process easy for yourself and gradually step from your reproductive years to the next stage.

In order to make this process free from pain or stress, you should definitely consider using hormone yoga therapy.

## **Meditation during Menopause**

Meditation happens to be one of the best things for women during the various stages of menopause. Originally a technique to preserve physical and mental well being in the East, meditation has now touched millions of lives even in the Western world. More and more people have accepted meditation as a part of their lives because it has so many wonderful effects, including improving concentration, sharpening memory, reducing depression etc.

People who meditate are generally known to have greater self esteem and confidence. There are many positive effects of meditation that generally felt by all practitioners.

So if you are a woman who is undergoing a stage before or after menopause, you should try meditation. For all women, it is immensely important to maintain a healthy lifestyle during perimenopause and menopause. For those who smoke or are used to very irregular lifestyles, meditation can work wonders. It has also helped thousands of individuals to quit smoking and other addictions and embrace a healthier lifestyle.

Meditation also helps lower the heart rate and blood pressure of an individual, which is particularly appropriate, because for women undergoing the menopause, irregular heart rates and high blood pressure is a very big problem. Another major effect during menopause is random mood swings. If you want to counter all of these things in a healthy manner, you should try meditation.

Meditation is also a very effective stress buster. Therefore, for women who are experiencing frequent hot flashes, meditation is a really helpful thing.

## **Try out Aromatherapy during Menopause**

Aromatherapy is a natural way of keeping your mind and body in good health. By using natural essential oils and flowers, aromatherapy attempts to positively affect your health, and it can often do so in a particularly beneficial way.

During perimenopause, one of the worst effects is that a woman tends to get irritated very easily and suffers from radical changes in her mood. This affects her emotional well being and at the same time, distresses people who are close to her. Thus, keeping a woman in the best of her emotional health during her menopause years is of great importance. Aromatherapy can help one do just that.

During menopause, there are many symptoms which need to be paid heed to. These symptoms can be considerably reduced by changes in the woman's lifestyle and diet. However, since menopause heralds the end of a woman's reproductive years, the woman has to deal with severe hormonal changes within her body. These sudden hormonal changes are directly related to the abrupt mood swings.

As many as seventy five percent of menopausal women experience hot flushes, night sweats, mood swings, decreased urge for sex, sudden gain in weight and sudden increase in cholesterol levels.

These adverse effects of menopause can be countered by:

1. Going for a whole new healthier diet that has no sugar and caffeine.
2. Sleeping soundly for an adequate time – 8 hours sleep as a minimum is recommended.
3. Practicing meditation for stress relief.
4. Drinking at least 64 oz of water (eight glasses) per day.
5. Adding essential nutritional supplements in your diet.
6. Supplementing bioidentical hormones.

7. Giving your body enough exercise.
8. Going for alternative therapies like yoga or tai chi.

The menopausal state is a crucial time in a woman's life. You must take complete care of yourself during this particular phase of your life if you want to live a long and healthy life thereafter. If you follow these tips carefully, they will also help you have lower the risks of diseases related to old age, like breast cancer, osteoporosis, diabetes or cardiovascular disease.

Aromatherapy works as a great alternative therapy for women who are going through perimenopause or menopause.

The essential oils used in aromatherapy are heated. When they receive enough heat, the molecules of these oils are released in the air and they carry a delightfully pleasant scent that stimulates your olfactory nerves. These oil molecules also stimulate the limbic system of the brain, which is very important because this region of the brain works with the pituitary gland and the hypothalamus region.

Thus, these scents can trigger hormones and affect the functions of your body, like insulin production, regulating body temperature, sex drive, appetite is worth keeping control of your overall metabolism.

These oils stimulate your senses in a very complex and creative manner. This is why they manage to have an effect upon your body, thereby extracting a positive response from your brain.

If you are going through menopause, you are likely to have stress related problems like anxiety or other psychosomatic induced difficulties. These can be treated effectively with aromatherapy.

The essential oils used for aromatherapy are extremely effective. When given enough heat, they release molecules that can even enter your body through the surface of your skin. Thus, before you apply the aromatherapy oils to your skin, you should dilute them with a carrier oil. You could also use these aromatherapy oils by adding them in your bath, using them as a perfume, as a vaporizer or as a spray.

Essential oils used in aromatherapy are also very good for massage. Whichever way you use aromatherapy oils, try to use them at regular intervals in order to keep yourself in good physical and mental health during the various stages of menopause.

## Herbal Remedies for Menopause

Herbal medicines are not taken seriously by women who start experiencing menopause. However, these medicines have been proven to be beneficial for women, providing fast relief for many hundreds of years. There has been a lot of recent research in this field, which combined with the age old customs that use particular herbs to address menopausal symptoms are providing ever improving levels of natural menopause care. Many cultures have used herbal extracts over the years and it has been deemed extremely effective.

Herbs such as black cohosh and dong quai have been used to alleviate the worst effects of menopause symptoms including nausea, hot flushes and night sweats.

It is a misconception to believe that any medicine or medicinal alternative can actually "treat" menopause. It is a natural occurrence that need not be stopped and cannot be stopped. However, what you can do is treat the uncomfortable symptoms that appear during the menopausal phase. You have to alleviate the distress associated with these symptoms and learn how to deal with them. There is simply no permanent menopause remedy as your body is going through a natural change that cannot be changed or avoided.

However, consuming certain herbs and natural portions helps you to deal with accompanying issues such as the aforementioned hot flushes, night sweats and vaginal dryness.

Different research programs have come up with contrasting results. For example, some results show that black cohosh and ginseng that are traditionally used to lessen menopausal symptoms have absolutely no effect whatsoever. As for another herb, dong quai, it has been suggested that it has no effect on a woman's endometrial uterus lining or her hormonal levels. Surprisingly, these two factors count the most when it comes to menopausal symptoms.

In contrast however, the bulk of widely accepted opinion has it that these herbs have raked benefits for menopausal women, believes that have been held almost since times immemorial.



In many ways, such disagreements should come as no surprise, because it is a common factor about using any herb or natural substances to deal with medical conditions that they will sometimes be far more effective for some people than for others. This is just the nature of herbal treatments, because individuals react to different herbs and natural treatments in completely different ways.

The bottom line is, many thousands of people all over the world whereby black cohosh and ginseng, whereas others deny that they have any beneficial effect whatsoever. The only way you can realistically find out is to try to see whether they help you or not.

### **1. Phytoestrogenic herbs**

Certain plants contain naturally synthesized phytoestrogen. This chemical resembles estrogen (which is synthesized in a woman's body). Therefore phytoestrogen works by replenishing the body's store of estrogen, thus allowing these plant hormones to continue working and balancing the body's functions. Phytoestrogenic herbs also provide the body with essential amino acids, vitamins and minerals. Thus, the body does not suffer from the effects of rapidly depleting store of estrogen.

Phytoestrogenic herbs such as those listed below are often popular amongst menopausal women-

- Ginseng increases your energy levels and it also stimulates mental and physical energy, as well as decreasing the incidence of cancer. It reduces emotional instability and occurrences of hot flashes.
- Ginkgo helps in boosting one's memory and reduces the chances of illnesses such as Dementia. It has been popular in china since times immemorial.
- Dong Quai contains phytoestrogen that bind to the estrogen receptors in our body, increasing the levels of estrogen through these plant hormones. The usual severity of menopausal symptoms is greatly reduced.
- Red Clover grows in Europe and Asia, and is deemed extremely effective when it comes to supplying the body with phytoestrogen. Mood swings and hot flashes are greatly decreased. It also fights osteoporosis, skin disorders and more.
- Black cohosh helps in addressing symptoms such as night sweats, hot flashes, anxiety, and depression.

## **2. Non-estrogenic herbs**

Unlike phytoestrogenic herbs, the herbs in this group do not produce plant estrogen. Instead, they contain nutrients that nourish and protect the body by boosting the endocrinal system. Medicinal experts believe that these herbs do not have side effects and are thus not considered harmful. Instead, they seem to provide relief during the menopausal phase while being deemed completely safe.

The disorders that these herbs primarily address are hormonal imbalance, hot flashes, osteoporosis, depression, vaginal dryness, infertility, cardiovascular system problems and look after the hormone glands. They are also quite effective for helping to combat sexual intercourse related problems. These herbs help the body manufacture natural hormones, aiding in improved performance of both the endocrinal and pituitary glands.

Apart from applying or consuming these herbal medicinal alternatives, you should also maintain a proper diet, drink lots of water and regularly exercise in order to maintain your health during this phase of your life. These herbs will not completely eradicate all of the aforementioned menopausal symptoms, but they will surely provide you with some relief.

As suggested previously, there is some debate as to the effectiveness of herbs as a treatment for menopausal symptoms, although there is a broad body of evidence which suggests that appropriate herbs have helped many millions of women all over the world to get through the menopause with minimum problems.

# The Best Herbs for Menopause

If you are a woman on the other side of forty then you are either already facing issues regarding menopause, or will be facing them soon enough to know that herbs such as red clover, black Cohosh and chaste berry are natural ingredients that relieve all women from this stressful time. It is natural to experience mood swings and even feel physical discomforts such as migraine and cramps at certain times of the month. These natural herbs are not known by many. Therefore, they are yet to be optimally utilized for relieving menopausal stress.

## Black Cohosh

Black Cohosh bears no connection to blue or white Cohosh. The Native Americans were the first ones to use it as a healing ingredient. They later introduced it to the Europeans. Black Cohosh is also known as Black Snakeroot, Rattleweed, Bugwort or simply Snakeroot.

Research regarding the benefits of this herb has still not been able to prove if it triggers any estrogen related activities in women which might not affect the reproductive organs. Despite this lack of proven scientific evidence, many women vouch for the use of this herb during menopause to control sudden bursts of hot flushes.

Women in Germany have been using a product known as [Remifemin](#) to treat menopausal stress for more than 50 years now. This is claimed to be the only black cohosh proven to relieve hot flushes, night sweats and mood swings, and it is a treatment that is widely available from many leading online sites such as Amazon.com.

It is best to use any of these herbs and their related products after consulting a doctor and finding out what effects each of them might be responsible for. Most of the time all these herbs have some sort of reactions with other substances in the body that might be harmful.

## Chaste Tree Berry

For the most part Chaste Tree Berry has been used by women to seek relief from pre menstrual stress that includes cramps, inflammation and headaches. However, recent research has been concentrating on the possibility of this herb being used to help treat menopause related issues as well. According to historic belief, Chinese monks would chew

on the Chaste Tree Berry to control their sexual urges and maintain celibacy. This herb is also popularly known as Hemp Tree, Chinese Vitex, and Mang Jing Zi.

There are three studies being conducted simultaneously to see if the Chaste Tree Berry is useful in treating hot flashes during menopause.

It is suggested that the main effect of this herb is on different neurotransmitters and hormones which results in lowering of estrogen level and increase in progesterone. These functions are performed by the herb indirectly.

This herb can be useful to treat PMS in women and even treat menopausal stress as long as the individual doesn't have a past that includes cancer and cancer medication.

### **Red Clover**

Red Clover is also known as Meadow Clover, Purple Clover, Trifolium and Genistein. However, it is completely different from Soy, Liverwort and Sweet Clover.

Red clover has long been used as a natural blood purifier, a substance that improves circulation, promotes the production of urine and mucus, and stimulates the body's ability to generate bile

From the point of view of a menopausal woman, the main advantage of red clover is that it helps to reduce the increased risk of other illnesses that is an attendant disadvantage of menopause. For example, it is believed that the isoflavones in red clover helped to slow down the deterioration in bone mass and quality, thereby helping to offset the potential of osteoporosis. At the same time, isoflavones are also believed to promote the production of 'good' cholesterol in the body at the time of menopause, thereby helping to offset or minimize the potential for cardiovascular disease.

From what you have read so far, it should be clear that amongst the three herbs mentioned in this chapter, it would appear that black cohosh is the most suitable for treating women who are experiencing menopause.

The Chaste Tree berry is good to treat PMS conditions in women, but it does not appear to significantly effect menopausal symptoms. No matter how fit you are medically, you should remember that these

herbs are drugs that have the potential to react with other substances in the human body and result in various symptoms, all of which might not be pleasant. Therefore, before consuming any of these natural drugs, it makes a great deal of sense to seek a thorough medical checkup with your doctor before embarking on your own program of herbal treatments and remedies for the worst adverse side effects of the menopause.

Another pointer to take into account is that for many women, they will live through menopause without any significant changes in their lives or in their body.

Even if there is any change, it is so small to be hardly noticeable, to the extent that for many women, the menopause almost passes totally unnoticed and overlooked. Therefore, it is fair to say that menopause and its symptoms have a lot to do with the kind of lifestyle the woman follows. During this time it is important to pay attention to alcohol consumption levels, smoking habit, eating habits and exercise routine that are followed on a regular basis.

It is important to maintain a healthy lifestyle while going through menopause as habits such as smoking and excessive drinking can aggravate the symptoms.

It is also important to stay away from low-nutrition fast foods and to stick to fresh vegetables, soups, meat, fruits and salads. At the same time, since menopause is accompanied by cramps and sudden weight gains, it is also necessary to partake in a regular routine of exercise. This not only controls excess weight but it also keeps the body active which relieves the cramping considerably.

Most people don't identify the chain effect that cramping and weight loss has, but there is a connection. For example, severe cramps and the pain that they bring on can lead to depression, which itself can lead to overheating and a lack of exercise.

Therefore, eating healthy and working out regularly makes life easier for women going through menopause.

## Menopause Tea

Tea has been used for its medicinal properties for thousands of years. It is known for its healing ability and is popular for this reason in many cultures of the world. The first pain relief tea based concoction or solution was made from willow bark many years ago.

Nowadays, tea is commonly used to treat hot flashes and low energy levels in women during menopause.

Xxxxx, every woman who goes through the menopause is an individual, and their experiences are different to anyone else's, but one of the most commonly reported annoying feelings is that of having hot flashes in the middle of the day. Tea can help soothe the senses at this point.

However, it is important for those women who are heavily dependant on coffee to stay away it is much as humanly possible. One can xxxxx opt for decaffeinated coffee, but avoiding caffeine is important if at all possible, because it acts as a natural diuretic, dehydrating the body. At the same time, caffeine can work in exactly the opposite direction to natural herb teas, so all of the many benefits of drinking herbal tea will be lost if caffeine in the form of coffee is taken on board in significant amounts as well.

It is quite a simple process to make a herbal tea for yourself. Making the blend is the interesting part. Once you have combined all the herbs you want in your tea you should take a tablespoon full of this tea blend and put it in a cup on which you pour boiling hot water to make the tea. As long as you sip through three cups of a herbal tea blend of your choice everyday it should help you enough to keep the uncomfortable hot flashes away.

An ideal herbal tea mixture is a caffeinated blend of Vitex berries, peppermint and dandelion leaves, St. John's Wort buds and Motherwort herb. It treats premenstrual and premenopausal symptoms which include lack of sleep, fatigue, weight gain, hot flashes and mood swings.

Vitex berries are great for balancing hormones, including estrogen and progesterone levels in women who are going through the menopause. When either of the two is out of balance, the body starts acting in a similarly imbalanced way, but this particular herbal tea brand

redresses the balance and therefore allows the body to return to normal.

St. John's Wort is mainly used to get rid of toxins from the body both diuretically and by cleaning out the liver. However, it should not be taken alongside antidepressant drugs and HIV medications, primarily because it is a very powerful but entirely natural antidepressant drug itself. However, because of this antidepressant nature, it is a drug that is very good for those suffering from mood swings and emotional breakdowns.

Motherwort helps in treating menopause effectively by getting rid of vaginal irritation, anxiety, hot flushes and other such typical menopausal symptoms. Palpitating hearts are also helped by this drug since it works as tonic for the organ.

Dandelion leaves are used minimize weight gain problems and as a diuretic, peppermints are included to lend a decent flavor to the concoction as well as a nerve soother.

All these ingredients make up the menopause tea which is a delicious, yet effective way of dealing with menopause as well as premenstrual stress.

## Natural Menopause Estrogen Cream

Since all women go through menopause in their lives, and only a few get away without suffering from its uncomfortable symptoms, they are used to trying out various medications, natural remedies and even prescription drugs. However, two things that work well on menopausal women are progesterone and the estrogen creams that are used by women instead of the pills. Not only do they provide a different way of dealing with menopausal problems, they are also better than popping pills everyday. Also, using creams instead of pills helps to avoid chemical reactions in the body due to particulate content in tablets or pills that is not necessarily listed on the label.

Among the many advantages of using creams, one is the convenience with which they can be carried and used while traveling. All you need to do is apply the cream to improve the balance of your progesterone and estrogen level everyday. It helps to bring back the peaceful night's sleep and also deals with weight fluctuations.

Another important benefit of using such creams is that there is no fear of poisoning or contamination in case they end up in the hands of children. The cream does not taste good, therefore, it is unlikely that the kids will eat a lot of it, risking poisoning.

This is xxxxx a common risk of leaving pills lying around in the house. Many times children mistake these pills as candy and pop it in their mouth, and sometimes other members of the family might consume them mistaking it for another medicine altogether. These confusions are avoided by using creams instead.

These creams work better when it comes to dealing with imbalances in progesterone levels in the body. Using these creams makes a woman's life easier and widens the outlook of her daily activities without are having to concern itself with hot flushes, mood swings and fighting anxiety and depression.

Most users of these creams have responded positively to the treatment. The feedback is good for the most part, although xxxxx you should watch out for any minor adverse effects such as skinny rotation, redness and itchiness.



## Juicing and Menopause

It is necessary for you to do as much as you possibly can to offset the worst effects of menopause, part of which is bound to leading a very healthy lifestyle. Remember that at least for the time being, gone are those days when you could eat slices of cheese and mayo on a burger. Gone are those moments when you always gave in to your cravings for desserts. You cannot gorge on high calorie food anymore, or at least not until the menopause is past and you can get your life back into some kind of sensible balance.

For the time being, you have to be more careful, and following a very simple and refreshing diet that will keep your body on top every day is absolutely essential!

- In such a case, juicing is one method that can be your ticket to achieving a healthy nevertheless pleasant balance, because juicing is the process where you extract all the essential elements like vitamins, minerals and the enzymes from the food that you eat. These extracts help your body to build up a strong immune system and to keep it strong and healthy. These juices are able to provide your body what it needs and therefore you can keep on looking for new recipes for juices so as to transform your menopausal life into one that has a distinctly more interesting edge to it
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- Hot flushes are a common symptom during menopause and it can be pretty discouraging and despair inducing at times. Despair will only make the situation worse. For this, you can always use herbal products like sage improve your mood extremely quickly. Sage can be easily incorporated in your juice recipe, and will mix with the other ingredients to make quite a delicious meal.
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- Phyto-estrogen is an element that is present in soya products and red clover, fruits full of vitamin C and flaxseed or linseed, and as we have already seen, plant based phyto-estrogen can be a big help in dealing with the symptoms of menopause. These food ingredients could be blended to create a juice that shall be full of the nutrients that you would need to maintain a good health.

- You can even grind up the seeds and blend up the herbs to squeeze out the nutrients without much of a hassle before mixing it all into the fruit juice to create a nutritional drink. This can act as your wholesome meal too. This way, you will be able to feed the body the essential vitamins but not add a single kilogram to your frame and stop
- Fruits like the celery, apple, cucumber and additional flavors such as those provided by fennel always create a refreshing drink that will always leave you feeling happy and satisfied. You can even pitch in some rosemary that will help to uplift your negative moods.
- If you have an infection in your urinary tract or are suffering from water related problems – xxxxxly common problems for menopausal women -- you can start consuming celery, fenugreek, watermelon, cucumber, cranberry or dandelion root. These will take care of any health problems like cystitis or edema.

The most important thing to understand and appreciate is that while many women who are going through the menopause think that these problems are inevitable and cannot be avoided, it is completely wrong to believe this.

While it is unarguable that age brings about its own troubles, you do not have to adopt a completely passive attitude to the difficulties that so many women suffer during the menopause. You can do something about it, and by following the advice about the best things to eat and drink to help allay the worst of the problems that often accompany menopause, you can minimize the most unpleasant side-effects extremely effectively. is that none are without money

## Menopause and Diet

When women hit the menopausal barriers, it may sometimes seem impossible for them to see their way back to a sane and happy life. They get worried; they feel as if they have lost some meaning in life. For many women, the realization that their child bearing years are completely over can bring a deep sense of gloom into their life. This can lead to overeating and in more extreme cases, even to binge eating. At the same time, their hormonal imbalances decrease the rate at which they can metabolize their food, which further adds more pounds to their body.

Over a third of women in between the ages of 45-50 put on a weight of 5 pounds or more within a year. However, the actual menopausal weight gain could be as much as 10-15 pounds. Women also start to suffer from abrupt mental swings and hot flushes, both of which situations can be further exacerbated by a badly balanced diet. In short, perhaps more than at any other time in her life, during menopause most women must follow a strict, healthy diet.

A good diet will actually be able to keep health problems like weight gain, stroke and cardiac arrests at bay. And as previously mentioned, in addition to following a well controlled and balanced diet, it is imperative that any woman who is facing up to going through the menopause must do everything they can to keep themselves fit and active.

In the meantime, the following are the kind of foods that should be included in a healthy diet for this particular time of life:

- Food full of calcium, lean proteins, adequate vitamins and minerals should be consumed. You must also eat fresh fruits, vegetables and whole grains.
- You should avoid things like alcohol, caffeine, sugar, processed foods, edamame (soybeans), soya based products like tofu and salt.

- You should include vitamin and supplements like B-12, calcium, magnesium, vitamin A, C, D, and E, fiber, zinc, isoflavones and phytoestrogens. Skimmed or fat-free milk is a must. You should also include leafy green vegetables like spinach, broccoli, and kale. Yogurt and cottage cheese should be taken as well.
- You can also eat whole-wheat bread and cereals. Seafood, especially fish, will be good for you for sure. Finally, you can top it all off with a handful of delicious dessert that shall include berries and other fruits.

Food is an important part of human life, and is a fact that a well-balanced diet helps everyone to acquire strength and fortitude.

Xxxxx, in a situation where you are in the midst of menopause, is certainly does not mean that you can gorge on food all the time. This is absolutely essential, because over-eating will definitely lead to excessive weight gain, and weight gain at this particular time of your life can be especially difficult to shift at a later date. Rather than having to do so, it is far easier not to accumulate the excess weight in the first place.

## **Conclusion:**

Whichever way you look at it, going through the menopause is a tough time for every woman. You will need constant support but no one will be able to help you until you decide to help yourself. You have to take care of your own body, pamper it, and look after it like it has looked after you all this while.

You will have to take in all the required ingredients, minerals and vitamins to lead a happy life. This will not only make your body stronger and more powerful, but it will also help to keep your mind relaxed and happy as well. When you know that everything in life is going as planned and exactly the way you want it to, it will help your mind to take complete rest.

Getting through the menopause completely naturally is all about having the strength to fight back against the inevitable setbacks and occasional hardships that you will almost inevitably have to put up with from time to time. It is a time of your life when you are particularly susceptible to both physical and mental weakness, but by bolstering your diet and making sure that you adapt your lifestyle to one that emphasizes the strength and resilience, you will pull through.

Follow what you have read of in this book, seek out the herbs that you have read of an unknown life enhancing skills like yoga and medication, and if is anyone that this could be said of, getting through the menopause is going to be a breeze for you!