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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Guide To General Female Health

By Elizabeth Gilley

A number of novels and stories of the early 18th and 19th centuries often portray women as mad

and irrational beings, thus, espousing the creation of mad women literature. But, modern medicine dispels this "mad" attribute. By establishing that women's hormones are more sensitive and susceptible to change than that of men, more attention is given to female health. Menstruation, menopause, PMS, and perimenopause – these are all part and parcel of general health topics related to women. Aside from that similarity of being part of female health, these phenomena are due to one thing: hormonal changes. Hormones are fickle, they change with the slightest variation in diets or physical activity. Sometimes even emotional upheavals are enough to make women's hormones go haywire. Researchers on female health come up with studies on the relationship of female psycho-emotional well-being and their physical health. More often than not, hormones are the established links between this relationship.

Hormonal imbalances are the usual culprits for a number of health disorders in women. Although some of the symptoms are associated with other illnesses, their root remains to be unbalanced hormones. As varied as general health topics are, they range from physical manifestations to psychological and emotional troubles. Physical manifestations of hormonal imbalances include fatigue, weakness, weight gain, weight loss, digestive problems, hot flashes, and joint pain. Other symptoms are more pronounced and less insidious like hair loss and dry skin. Unfortunately, with the demands of career and family life, women often ignore these symptoms as merely due to excess work and overall tiredness. Some attempt to cure their symptoms with remedies and rest that do not work. Hormonal imbalances need medical attention and hormonal supplements to be treated properly. Otherwise, symptoms grow worse with heart palpitations, increased nausea, urinary dysfunction, breast pain, and vaginal dryness. Extreme cases even include changes in menstrual periods with the affected person either suffering from extended periods and bleeding or have total absence of periods.

If the symptoms and conditions above are bad enough, they are just the hormonal imbalances' physical aspect. Usually cropping up as manifestations of other psychological disorders, the psycho-emotional aspect of these imbalances are often disruptive. There are documented cases wherein afflicted persons confess of being unable to function at their normal level because of the symptoms. Some of the minor symptoms include cravings and mood swings. However, if the

symptoms do not receive treatment, they progress to worse conditions like lack of sexual desire, depression, insomnia, and unclear reasoning. It's no wonder that general health topics and concerns about women often include well-being exercises.

But, these imbalances are not permanent afflictions. With proper diet, exercise, supplements, and counseling, women are able to get their hormones back on track. However, early detection is a key factor in treating hormonal imbalances. It is therefore important not to dismiss the symptoms as just belonging to general health topics or issues. Hormonal imbalances are not just topics -- they are real, and they happen to more women everyday.

For more valuable information on General Health Topics, please visit

<http://www.healthlistings.com>

Female Sexual Health & Orgasms

By Dana Huston

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There has been increased interest in female sexual health in the past few years largely due to the development of effective treatments and orgasm boosters.

Physicians are now learning what happens with females during sexual excitement and orgasm.

With the knowledge of normal physiology during orgasm, physicians as well as therapists, can now help females with their sexual difficulties.

Sexual wellness for a woman translates simply to being able to have a satisfying sex life. Sex can only be truly satisfying if an orgasm is achieved and there is no discomfort during sex.

Many women go throughout life never experiencing the joy of an orgasm let alone multiple ones. Sometimes sex can be uncomfortable if not downright painful. There are multiple reasons for female sexual health problems like this that we'll examine.

Female Sexual Dysfunction & Female Sexual Health:

Psychological female sexual health dysfunction tends to be relatively common. Mental and emotional contributors, which include stress, changes in body image, relationship issues, and changes in sexual expectations all contribute to psychogenic Female Sexual Health problems.

There is no physical damage holding back a satisfying sex life.

Female sexual dysfunction brought about by the use of anti depression drugs, antihistamines and beta blockers to reduce blood pressure could be considered a subset of this female sexual health problem.

A Neurogenic female sexual health problem is a term used when female sexual dysfunction is associated with a neuropathy, which interferes with sensations between the brain and the sexual organs.

Organic causes of female sexual dysfunction, which is extremely common, are more complex and varied than that of men.

The female sexual health function is a complex interaction of hormonal events and psychosocial relationships. Apart from the emotional or psychological causes, atherosclerosis of the arteries still plays an important role as do physical changes which can include vaginal dryness or atrophy which in turn contributes to vaginal pain or irritation, fatigue, sleep disturbances, hot flashes, night sweats, and other general female sexual health concerns.

Some synthetic progestins commonly used for contraception have also been associated with a decrease in libido.

It's because of the complexity and the scope of the organic causes of female sexual health problems that drug companies haven't been successful in producing the female product equivalent to male 'Viagra'.

Female sexual health problems have to be studied using a natural approach from many different areas.

Recovering Your Sex Life & Eliminating Female Sexual Health Problems:

If you think that your female sexual health problem is psychological and you can't determine the root cause or just aren't sure how to deal with it, then you should seek professional help.

Talk with your physician or other female sexual health professional to find a good sex therapist in your area that could help you.

Other than unique devices such as vibrators that help to arouse you sexually, there are other products, although not very effective, that have been approved for use by women suffering from female sexual health problems.

These are for the most part suction devices designed to be placed over your clitoris to try to help force blood into the general area and to engorge the clitoris in readiness for

sexual activity.

Not exactly a very effective or sexually exciting thing to do.

Although trials are underway with drugs to help eliminate female sexual health problems, the current feedback is not promising.

This is understandable because although there are some similarities in women's sexuality as in men, such as the need for the clitoris (as with the penis) to become engorged with blood in order to reach orgasm.

One problem however is that this is just one function of the female sexual response. Nonetheless you can be sure that research will continue and there is no doubt that at some time an approved drug for female sexual health problems will be released.

Dana Huston is a woman's sexual health expert at Women's Health And Fitness. She is one of the top female sexual health experts. She's helped thousands of women over the past 10 years with their sexual health problems. Please visit <http://www.womens-health-fitness.com> to contact her.



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