

Common menopausal symptoms include hot flashes, night sweats and changes in menstruation, but there are many others.

This Free E-Book is brought to you by Natural-Aging.com.

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

Common menopausal symptoms include hot flashes, night sweats and changes in menstruation, but there are many others.

By Lynn Donn

Common menopausal symptoms include hot flashes, night sweats and changes in menstruation, but there are many others. by Lynn Donn

Common menopausal symptoms include hot flashes, night sweats and changes in menstruation, but there are many others.

The first thing to note about menopausal symptoms is that there is a surprisingly long list of them, and that no list is really comprehensive, because every woman experiences menopausal symptoms in an individual way. Hot flashes, night sweats, mood swings, a decline in libido and changes in the menstrual cycle are very common menopausal symptoms, but there are many others. Some very fortunate women experience these symptoms only mildly, or not at all, while for others the menopause phase can prove a very challenging stage in life. If you are experiencing hot flashes, night sweats, depression, mood swings or changes in your menstrual cycle, and you're a woman between the ages of about forty and sixty five, it's likely that these symptoms are signaling the onset of menopause, but see your doctor for an individual, professional diagnosis. Your doctor is also the best person to talk to about what you can expect in the years to come, and the treatment options which are available to you should you need them.

A brief list of common menopausal symptoms.

Hot flashes, sometimes called hot flushes, is a term used to describe a sudden sensation of warmth in the face, chest and neck, which may be accompanied by redness in the skin, a pounding heartbeat and sweating. This may last only a few minutes, or up to half an hour. A chill or cold sweat may follow. Night sweats are associated with waking in the night with an increased body temperature, often with bedding and nightclothes drenched in sweat.

Emotional and mental symptoms are also very common, and can be very distressing. These may include mood swings, depression, irritability, difficulties in concentrating, mental confusion and memory

on menopausal symptoms include hot flashes, night sweats and changes in menstruation, but there are many others.

problems.

A decline in libido is another very common menopause symptom. This may be exacerbated by vaginal dryness, and a thinning of the skin around the cervix, which can make intercourse uncomfortable.

Lynn Donn is the webmaster for <http://www.menopause-symptoms-perimenopause.com> Her website includes helpful articles on perimenopause and menopause symptoms including hot flashes and night sweats. Site offers suggestions on how to ease symptoms of menopause and perimenopause naturally using black cohosh, soy and natural progesterone cream etc.

Menopause.... Discover How To Control The Symptoms.

By Linda Johns

While menopause is a normal change in life that all women experience, the symptoms can be extremely bothersome. Some women are bombarded with these uncomfortable symptoms, and search out ways to help control them. Here we will discuss menopause and how to help control its symptoms.

Hot flashes are one of the most common symptoms of menopause. Hot flashes are also known as night sweats, but do not always occur at night. It is when your body becomes suddenly hot, so hot, that it radiates into the face and neck area. Very often the person suffering with the hot flash will sweat so profusely that the sweat will saturate her clothing. A hot flash is usually always followed by a chill, or cooling down period. To help control hot flashes effectively, a woman can add soy products or more fiber to her diet.

Vaginal dryness is another uncomfortable symptom of menopause. Research studies have shown that adding vitamin E supplements to their daily routines, many women have lessened, and even eliminated vaginal dryness all together. Vitamin E suppositories are available for menopausal women – these are inserted into the vagina. Vitamin E is also proven effective in aiding in the reduction, or even elimination, of hot flashes, as well.

There are numerous natural remedies to help in controlling many of the symptoms of menopause. Due to lack of hormones being produced in their bodies, many women will experience bouts of moodiness, and sometimes even depression. St. John's Wart, which can be purchased at many health food stores, can often help with this. By adding a St. John's Wart supplement to their daily routine, many women have reported being less irritable, less depressed, and even energized. Other supplements that can help with moodiness include kava kava and valerian.

Black cohosh is a very popular herb women use to help cut down on the symptoms of menopause. Black cohosh can help with hot flashes, cramps, and heavy menstrual bleeding. Research studies have also shown that black cohosh may even help prevent osteoporosis. Most research studies recommend you take black cohosh extract, and it may take two to four weeks before noticed results occur.

Like black cohosh, chasterberry (or vitex agnus castus) can help alleviate symptoms of menopause

Common menopausal symptoms include hot flashes, night sweats and changes in menstruation, but there are many others.

including hot flashes and vaginal dryness. In addition to these symptoms of menopause, chasterberry may also help with breast tenderness. Women have reported it taking up to four weeks to achieve noticeable results.

While the symptoms of menopause can be uncomfortable, bothersome, and irritating, there is hope. In addition to traditional hormone replacement therapy, many options are available to help lessen, or even eliminate the symptoms of menopause.

The author Linda Johns had the experience of breastfeeding her own children and is the wife of Allan Johns who has over twenty years experience in health and related industries and now devotes his time to sharing his knowledge with the millions of people interested in improving or learning more about better health. Don't miss Allan's information packed health site at:



This Free E-Book has been brought to you by Natural-Aging.com.

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