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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!

Early Menopause Symptoms – Are You Suffering From First Symptoms Of Menopause?

By Olinda Rola

Early menopause symptoms – every woman at some point in her thirties or forties will wonder if what she is experiencing is really the first symptoms of menopause. Menopause is defined as the cessation of menses or the end of menstrual cycles for a period of 12 months or more. Menopause is a natural process for a woman, not an illness. It is quite common for a woman's hormone balance to begin shifting in her early thirties to forties, resulting in early menopause symptoms. Why? There are several reasons why.

Women often demand much of their bodies. Stress exists in many forms for an active, involved woman today. Women have demanding and stressful careers. Women have family responsibilities. The relationship with the spouse or partner may not be the best. Aging parents can add to the burden. These and other responsibilities add up in the toll they take on the body, health and well-being of a woman.

And at the same time, the woman's body may not be getting the support it needs to function as it was designed. Obesity, lack of exercise, poor nutrition, excess caffeine and alcohol add to the problem instead of helping the body cope with what is demanded of it. This stressful lifestyle, coinciding with inadequate support given to the body, contributes to experiencing many of the early menopause symptoms.

Common first symptoms of menopause for women are:

- Irregular menstrual cycles
- Light or heavy menstrual flow
- Lumpy or tender breasts
- Fibroid tumors
- Endometriosis

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- Mood swings
- Water retention and bloating
- Sleep problems
- "Foggy, fuzzy" thinking and memory lapses
- Anxiety and depression
- Inability to handle stress

- PMS
- Hot flashes and night sweats
- Vaginal dryness
- Weight gain

Then there are the hormones, the menstrual cycle and hormone production in the body. In the normal menstrual cycle and a healthy woman, estrogen is the dominant hormone that is produced for the first 10–12 days following the previous menstrual flow. Ovulation then signals the female body to produce progesterone, which happens for the next 12 days or so. If there is no pregnancy, progesterone and estrogen levels will drop at around day 28, allowing menstruation to begin.

However, if there is no ovulation, progesterone will not be produced by the body that month. This event, called an anovulatory cycle, is a typical occurrence today for women in their thirties and forties – no ovulation, no progesterone. This leaves the woman with an excess of estrogen and a deficiency of the hormone progesterone.

Many women in their thirties and forties are actually having fewer ovulations which creates hormone imbalance, resulting in many of the early menopause symptoms. And once ovulation ceases at menopause, progesterone levels fall to virtually zero. At the same time, estrogen is still being produced, again leading to hormone imbalance and the resulting first symptoms of menopause. If a hysterectomy has happened, surgical menopause means the woman no longer produces progesterone.

Besides the problems created by missed ovulations or hysterectomy, excess estrogen is regularly obtained from other sources. Birth control pills, household chemicals and pesticides, certain foods that have been sprayed or given chemicals and many construction materials used in homes are all sources of estrogen which leads to excess in the body.

Doctors call this hormone imbalance condition of excess estrogen in the body "estrogen dominance". What are the symptoms of estrogen dominance? The symptoms include low sex drive, bloating and

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weight gain, headaches before the menstrual period, mood swings, irregular periods and excessive menstrual bleeding. If the amount of unbalanced estrogen in the female adult increases beyond what is desirable and healthy, you will definitely experience early menopause symptoms. On the other hand, when your hormones are balanced, you feel more alert, energetic and ready to take on the challenges of life.

How can a woman tell if the first symptoms of menopause being experienced are because of hormone imbalance? An easy and effective way is to take the online test provided by a leading womens health clinic for early menopause symptoms. It takes just a few minutes and the test is free. Find out more about your health, premenopause and menopause symptoms, what the symptoms are telling you and what to do about it based on your answers to important questions. Read more about hormone imbalance, estrogen dominance symptoms, side effects of a hysterectomy and physician–recommended natural treatments for eliminating the early menopause symptoms.

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<http://www.safemenopausesolutions.com>

– a website of physician–recommended natural treatments for

health problems. Visit the website and learn more about early menopause symptoms and ways for improving your health.

Why Worry About Menopause?

By Jeff Jefferson

As a woman who wants to know about the symptoms of menopause, it is important to have a deeper understanding of what menopause really is. This deeper understanding will give you more insight into what to expect as menopause starts.

There are many women who don't have all the true information about menopause, except some myths and none–fact information about menopause. Such information only ends up confusing you, instead of helping you.

Menopause is simply the permanent end to menstruation of women. The time that this occurs varies from women to women. In the United States, for example, most women start experiencing menopause from their late 40s. Many other women, start experiencing menopause in their early 50s.

While some women happily and patiently look forward to it, others get scared of it. For those who look forward to it, they could be tired of monthly menstruation and look forward to menopause knowing they would no longer menstruate. This is especially true for ladies who always have painful menstrual

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periods.

For those who get scared of it, they could still be expecting to bear children and so don't want menopause since it will signal an end to child bearing.

Whichever category you fall into, menopause signals the end of your ability as a lady to bear children. Menopause in most women is preceded by 10 to 15 years during which the ovaries gradually stop producing eggs and sex hormones. This period is also known as the climacteric period.

Instead of worrying stiff about when menopause will start and the symptoms, it's more important to start preparing your mind and body for it. If you need to bear children, start early before your late 40s and early 50s. This will ensure you get done with child bearing before menopause catches up with you.

Want to Discover 4 Menopause Secrets?

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