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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!

How To Go Through Menopause Without Stress

By Alicia Simpson

Are you confuse whether you already entering menopause or not? You feel not all the sign

appeared to you, except you suffering stress all the time. It's a fact that not knowing what to expect from menopause can cause you more stress than if you are well informed. However, if you arm yourself with the bodily facts about menopause, you will be in a more knowledgeable position to discuss with your physician any kind of medical treatment he or she may prescribe.

Despite the new openness concerning menopause, it can still be a shock when a woman realizes she has reached this time in her life because even during the best times of our lives, change bring on stress.

A woman in menopause faces physical changes and new emotional realities. Although Eastern and Western disciplines disagree in the interpretations of stress response and their prescriptions for how to deal with it, recognition has grown in both disciplines that body and mind are intertwined, working together - or against each other.

When you enter menopause, stress is likely to be a factor, simply because of the new layer of change that's being added to your life. It can be helpful to understand what we now know about response to stress before you think about ways to deal with it.

Here are 10 easy steps for distressing you when entering menopause:

1. Write a list of goals you'd like to achieve. Focus on doing a few really well, rather than a lot in a mediocre way. You can't add hours to the day, but you can cut down on activities.
2. Say no instead of yes. People agree to requests from others because they like to please them. Instead, realize that you have a right to say no. Creating plans or policies makes saying no easier. ("I'm sorry, I already have a financial planner." "I'm sorry, we already have a plan for giving to charities.")
3. Stop being a slave to communication tools. Do you really need an office phone, a home phone, a cellular phone, pager, fax, e-mail and internet ICQ technology?

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4. Stop spending time to save money. Instead, spend money to save time. Don't drive across town to save a few cents on a grocery item. It's not worth your time. Do hire someone to do chores you're not fond of.
5. Cancel subscriptions to magazines you never get around to reading. Only read one newspaper per day.
6. Cut back on television time. Only watch those shows you decide on beforehand. Circle them in the television-listing magazine. Then turn off the television when the program is over. Cancel extra cable television packages for channels you rarely watch. Go for broke. Give up watching television altogether.
7. Clean out your basement or your office. If you're not using something, get rid of it. Put an expiration date on items when you can't decide to keep them or not. Get rid of them when the expiration date arrives.
8. Quit organizations that aren't contributing to your advancement, your network or your fun.
9. Automate repetitive, clerical, mechanical tasks. For instance, set up automatic bill payments. Include your automatic savings plan as part of your monthly spending.
10. Make a plan for the weekend that doesn't involve work. Plan to spend more time with your family or with people who make positive contributions to your life. Stop spending time with people who are a drain on your energy or vitality.

Alicia Simpson is a mother and housewife who experience menopause.

Her new guide book: Menopause without Stress
and find more about her experience on menopause at

<http://www.menopauserelief101.info>

 and

<http://www.menopauseremedy101.info>

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.

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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 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?

<http://menopause–diet–and–relief.info>

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