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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 Manage Menopause Symptoms

By Beverly Raven

Menopause is defined as the ending of the menstrual cycle due to the advancement in age of the

species that experiences such cycles. Many people refer to the onset of menopause as "the change of life". Typically, the onset of menopause occurs when the ovaries cease to produce estrogen, which will eventually be the cause of the reproductive system shutting down. When this process begins to occur symptoms such as hot flashes, mood swings, depression and lack of mental focus are quite common. Additionally, women can experience a need to urinate frequently along with vaginal dryness and erratic menstrual cycles.

The duration of menopause typically lasts for about a year but can range anywhere from six months to as long as five years. Usually, menopause is simply something that occurs due to an advancement in age although it can also be brought about by procedures such as a hysterectomy or by the start of illnesses such as cancer.

The average age of women suffering from menopause is about fifty years old however, there are many cases of younger women experiencing menopause at younger ages. This is often defined as premature menopause and some instances premature menopause is brought about by disorders such as thyroid disease or diabetes. A very interesting fact concerning premature menopause is that many fraternal as well as identical twins suffer from menopause around the age of forty. Health care professionals have not yet totally discovered the reasons for this occurring. Women that are post-menopausal have an increased likelihood of developing osteoporosis and it is recommended by many doctors that they begin taking some type of calcium supplement.

The following are some extremely common symptoms of those that are suffering from the onset of menopause. Women can experience hot flashes, chills as well as night sweats and other disruptions in normal sleeping patterns. Vaginal itching, bleeding in addition to incontinence and the need to urinate frequently are also very common symptoms of menopause. Many women also experience mood swings, high irritability, decreased sexual desire and slight memory loss. Women over the age of fifty are warned against the dangers of osteoporosis once they have reached post menopause.

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There are several ways in which women that are experiencing menopause can find relief from the symptoms that they are experiencing.

Hormone Replacement Therapy (HRT) is a very common treatment for those suffering from menopause. However, this type of treatment raises some arguments from some health care professionals. Some in the medical field believe that HRT is not very effective and can cause more harm than good to women undergoing treatment as many have experienced side effects such as heart problems related to the treatments.

A change in the dietary habits of some women have shown to have produced a reduction in the symptoms commonly associated with the onset of both premature menopause and menopause. Adding a comfortable exercise routine to compliment the positive dietary changes has been able to produce even more beneficial results in the treatment of menopausal symptoms.

Some women that have been diagnosed as going through menopause have chosen to treat their

symptoms with herbal remedies such as black cohosh and red clover. Others have increased the amount of calcium that take to help ward off the effects that menopause can have on their bones.

The best possible way to be able to handle and treat either the onset of menopause or premature menopause is to become well educated on the subject. Ask your doctor all the questions that you can think of and never be afraid of asking a question you might think is silly. If you have friends or relatives that have gone through menopause talk to them about their experiences and the things that they did to treat their symptoms. The Internet is a plethora of information about both menopause and the treatments used for its symptoms. You may also be able to find online support groups if you find yourself needing some support in dealing with this change in life. Being well informed will help you be able to make the choices that are going to be the most beneficial to you whilst treating menopause.

Learn more about menopause remedies at

<http://MenoRemedies.com>

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<http://www.menoremedies.com>

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Menopause Hormone Bounce

By Sandra Lovelace

Women who are experiencing irregular periods, night sweats and all the other lovely symptoms that go along with menopause may feel they're doing a crazy dance called the menopause hormone bounce.

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Their moods may bounce up and down like a rubber ball due to the menopause hormone changes.

While some fluctuations in estrogen and progesterone hormone levels does occur during menopause and makes a woman feel as if they're bouncing, menopause hormone levels are truly decreasing. In the early or perimenopause stage as it's often called, the changes may be slight, then level off. This is likely to be followed by another drop in hormone levels. It's this dropping and leveling off, then dropping and leveling off that causes a woman to feel as if she's undergoing menopause hormone bouncing.

When seen this way, the ups and downs of menopause hormone levels is more understandable and explains why women often feel as if they're at the mercy of their hormones. They are. The constant decreasing and adjusting involved in menopause hormones is not something that can be controlled without the use of Hormone Replacement Therapy (HRT). HRT smoothes out the menopause hormone levels and keeps many of the more unpleasant menopause symptoms and conditions from wrecking havoc with a woman's life.

HRT is not for everyone, though. Only women who are experiencing extreme menopause hormone problems should opt for HRT treatment. Even then, HRT isn't recommended for long-term use. HRT is, however, necessary for women who have an induced menopause hormone condition due to surgery. Though HRT may be somewhat controversial, it is still one of the most reliable and effective treatments for menopause hormone problems and should be considered by any woman who is going through a dramatic menopause.

Women who have milder menopause hormone conditions may be helped by herbal remedies for menopause. Many herbs such as black cohosh, St. John's Wort and valerian have been found to offer relief for many menopause hormone problems. Before taking anything, a woman should see her doctor and have a good physical examination and make sure that any medicines or herbs are safe for her particular menopause hormone symptoms. Never take a label's word for it that it's safe. Get your doctor's advice first because the last thing you want to do is add to your menopause woes!

Sandra's blog can be found at

<http://www.menopauseblogonline.com>

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