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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 Survive Menopause

By David Sanders

Ever heard of hot flushes and mood swings? These are among the common symptoms of this medical condition commonly associated with women called menopause.

Menopause is actually a process which results to the stoppage of a woman's monthly period. Menopause, which is characterized by hormonal changes, begins between the ages of 40 and 50.

A woman who is undergoing the process of menopause experiences lots of hormonal changes which are manifested through various symptoms like hot flushes, irritability, erratic menstrual cycle and other symptoms. Women who are in the process of getting menopause may also experience insomnia, loss of sexual urge, forgetfulness, headaches, osteoporosis and even gain in weight.

The whole cycle of menopause merely prepares a woman for that time when she stops ovulating because her ovaries have stopped producing eggs for the process of ovulation. During this process, a woman's estrogen decreases while her progesterone is produced in minimal levels. The lack of progesterone results to a thinner uterus lining and a stoppage of the monthly menstrual cycle.

The symptoms of menopause can be quite unnerving for women particularly the changing moods and the hot flushes. However, there are ways to lessen the impact of these symptoms like estrogen replacement therapy for hot flushes. Most women however decline its use due to the risk of cyclical bleeding and getting cancer.

Menopause is not really something new because it naturally occurs in a woman's life. However, menopause is not experienced by women alone because there is also male menopause called andropause

Women who refuse to use synthetic hormone replacement can take other options depending on the specific symptoms they are experiencing. What is important is they live a healthy lifestyle by eating the right kind of food, getting regular exercise, and refraining from bad habits like smoking and drinking.

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There are menopausal women who opt for alternative or herbal medicines. However, it is safe to consult their doctors first before using these herbal medicines to make sure these are not harmful to them.

Most of the women who dread menopause are usually women who lack the basic information of what menopause is. Menopause is part of a woman's reproductive make up and no one can avoid it. Being in this stage does not mean they can no longer live the way they used to do. There are just changes that women have to live with and confront. Instead of dreading that day when menopause sets in, women should get to know more about menopause, its symptoms and how they can live healthier and more active lives after menopause.

The author is a regular contributor to Menopause and Life

<http://www.menopauseandlife.com>

where

more information about menopause is freely available.

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 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

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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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