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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!

Hysterectomy: Recovery After A Hysterectomy

By Olinda Rola

Hysterectomy recovery after a hysterectomy is a crucial time in a woman's life. Recovery after a hysterectomy means a woman needs some time to adjust, to heal and to complete her hysterectomy recovery process. Here are some tips for speeding up the recovery time:

1. Your first two weeks at home will likely be the most difficult, depending on what type of hysterectomy procedure you have had. Use this time to sleep, relax, read, and listen to your favorite music until your post hysterectomy is over. At the end of two weeks, you should be more able to begin moving around and slowly getting back to your normal activities.
2. Do not climb stairs or drive a car during this hysterectomy recovery period. This is the time to let family and friends help you.
3. Do not prepare your own meals for the first couple of weeks after a hysterectomy. Ask a friend or family member to do it for you or order your meals from sources that can deliver to you.
4. Have a thermometer at home to monitor your temperature. Call your doctor for advice if your temperature goes up.
5. Laugh as much as you can. Watch funny TV programs, rent some of your favorite funny movies or share fun stories with family and friends. Laughter provides a wonderful boost to the immune system during the hysterectomy recovery healing process.
6. Drink 8 glasses of filtered water each day to flush your system of toxins after a hysterectomy. Drinking pure clear water daily is a healthy habit to continue even once you are fully recovered.
7. Eat as healthy as you can during hysterectomy recovery since your body will need and use nutrients to help with healing. Include cold-water fish, turkey, chicken, organic bread, soups, salads, fruits and broths. If possible, make fresh vegetable juices daily which will provide nutrients that improve health and speed healing.

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8. Take the best vitamin/mineral/nutritional supplement you can find. A really good daily supplement contains much more than just vitamins and minerals. Providing your body with important nutritional supplements is a good idea before and after a hysterectomy to help fill in the dietary gaps that everyone will have.

9. Begin to exercise as soon as your doctor authorizes it. Exercise will definitely speed up your post hysterectomy recovery. Take it easy but begin moving. Take walks or use your treadmill when you are home.

10. Begin to learn about your hormones, hysterectomy recovery and hormone imbalance. Having a hysterectomy will interrupt your normal production of progesterone, estrogen and testosterone which can result in symptoms associated with hormone imbalance.

Women considering hysterectomy or having had the procedure should seek the help of physicians

trained in the use of natural bio-identical hormones. Bio-identical hormones are hormones that are identical to what the body makes and what normally would exist in the body. Synthetic drugs such as Premarin, Provera and Prempro are not natural nor the same as the body makes, and these kinds of synthetic drugs have numerous side effects.

There is a hormone health test provided by a leading women's health clinic that you can take online. The test takes just a few minutes and is free. The women's clinic has helped tens of thousands of women safely deal with hormone imbalance and related health issues. Learn as much as you can about hormone imbalance, hysterectomy recovery and physician-recommended natural alternatives for hormone replacement therapy.

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Take the women's clinic hormone health test online at

<http://www.safemenopausesolutions.com/womens-health-clinic.html>

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<http://www.safemenopausesolutions.com>

– a website of

natural health articles and information.

Are There Any Side Effects Of A Hysterectomy?

By Olinda Rola

It's a logical and frequently asked question – are there any hysterectomy side effects?

Absolutely!

Hysterectomy is defined as the surgical removal of the vital organ called the uterus. Most hysterectomies are performed on women between the ages of 20 and 49. In the United States, the rate of hysterectomy is higher among African–American women and is higher in the Southern states. There are 600,000 hysterectomies performed in the United States every year.

There are two types of hysterectomy, the partial hysterectomy and the total hysterectomy. In a partial hysterectomy, only the uterus is removed and the ovaries are left in place. In most cases, because the circulation of blood to the ovaries is diminished, the ovarian function will cease all together, although it's unknown why this happens. In a total hysterectomy or "surgical menopause", the uterus, fallopian tubes and ovaries are removed which results in the interruption of the ovarian hormone production (the term for the removal of the ovaries is called "oophorectomy" or "ovariectomy").

After the surgical procedure called hysterectomy, since hormone production has been altered, a woman may experience one or more of the following side effects:

- Anxiety
- Depression, mood swings
- Dizziness and nervousness
- Fatigue
- Hair loss
- Headaches
- Heart palpitations
- Insomnia
- Irritability
- Joint pain
- Low sex drive, painful sexual intercourse
- Memory lapses
- Unexplained weight gain
- Urinary incontinence
- Vaginal dryness

Women who have had a hysterectomy are at increased risk for developing heart disease, arthritis and osteoporosis.

There ARE conditions for which hysterectomy is advisable or medically necessary, especially if malignant cancer is involved. The presence of malignant ovarian, uterine, or cervical cancer, uncontrollable bleeding, severe endometriosis (adenomyosis) and complex hyperplasia would justify the hysterectomy procedure.

However, a large percentage of hysterectomies are performed and used to remove fibroids and to treat

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endometriosis and other conditions that are related to hormone imbalance. Hysterectomy in these cases is often unnecessary, but women may be unaware that there are effective alternative and less radical treatments. And women are frequently mistakenly afraid of developing cancer if a hysterectomy is not performed and may decide to have the procedure, according to a study as reported by the Reuters News Agency.

When a woman undergoes a hysterectomy, she goes into surgically induced menopause that results in the condition called "hormone imbalance", even if the ovaries are left intact. Even with the ovaries not removed, the blood supply to the ovaries lessens after the surgery and the ovaries usually cease functioning within 1–3 years.

The body needs hormones to function normally - and for a woman, progesterone, testosterone and estrogen are vital. How and when does a woman's body produce progesterone? It's produced in the regular menstrual cycle when ovulation occurs. No ovulation, no progesterone!

After a hysterectomy, women will experience a deficiency of two critical hormones - progesterone and testosterone. If only the uterus is removed in a partial hysterectomy, progesterone levels will fall dramatically in one to two months and estrogen levels will decrease in one or two years. Progesterone deficiency is related to numerous side effects including the side effects of a hysterectomy listed above. Progesterone deficiency is related to increased risk of developing certain kinds of cancer, including endometrial cancer. Testosterone deficiency in women causes low sex drive, low energy levels, thyroid deficiency and depression, for which there is no clear medical explanation.

Women who enter menopause as a result of hysterectomy should monitor their estrogen (estradiol), progesterone and testosterone levels – and natural estrogen alone should not be taken without natural progesterone. Hormone levels are easily and accurately measured with the saliva test, which will indicate the levels of the critical hormones in the body. Since a hysterectomy creates a deficiency of vital hormones in the woman's body, hormone replacement therapy should be considered. However, using synthetic hormones comes with additional risks and side effects.

Instead, women considering hysterectomy or already having had the procedure should seek the help of physicians trained in the use of natural bio-identical hormones. Bio-identical hormones are hormones that are identical to what the body makes and what normally would exist in the body. Synthetic drugs such as Premarin, Provera and Prempro are not natural nor the same as the body makes, and these kinds of synthetic drugs have numerous side effects. Naturopathic physicians, alternative medicine and holistic physicians are educated and trained in both conventional medicine and the use of bio-identical hormones, including bio-identical hormone replacement therapy.

Hysterectomy is a permanent, irreversible surgery that will result in unwanted side effects. Unless malignant cancer or other life-threatening condition exists, instead of hysterectomy, consider natural bio-identical hormone replacement therapy to treat fibroids, endometriosis and other conditions related to hormone imbalance. And if you or someone you know has had a hysterectomy, visit

<http://www.safemenopausesolutions.com>

to learn more about what to expect after a hysterectomy and

to find physician–based recommendations for improving health.

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Olinda Rola is the webmaster of

<http://www.safemenopausesolutions.com>

– a website of

physician–recommended natural solutions for a variety of health problems. Visit the website and learn

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