

Is Menopause a 4 Letter Word?

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**Is Menopause a 4 Letter Word?**

**By Aaron Potts**

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First of all, let's define Menopause. Then we'll take a look at some natural ways to make this one of the best times in your life!

Defined, Menopause means "the cessation of menses", or in common terms, when a woman stops having her menstrual cycles. Most women enter this stage of their life between the ages of 40 and 58.

Perimenopause is the period directly preceding premenopause and is the transitional time between normal menstrual periods, and no periods at all. The time range of perimenopause can be anywhere from 5 to 15 years, during which estrogen and progesterone production by the ovaries starts to fluctuate, causing many menopausal symptoms.

Premenopause is the period directly preceding menopause, and some women begin to experience menopausal symptoms such as PMS, but most women still have regular menstrual cycles during this time.

As the progesterone production of the ovaries fluctuates and eventually bottoms out as ovulation stops completely, your body can easily slip into a state known as "estrogen dominance", which causes many unpleasant side effects. These include, but are not limited to:

- Fibroid tumors
- Tender breasts
- PMS
- Sudden weight gain

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- Fatigue
- Irritability
- Depression
- Foggy thinking
- Memory loss
- Migraine headaches
- Irregular timing and flow of menstrual cycles
  
- Bleeding in between periods
- Cold hands and feet
  
- Hot flashes

In addition to your body's natural tendency to slip into "estrogen dominance", men and women alike can be exposed to excessive amounts of estrogen as a result of toxins in our environment such as pesticides, plastics, industrial waste products, car exhaust, meat, soaps, and many other things that we encounter in our day to day life.

Females can slip further into an estrogen dominated state as the result of being overweight. Fat cells produce estrogen, so the more overweight you are, the more excess estrogen there will be in your body.

In addition, even if your estrogen levels are normal, if your progesterone levels are below normal, you are still subject to the many acute and chronic conditions that are a result of estrogen dominance, including: breast and uterine cancer, acceleration of the aging process, increased risk of stroke and heart disease, allergy symptoms, depression, anxiety, weight gain (particularly in the abdominal region, hips, and thighs), fatigue, hair loss, osteoporosis, uterine fibroids, and more.

Also, as a woman travels through the menopausal time in her life, her body's ability to absorb nutrients diminishes, although her need for those nutrients increases.

Fortunately, it is possible to utilize a progesterone supplement to alleviate or eliminate many of the acute and chronic conditions associated with the menopausal years. Remember, it is the balance of estrogen and progesterone that your body needs in order to ensure a quality of life free from the many unpleasant and even fatal side effects of estrogen dominance.

As you now know, menopause can be a particularly unpleasant and even dangerous time for a woman. However, through a quality nutrition program, the use of an all-natural progesterone product, and a

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high quality vitamin and mineral supplementation program, a woman can take control of her menopausal years and look forward to the next healthy and fulfilling stage of her life!

Aaron Potts and his wife Amy are Certified Success Group Leaders specializing in the Tahiti Trim Plan 40 program, a weight and lifestyle management system specifically formulated for women close to and over 40 years of age. To learn more about the TTP40 program, visit their website at

<http://www.tni.com/aaronandamy>

to receive a free detailed report about how YOU can take control of

menopause – naturally!

### **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. 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

