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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!

Menopause - Not A Pause In Your Life

By Sharon Hopkins

Menopause can be stated as the last menstrual cycle in a woman's life. It is part and parcel of your

life similar to many other things. These symptoms begin long before your menstruation cycle completely stops. The symptoms of menopause can last for months or even years. If there are no periods in 12 successive months, it means you have reached menopause. It is a natural process which is related to hormonal, physical and psychosocial changes in your life.

· Causes of Menopause

Due to lack of estrogen and progesterone women have to go through this phase of life. During early stages of your life, these hormones determined the monthly cycles of ovulation and menstruation. With the passing years our body produces less amount of progesterone leaving the eggs from the ovaries unfertilized. Sooner or later the menstrual cycle ends and so does your chances of becoming pregnant. Menopause does not mean that you are sexually inactive.

Symptoms of Menopause

- Irregular Periods · Gain weight · Hot Flashes · Sleep disorder /Insomnia · Mood Swings · Irritation
- Memory lapse · Headache · Vaginal or bladder infection · Abnormal hair growth

Once you are in your late forties and early fifties, every woman dreads the beginning of the new chapter, known as menopause. This problem can be dealt head-on by being in control of the situation. Half of your problem is solved if you are mentally strong. Many a times these symptoms just boil down to stress and irritation. During such times being idle would make things worse, so find an activity to keep oneself occupied. Join or form a support group which helps you to deal with this problem.

Home Remedies For Symptoms of Menopause

- Drink a glass of water at the first sign of hot flashes.

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- Keep yourself fit by walking, jogging, bicycling, dancing, and swimming. This helps immensely to provide relief from the symptoms of menopause.
- Avoid hot and spicy foods.
- Keep away from alcohol and caffeine which can trigger hot flashes.
- Try to relax by adopting breathing techniques to soothe and calm your body.
- Wear comfortable clothes which are made of natural fibers like cotton or wool.
- Keep wet towel napkins handy as it may be useful during one of the hot flashes episode.
- Drink plenty of water and other fluids like juices to maintain the body temperature.
- A balanced diet is very important to get you past this problem. Have calcium and vitamin E rich diet such as milk and milk products, ragi, fish and wheat germ.
- Beetroot juice is very useful to evading menopausal problems.

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins has been managing number of natural home remedies websites, such as

<http://www.home-remedies-for-you.com>

, which provides information on different uses of the home

remedies and natural cures. By following some simple steps we can make this change in our life gradual.

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

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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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