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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 Help For Menopause Signs Symptoms

By Olinda Rola

Menopause help is possible for menopause signs symptoms when you understand the main underlying causes for symptoms of menopause. Menopause help IS available online since millions of women experience menopause signs symptoms each year.

First, here are the most common symptoms of menopause:

· Anxiety and depression · Endometriosis · Fibroid tumors · Foggy, fuzzy thinking and memory lapses · Hot flashes and night sweats · Inability to handle stress · Irregular menstrual cycles · Light or heavy menstrual flow · Lumpy or tender breasts · Mood swings · PMS · Sleep problems · Vaginal dryness · Water retention and bloating · Weight gain

To obtain menopause help for menopause signs symptoms, understand female hormones, the menstrual cycle and how hormone imbalance happens. In a healthy menstruating woman, estrogen is the main hormone produced for the first 10–12 days following the previous menstrual flow. Ovulation then signals the female body to produce progesterone, which occurs for the next 12 or so days. Progesterone and estrogen levels will drop at around day 28 if there's no pregnancy, and menstruation begins.

However, if there is no ovulation, progesterone cannot be produced that month. This is called an 'anovulatory cycle' and is a typical occurrence today for women in their 30's and 40's. Without ovulation and progesterone production, the woman then has an excess of estrogen, a deficiency of progesterone and definitely needs menopause help.

And once ovulation no longer happens at menopause and after, progesterone levels fall to virtually zero. At the same time, estrogen is still being produced, leading to hormone imbalance, menopause signs symptoms and the need for menopause help. If the woman has had a hysterectomy, surgical menopause means the woman no longer produces progesterone. Besides the problems created by missed ovulations or hysterectomy, excess estrogen is also obtained from other sources such as birth control pills, household chemicals and pesticides, foods that have been sprayed and construction materials used in homes.

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Physicians refer to the hormone imbalance condition of excess estrogen in the body as "estrogen dominance". Symptoms of estrogen dominance include low sex drive, bloating and weight gain, headaches, mood swings, irregular periods and excessive menstrual bleeding. If unopposed estrogen in the female adult increases beyond what is desirable and healthy, you will definitely experience menopause signs symptoms. On the other hand, when your hormones are balanced, you will no longer need menopause help since you feel alert, energetic and ready to take on the challenges of everyday life. How can a woman tell if the menopause signs symptoms being experienced are because of hormone imbalance? An easy way is to take the online test provided by a leading womens health clinic for menopause signs symptoms. It takes just a few minutes and is free. Learn more about your health, premenopause and menopause symptoms, what the symptoms are telling you and what to do about it based on your answers to important questions. Read more about menopause help, hormone imbalance and physician–recommended natural treatments for eliminating menopause signs symptoms.

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Read more about menopause help and take the hormone health test at

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

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Signs And Symptoms Of Menopause

By Jodie Philips

There are many signs and symptoms of menopause, which occur when a woman stops menstruating. The gradual menopause transition is due to fluctuating levels of female hormones progesterone and estrogen. Menopause normally occurs in the age range of 48–55 years. Such signs and symptoms of menopause occur still earlier in women who have never been pregnant and who smoke regularly.

Common Signs and Symptoms of Menopause

Absence of menstrual periods for a full year is a sure indication of the onset of menopause. Hot flashes and mood swings are among the most common signs and symptoms of menopause experienced by more than eighty percent of women. Hot flashes are a sudden warm feeling in either your neck and

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face or your whole body.

Hot flashes normally with sweating and cold shivering could form red blotches on your arms, back, and chest. Hormonal changes disrupt your body's natural ability to regulate body temperature. You experience this common sign and symptom of menopause in the middle of the night, disturbing your sleep. Mostly hot flashes last from thirty seconds to five minutes.

Other common signs and symptoms of menopause include depression, mood swings, and memory loss. You gain weight around the waist and experience loss of stretchiness in the skin. Lower estrogen levels leads to brittle bones, which lose their calcium contents and become weak causing osteoporosis. Fall in estrogen levels also increase risks of heart diseases. Not all women experience all signs and symptoms of menopause.

Irregular periods are among the most general signs and symptoms of menopause. Some women experience heavy bleeding for more than ten days with periods occurring within three weeks. Vaginal and bladder problems are few other signs and symptoms of menopause. Vaginal infections are also common, sometimes leading to problems in the urinary tract like incontinence, burning sensation or pain when urinating.

Lower libido is another common sign and symptom of menopause. Genital body tissue becomes drier and thinner causing pain during sexual intercourse. Vaginal discomfort often causes lower sexual arousal. Restlessness, anxiety, panic, depression are all different signs and symptoms of menopause, often a fallout of lack of sufficient rest due to disturbed sleep and higher stress levels.

Other signs and symptoms of menopause include fatigue and sleep problems, buzzing in the ear, etc. You are unable to sleep again after waking up in the middle of the night. This causes fatigue. You also experience stiffness in joints and muscle pain. Thinning of hair and increased facial hair due to higher levels of testosterone are other signs and symptoms of menopause.

It is however, not necessary for all women to experience all such signs and symptoms of menopause. Some women may not experience most of them while some others could experience all of them. All signs and symptoms of menopause depend largely on fluctuation of your hormone levels and your individual body capability to bear such hormonal fluctuations.

odie Phillips is the owner of several Women's Health–related websites at

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and she shares her knowledge and research on Women's Health in a series of articles.



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