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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 Relief**

**By Cathy Taylor**

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Menopause relief is possible through self care. Western doctors treat women in menopause like they have a disease. In truth, menopause is a transitional imbalance, a change that can be comforted with some study and experimentation.

Peri-menopausal woman report experiencing symptoms including hot flashes, anger, urinary tract infections, irritability, hyperacidity, skin breakouts (acne), rashes, low sex drive, mood swings, and more. If the sole cause of menopause is a loss of hormones, as is commonly believed in the west, then why do some women experience no symptoms at all during menopause while others can no relief from menopause?

In the Ayurvedic tradition (medical practice of India), doctors report that if a woman reaching this stage already has an imbalance often caused by a diet of fast food, or eating foods with chemicals and preservatives causing an accumulation of digestive impurities, or if stress is a daily experience, she is likely to report more symptoms at this stage in life.

What are some of the things a woman can do to treat her most prevalent and disturbing symptoms?

Diet is a good place to start. If you have hot flashes and mood swings, avoid spicy foods such as chili, cayenne and black mustard seed, vinegar, salty and sour foods. Instead, go for bitter, astringent and sweet foods including vegetables, rice, milk, wheat and pasta, fruit (especially pears and plums), and spices such as cinnamon, coriander, cardamom, fennel and cumin seed.

If you are experiencing symptoms such as memory loss or vaginal dryness, eat cooked, warm foods that are low in fat. Include sweet, sour and salty with a breakfast of cooked apples, prunes and figs to cleanse the digestive system. Under all circumstances, avoid packaged, processed, frozen, and canned foods including leftovers.

Do eat organic when possible and foods that are cooked fresh on a daily basis. The bulk of your diet should be whole grains, fresh fruit, vegetables and legumes.

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Don't eat meat, cheese, yogurt and frozen deserts. Don't skip meals and eat your main meal at noon, and if possible, try to take your meals at the same time each day so your body can count on the consistency.

Asians consume up to 6 servings of soy foods a day, and as a result, they report a significantly lower rate of menopausal discomfort. There are currently plenty of soy products on the market, but to consume the equivalent of 6 cups of soymilk (and its supplement called isoflavones) is difficult and some women find the taste of soy to be "chalky" and somewhat unpleasant. There is, however, a source where you can select The #1 Doctor-Recommended Soy Protein Supplement for Menopause Relief

Other things you can do to get menopause relief from its uncomfortable symptoms include mild, consistent exercise as well as other information for menopause relief on this page.

Do you have a personal menopause and/or andropause story that you could share to help others? If yes, please click here to send us your story.

Cathy Taylor is a marketing consultant with over 25 years experience. She specializes in internet marketing, strategy and plan development, as well as management of communications and public relations programs for small business sectors. She can be reached at Creative Communications: creative---com@cox.net or by visiting [www.internet-marketing-small-business.com](http://www.internet-marketing-small-business.com)

### **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.

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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

.



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