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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 Symptoms - How Do They Appear?

By Jeanette Pollock

Basically, menopause symptoms start to appear when there is an intermittent and erratic changing

of your hormone production. The transition of menopause starts at this stage where your ovary fails to secrete enough hormones causing your estrogen to likewise fail gradually. Menopause symptoms, their kinds and levels, may vary on each woman. Some may interact with the symptoms a little difficult than other women, while others may feel less intensity with the problem.

What are these menopause symptoms and how to cope with them?

Psychological menopause symptoms - when a woman undergoes menopause transition, different kinds and levels of depression is more likely to envelop her. However, some studies showed that these depressions are not only the cause of the menopausal transition itself but also other factors such as household circumstances and the lack of sleep. The following are the most typical psychological dilemmas that women go through:

- Difficulty in concentrating · Irritability · Forgetfulness · Mood swings · Overreaction to minor details
- Anxieties; and others

You can alleviate the severity of these emotional difficulties if you will exercise regularly. Through physical exercises, you can preserve your bone strength and maintain your hormonal balance. Also, talking with other women who are undergoing such process may be a big help to deal with the problem a lot easier.

Vasomotor menopause symptoms - the most common is hot flashes, wherein you may experience them even few years before you stop menstruating. They are the result of the changing temperature control of your body. They would continue for a little more years, after your menopause. Hot flashes usually occur at nighttimes, where you may feel sudden waves of heat all over your body, more particularly on your face and chest.

Other problems that accompany hot flashes:

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· Palpitations · Perspiration · Chilling or sweating · Headaches

There are alternative treatments that you can take to control hot flashes. Some of these are:

– Herbal treatment – Taking vitamins and natural supplements – And some medical treatments prescribed by the doctor

By following these simple tips, you can minimize the discomforting effects of hot flashes:

– Avoid too much stress – Minimize caffeine, spicy foods, and alcoholic beverage intake
– Drink cold water when you start experiencing signs of hot flash – Wear comfortable clothes – And when the hot flash starts, splash cold water on your wrists and face.

Sexual problems - your intercourse activities will be affected as vaginal dryness is already appearing as another menopause symptom. This is the result of the decreased estrogen level. You can try to apply some stimulants so to reach orgasm. You can also have vaginal lubricants for a less painful intercourse.

Urinary problems - estrogen loss has been discovered to play a role in the urinary problems of women undergoing menopause process. Because of the loss, tissues found on the urinary tract also undergo changes, leaving these women to encounter difficulties with their urinary activities. The following are the typical problems that these women may find themselves with:

· Urine leaks (may occur even from your small movements such as laughing and coughing) · Vaginal dryness, and vaginal discharge, itching and burning. · Urine infection · Frequent passing of urine (daytime and nighttime)

You can have a regular exercise to combat the severity of these urinary problems. Also, exercise bladder training can be a simple yet effective treatment to lessen the amount of discomfort that urinary problems are giving you.

Sleep/Insomnia problems - these are usually the result of the hot flashes occurrences. You may experience tossing and turning at nights leaving you awake all night and tiredness during the days. Seek medical help from the doctors so they can prescribe proper treatment from this problem.

Jeanette Pollock is a freelance author and website owner of

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Jeanette's site to learn more about menopause symptoms.

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 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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