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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, Diet, Exercises, Weight Gain: Tips to Sail through Menopause with Ease!**

**By Jasdeep**

Menopause literally means the last menstrual period. It generally occurs in mid-life, that is around the age of 40. It is characterized by hormonal changes. Menstrual cycle stops and so does the production of some hormones like estrogen. Menopausal women often experiences weight gain along with weakening of bones.

Post menopause, women have have higher risk of osteoporosis and cardiovascular diseases because of the inherent hormonal changes. Hot flushes with sudden bouts of sweating are commonly felt by women. Other Symptoms being failing eyesight, hair loss, weak bones, dry skin and erratic sleep patterns. The key to staying youthful and active even after menopause is to follow regular exercise routine and a nutritious diet.

Regular Exercise Routine :

Going in for an exercise program which addresses the entire body is always beneficial. Even exercises like walking, swimming, jogging, dancing are useful. To get a complete cardio workout, involve yourself in some aerobic exercise. You can also hit a gym for some weight training which will increase your strength. Training with dumbbells at home, but under guidance, can serve the purpose for you. It is important to stretch and relax too. Relaxation helps you overcome depression related to menopause. Exercise will also combat weight gain which a women generally experiences during menopause. Yoga is the most effective way to work out. it not only keeps your body active but also keeps your mind stress-free.

Balanced Diet:

Other important issue to handle the most difficult stage for women is to eat a balanced diet with little add-ons. Diet should be particularly high in Calcium and Phytoestrogens. Phytoestrogens are naturally occurring compounds, similar to estrogens, found in plants. Phytoestrogens can be easily found in soya and tofu. Diet high in phytoestrogens reduces the hot flush by 40%. This is the reason why

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Japanese women face less severe menopausal symptoms than their western counterparts.

Recommended amount: 10–15g of tofu or 2 cups of soya milk. Dairy products, which are high in Calcium, also reduces bone loss to great extent. Recommended amount: 1000gm. Since Vitamin D promotes the consumption of calcium, it is essential to provide enough amount of vitamin D to body. Normal exposure to sun should provide the body with right amount of vitamin D.

--> Learn more about balanced diet here at

Since" target="\_blank">[http://www.weightloss-health.com/balanced\\_diet.htm](http://www.weightloss-health.com/balanced_diet.htm)

Since

drop in estrogen can lead to weight gain, it is wise to undertake some weight loss program to

avoid complexities later in life such as diabetes, joint pains, heart-related diseases.

It is also believed that some vitamins are beneficial, specially during perimenopause. For eg Vitamin E relieves hot flushes, Vitamin B2 alleviates perimenopausal headaches, Vitamin B6 and Vitamin B12 help fight depression.

Tip: If you find having sex uncomfortable due to thinning and drying of vaginal lining, use a water based lubricant.

Jasdeep: for

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To learn how to combat menopause weight gain and a chance to go through other informative articles targetting various health issues at

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### **How To Survive Menopause**

**By David Sanders**

Ever heard of hot flushes and mood swings? These are among the common symptoms of this medical

condition commonly associated with women called menopause.

Menopause is actually a process which results to the stoppage of a woman's monthly period. Menopause, which is characterized by hormonal changes, begins between the ages of 40 and 50.

A woman who is undergoing the process of menopause experiences lots of hormonal changes which are manifested through various symptoms like hot flushes, irritability, erratic menstrual cycle and other symptoms. Women who are in the process of getting menopause may also experience insomnia, loss of sexual urge, forgetfulness, headaches, osteoporosis and even gain in weight.

The whole cycle of menopause merely prepares a woman for that time when she stops ovulating because her ovaries have stopped producing eggs for the process of ovulation. During this process, a woman's estrogen decreases while her progesterone is produced in minimal levels. The lack of progesterone results to a thinner uterus lining and a stoppage of the monthly menstrual cycle.

The symptoms of menopause can be quite unnerving for women particularly the changing moods and the hot flushes. However, there are ways to lessen the impact of these symptoms like estrogen replacement therapy for hot flushes. Most women however decline its use due to the risk of cyclical bleeding and getting cancer.

Menopause is not really something new because it naturally occurs in a woman's life. However, menopause is not experienced by women alone because there is also male menopause called andropause

Women who refuse to use synthetic hormone replacement can take other options depending on the specific symptoms they are experiencing. What is important is they live a healthy lifestyle by eating the right kind of food, getting regular exercise, and refraining from bad habits like smoking and drinking.

There are menopausal women who opt for alternative or herbal medicines. However, it is safe to consult their doctors first before using these herbal medicines to make sure these are not harmful to them.

Most of the women who dread menopause are usually women who lack the basic information of what menopause is. Menopause is part of a woman's reproductive make up and no one can avoid it. Being in this stage does not mean they can no longer live the way they used to do. There are just changes that women have to live with and confront. Instead of dreading that day when menopause sets in, women should get to know more about menopause, its symptoms and how they can live healthier and more active lives after menopause.

The author is a regular contributor to Menopause and Life

<http://www.menopauseandlife.com>

where

more information about menopause is freely available.



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