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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!

Natural Approaches to Menopause

By Judy Nolan

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This past July, a report raised serious new concerns for the six million women taking combination hormone replacement therapy.

In the latest and statistically most valid study of this subject ever done, it was found that the combination of ESTROGEN AND PROGESTIN taken for MANY YEARS, not only FAIL TO DECREASE THE INCIDENCE OF VASCULAR DISEASE, BUT ALSO INCREASES THE RISK OF HEART ATTACKS, STROKES, BREAST CANCER, AND CLOTTING DISORDERS.

In addition, other recent research has found a possible link between ESTROGEN replacement and OVARIAN CANCER. Although these risks are not considered to be high, they are REAL-REAL ENOUGH FOR THE INVESTIGATORS TO HAVE STOPPED THE STUDIES IN MID-COURSE. The DOWNSIDE of HRT OUTWEIGHTED THE BENEFITS.

So what's a Menopausal Woman to do? Read on to learn about HEALTHY and NATURAL ways to approach Menopause.

The ancient Greeks referred to Menopause as the "Climateric" or "Change of Life", and regarded it as a step in the ladder of life. It was considered to be an important step in the maturation of a woman.

In Traditional Cultures, even those of today, there is little or no evidence of the negative symptoms "Modern" people associate with menopause.

In large measure, because the "Traditional" (or what some people would call Primitive) human diet is low in fat and animal proteins.

In a healthy person, the body adjusts for the ovarian reduction in estrogen by signaling other glands, (especially the Adrenal glands), to produce more estrogen, preventing the complete loss of the female hormone. However, if the ADRENAL GLANDS ARE WEAKENED BY A LIFETIME OF POOR DIET AND BAD HEALTH HABITS, THEY PROBABLY CANNOT AND WILL NOT MEET THE NEEDS OF THE BODY WHEN MENOPAUSE BEGANS.

Menopause usually occurs between the ages of 45 and 55, when the ovaries stop producing eggs. The woman also undergoes a number of hormonal changes, including a reduction in estrogen production, an increase in pituitary hormone, and higher levels of male hormones.

With the reduction in estrogen production, also comes an increase in bone loss, a lowering of HDL, (the Good cholesterol), and an increase in cholesterol. This can result in Atherosclerosis, Coronary Heart

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Disease, and Stroke.

Other changes can occur as well, such as: poor memory, poor concentration, moodiness, anxiety, loss of sex drive, hot flashes, night sweats, and/or vaginal dryness. These changes also increase the likelihood of bladder and vaginal infections.

Traditionalists believe that one of the best approaches to menopause is in the diet. Eating foods rich in phytoestrogens, which are plant-produced, promote bone health and prevent cancer. A low-fat, high fiber diet will help the body to adjust more easily to changing hormonal levels.

Such foods are: Whole Grains, Fresh Vegetables, Beans, Seaweed, Miso, Tofu, Seeds and Nuts, (especially Sunflower Seeds).

According to Chinese Medicine, the symptoms of menopause imply a deficiency of YIN fluids, particularly those fluids that calm and relax the liver. A helpful dietary approach then, is to add foods that build the YIN.

These foods are: Wheat Germ, Mung Beans and Sprouts, Tofu, String Beans, Black Beans, Kidney Beans, Barley, Black Sesame Seeds, and Royal Jelly (from bees).

Foods that contain phytoestrogens help prevent hot flashes and night sweats, as well as some of the psychological changes, (anxiety, moodiness, etc.).

Some of these are: Tofu and other soy products, Yams, Carrots, Apples, and Potatoes.

Foods rich in calcium help prevent osteoporosis.

Some of these foods are: Sesame Seeds, Almonds, Low-fat Yogurt, Dark Leafy Greens, (such as Kale, Collards, Broccoli), and Sardines.

Foods and Other Things that would be WISE to AVOID:

Animal Foods, Fatty Foods and Fried Foods,
Sugar and Refined Foods (these contribute to mood swings),
Caffeine (can cause hot flashes),
Alcohol (can cause hot flashes),
and use of Tobacco, (we all know by now the dangers of Tobacco).

HERBS TO TREAT MENOPAUSE:

"Chaste Berry": stimulates the production of progesterone and helps balance hormones (And/or) "Black Cohosh" which has similar properties, and acts in much the same manner as Chaste Berry. Please go to my "Herb of the Month" page to learn more about "Black Cohosh".

"Don Quai": (also known as "Angelica"): stimulates estrogen production and helps balance hormonal levels in young as well as older women. It also boosts energy levels and increases all-over well-being.

"Motherwort": (a member of the Mint family): relieves heart palpitations, reduces pain, but in some people can cause drowsiness, combined with "Sage", will help relieve hot flashes

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"Siberian Ginseng":helps strengthen Adrenal Glands,as well as strengthens over–all immune system,and boosts energy levels.BUT IF YOU HAVE A HEART PROBLEM OF ANY KIND,YOU SHOULD NOT TAKE GINSENG.

"Borage":helps strengthen Adrenal glands

"Licorice":strengthens Adrenal glands(IF YOU HAVE HIGH BLOOD PRESSURE,OR A HEART CONDITION,DO NOT USE LICORICE)

"Primrose Oil" or Caps:Helps your skin stay supple and soft,helps ease hotflashes and night–sweats,strenghtens heart,

"Vit.E" and "Flax Seed Oil" does much the same as "Primrose".

HERBS TO TREAT TENSION, MOODINESS, AND ANXIETY

"Wild Oats" or "Oatstraw" (good over–all immune booster,increases energy levels,fights anxiety,eases depression)

"Skullcap"(this can cause drowsiness)

"Valerian"(this is fairly strong,and can cause drowsiness,should mainly be used at night for sleeplessness)

"Kava–Kava"(this can cause drowsiness in some people, is also used to manage moodiness,anxiety,& pain)

"Chamomile"(this is very mild,and will not cause drowsiness,can be used safely during day,helps with anxiety,and crankiness)

"Passion Flower"(this can cause drowsiness,it reduces anxiety,and helps with insomnia)

"St.Johns Wort":(reduces depression)

"Hops" (good over–all immune booster)

With any of these herbs,you need to use caution until you know how it will affect you.And unless you are very knowledgeable in the use of herbs,I recommend that you contact a qualified Herbalist or Naturopathic Dr. or Practioner for instructions on use and how much to take.

Traditionally Trained(Native American)Herbalist,Natural Health Care Consultant,Cert.Mental Health Care Consultant,Trained Masseuse on hand for all your health care needs and concerns.Are not the "Natural"forces more Orthodox than the Artificial resources of the Conventional/Allopathic resources of the Druggist or Dr.?!

Menopause, Just What Is It?

By Barbara C. Phillips, MN, NP

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Just what is this thing called menopause? And what does it have to do with you?

Simply stated, menopause is a biological event that marks the end of a woman's menses and hence her natural reproductive cycle. Perimenopause is defined as the period beginning with the signs of approaching menopause and ending about 12 months after "the menopause".

Worldwide, menopause has as a variety of meanings. Each and every woman's experience is based on her physical and emotional well being as well as her social and cultural environments. While some view menopause as a decline in status, others see it as a rite of passage. In other words, there are huge physical, emotional and social influences involved in your experience of menopause and aging.

That said, what you really want to know is - "What will I experience"?

This is tricky, as the answer is different for every woman. Some women barely notice a warm flush, while others have an intense reaction. So as you read some of the more common occurrences, please keep in mind - you will do you own thing.

Power Surges, night sweats (they can be all day!) and chills
Insomnia, and/or poor quality of sleep
Urinary frequency, discomfort and sometimes leakiness
Vaginal dryness, irritation and possibly discomfort with sexual activity
Moodiness. Perhaps some irritation, nervousness, anxiety and depression.
Diminished libido (sexual desire)
Memory issues! Some women call this "the pause" (among other things).
Joint pain and stiffness

In case you think all the reactions are negative, take a look at some of the more positive and more important changes that happen to women.

Freedom
Joy
Greater sense of Creativity
A sense of peace that has not been previously been present.
Wisdom that only comes to those with time and conscious living.

Just as there are many responses to the onset of menopause, there are many approaches you can take to meet these changes. As with anything, you must weigh any risk against the benefit (this is especially true when you consider hormone therapy), your belief system, and finally, you must find something that works for you.

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Most approaches are common sense and actions we need to take daily. Others are meant to challenge

your thinking and open your mind. Possible ways to approach menopause include:

Healthy food and fluid intake.

Nutriceuticals such as vitamins and herbal supplements

Exercise at least 30 minutes daily.

Traditional Chinese Medicine such as acupuncture, Chinese herbs, Qi Gong and Tai Chi

Adjust your attitude! Laugh and have fun. Hang out with your girlfriends and delight in NOT being 25 again!

Meditation, visualization and biofeedback

Natural, Bio-identical and pharmaceutical grade hormone therapy

This is a time of your life where you can count on change, and the growth that comes from it. As the power surges through our bodies, we grow into the women we are meant to be. We fulfill our goals and move on to make new ones. While our focus is inward, our outward gaze sharpens and our dreams are manifested for all to celebrate. It really is a magnificent time.

©2005 Barbara C. Phillips, MN, NP, a Nurse Practitioner with nearly 30 years experience is the Founder of OlderWiserWomen, LLC. She asks: Are you living with Vibrant Intent? Do you want to experience the Joy, Magic, and Wisdom of Successful Aging? You are invited to Celebrate with us as we explore these issues and more. <http://www.OlderWiserWomen.com>



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