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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!

Perimenopause Symptoms – 10 Common Symptoms Of Perimenopause

By Olinda Rola

Perimenopause symptoms are most often experienced by women in their late 30's, 40's or early

50's. The perimenopause symptoms such as fluctuating menstrual cycles can signal the slowing down of reproductive capabilities.

Perimenopause (or peri menopause) can be defined as the time before menopause. Menopause is the cessation of menstrual periods for twelve months in a row. Having symptoms of perimenopause can mean that the woman is getting closer to the age of menopause and the ending of monthly menstrual periods.

Here are common symptoms of perimenopause:

· Changes in the Menstrual Cycle (menstrual flow can be heavier or lighter, longer or shorter time between periods, irregular flow) · Lumpy or Tender Breasts · Water Retention, Bloating · Problems with Sleep · "Foggy, Fuzzy" Thinking, Difficulty Concentrating · Anxiety, Mood Swings, Depression · PMS · Hot Flashes, Night Sweats · Vaginal Dryness · Unexplained Weight Gain

Perimenopause and menopause will affect each woman differently. Your only one of the perimenopause symptoms may be that your period stops. However, you may have one or more of the other symptoms of perimenopause. Perimenopause symptoms can be experienced by a woman for a few months or they can last for years. Since the average age of menopause is 51, symptoms of perimenopause can appear in a woman's late 30's, any time in her 40's or early 50's.

During perimenopause, many women begin experiencing their first symptoms of hormone imbalance. How does hormone imbalance happen?

According to Harvard-trained physician Dr. John Lee, perimenopause symptoms appear because ovulation occurs less frequently or not at all in the years before menopause. When a woman is healthy and ovulating, estrogen is produced during the first part of the menstrual cycle and following ovulation, progesterone is produced during the latter part of the monthly cycle.

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With ovulation required for the monthly production of progesterone, if there's no ovulation, no progesterone will be produced. With declining progesterone production, perimenopause can be the time women experience the onset of hormone imbalance, causing symptoms of perimenopause.

How can a woman tell if the symptoms of perimenopause are related to hormone imbalance? One way is to take a leading womens clinic test for hormone health and related perimenopause symptoms. The health test is free and it takes just a few minutes.

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Take the womens hormone health test and learn more about additional menopause symptoms at

<http://www.safemenopausesolutions.com/menopausesymptoms.html>

– Olinda Rola is President of

InfoSearch Publishing and the webmaster of

<http://www.safemenopausesolutions.com>

where you will

find a variety of natural health articles for women.

Alternative Treatments Based On Natural Hormones Are Becoming Increasingly Popular For Treating Perimenopause Or Menopause Symptoms

By Lynn Donn

Many women who are experiencing unpleasant perimenopause or menopause symptoms are considering alternative treatments based on natural hormones as a means of alleviating them. Conventional hormone replacement therapy is generally regarded as a very reliable and effective treatment for a wide range of perimenopause or menopause symptoms, including hot flashes, night sweats, vaginal dryness, fatigue, a decline in libido, mood swings, depression and memory lapses. However, the issue of whether or not it may increase the risk of breast cancer and other serious health problems such as blood clots remains controversial. Many women are seeking treatments based on natural hormones as an alternative, believing them to be free from the same potential health risks. It's very important to understand that any kind of medical treatment, whether naturally derived or not, carries with it the risk of side effects, harmful interactions and allergic reactions. It's very wise to discuss your symptoms and your concerns with your doctor, and get individual, professional advice on the treatment options which are most suitable for you.

Treatments for menopause symptoms derived from natural hormones.

Perimenopause Symptoms – 10 Common Symptoms Of Perimenopause

There are a number of types of natural plant based treatments for perimenopause symptoms. Perhaps the most widely used are made from plants rich in natural phytoestrogens, sometimes known as isoflavones, which are chemically very similar to the natural estrogen produced by the ovaries. The effectiveness of these types of treatments relies on the assumption that phytoestrogens have the same effect in the body as the body's own natural hormones. High levels of phytoestrogens are found in food products made from soy, and herbs such as dong quai, licorice root and black cohosh.

Some doctors believe that declining levels of progesterone have a more significant role in causing menopause symptoms than is conventionally believed. Natural treatments which are designed to restore progesterone levels most commonly take the form of a topically applied cream made from an extract of Mexican wild yam, which contains a substance similar to human progesterone. Natural progesterone treatments may also involve taking supplements of extracts from herbs such as chaste tree berry.

Lynn Donn is the webmaster for

<http://www.menopause-symptoms-perimenopause.com>

Her website

includes helpful articles on perimenopause and menopause symptoms including hot flashes and night sweats. Site offers suggestions on how to ease symptoms of menopause and perimenopause naturally using black cohosh, soy and natural progesterone cream etc.

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Perimenopause - A New Beginning

Fibroid Tumor Symptoms – What Are Leading Symptoms Of Fibroid Tumors?

Menopause Hormone Bounce

Is Menopause a 4 Letter Word?

How To Overcome Snoring and Sleep Apnea

Coping With Alzheimer's Disease

How To Improve Blood Circulation

Stress The Silent Killer

Take Control of Alcohol



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