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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!**

**Profile of the 21st Century Menopausal Woman**

**By Valerie Otto**

**Profile of the 21st Century Menopausal Woman**

by: **Valerie Otto**

**DOES**

**DOES NOT**

Look her age

Look old

Care about her appearance

Look in the mirror every 5 minutes

Have a career

Care if her boss is 10 years younger

Pay attention to world affairs

Correlate world affairs to mean "winter pink" is the "new black"

Make sure she gets exercise

Feel compelled to participate in extreme sports

Eat well

Obsess about a cookie

## Profile of the 21st Century Menopausal Woman

Go dancing

Go dancing with another woman's husband

Want to travel the world

Have to hitchhike to get there

Find time to herself

Feel selfish about it

Get hot flashes

Care if she strips in public

Research her health care options

Believe she knows more than her doctor

Take herbal remedies

Believe they cure diseases

Read Labels

Believe everything she reads

Offer her years of wisdom

Think she knows it all

Care what company gets her dollar

Spend too much money foolishly

Enjoy her wine and cocktail

Party like she did at 28

Want to have sex

Perform acrobatics

Like to hear how pretty she looks

Need to hear it all the time

Look forward to this time of life

Believe she's past her prime

Reads these charts

Takes them with a grain of salt

**Common menopausal symptoms include hot flashes, night sweats and changes in menstruation, but there are many others.**

**By Lynn Donn**

**Common menopausal symptoms include hot flashes, night sweats and changes in menstruation, but there are many others. by Lynn Donn**

A brief list of common menopausal symptoms.

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