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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!

Signs And Symptoms Of Menopause – Top 12 Menopause Symptoms

By Olinda Rola

Are there signs and symptoms of menopause? Absolutely! It is a logical question to ask with

millions of women experiencing one or more of the signs and symptoms of menopause at this very moment! The so-called 'change' will happen, but experiencing many of the symptoms of menopause as early as ages 30's or 40's is not normal.

Some of the signs listed below are subtle and may appear to have little relationship to being menopause symptoms. Here is a list of common signs and symptoms of menopause:

1 – Allergy symptoms 2 – Chronic fatigue and morning sluggishness 3 – Craving sweets, caffeine and carbohydrates with unstable blood sugar levels 4 – Depression, anxiety and mood swings 5 – Endometriosis 6 – Facial hair growth 7 – Hair loss, thinning hair 8 – Low metabolism 9 – Symptoms of low thyroid with normal T3 and T4 levels 10 – Urinary tract and yeast infections 11 – Uterine fibroids 12 – Water retention, unexplained weight gain especially in hips, waist and stomach

Menopause is not a disease, rather, menopause is a normal natural process for a woman whereby there will be a slowing and eventually a shutdown of the reproductive system. However, the problem is that many of the signs and symptoms of menopause indicate hormonal imbalance exists and there can have been damage to the body from eating poorly, stress and obesity. With the average age of menopause being about 51 in the USA, many women in the USA and industrialized countries experience one or more of these signs and symptoms of menopause many years earlier.

In the normal menstrual cycle, estrogen is the main hormone produced for the first 10–12 days following the previous menstrual flow. If ovulation occurs, the female body then produces progesterone which continues for the next 12 days or so. If there is no pregnancy, progesterone and estrogen levels both drop at around day 28 and menstruation begins. However, if there is no ovulation, progesterone will not be produced that month. This event is called an anovulatory cycle and is a typical occurrence today for women in their 30's and 40's. The result is that the woman then has an excess of estrogen and a deficiency of the vital hormone progesterone.

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Many women in their 30's and 40's are actually having fewer ovulations, creating hormone imbalance and the signs and symptoms of menopause. And when ovulation ceases at menopause, progesterone levels fall to nearly zero. At the same time, estrogen is still being produced at perhaps 50% of the premenopause levels, again leading to hormone imbalance and the resulting signs and symptoms of menopause. If the woman has had a hysterectomy, surgical menopause means the woman no longer ovulates and produces progesterone.

Besides the signs and symptoms of menopause caused by missed ovulations or hysterectomy, excess estrogen is obtained every day from other sources. Examples are birth control pills, household chemicals and pesticides, foods that have been sprayed and construction materials. How can a woman tell if the signs and symptoms of menopause are hormone imbalance related? One way is to take an online test for hormone health and related symptoms. The health test is used daily in a leading women's health clinic, it takes just a few minutes online and it's free. Learn as much as you can about natural progesterone and estrogen supplementation and physician–recommended natural treatments for dealing with hormone imbalance and the symptoms of menopause.

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Besides symptoms listed above, read more about additional menopause symptoms at

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

and take the online womens

hormone health test. Olinda Rola is President of InfoSearch Publishing and webmaster of

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– a website of natural health articles for women.

Signs And Symptoms Of Menopause

By Jodie Philips

There are many signs and symptoms of menopause, which occur when a woman stops menstruating. The gradual menopause transition is due to fluctuating levels of female hormones progesterone and estrogen. Menopause normally occurs in the age range of 48–55 years. Such signs and symptoms of menopause occur still earlier in women who have never been pregnant and who smoke regularly.

Common Signs and Symptoms of Menopause

Absence of menstrual periods for a full year is a sure indication of the onset of menopause. Hot flashes and mood swings are among the most common signs and symptoms of menopause experienced by more than eighty percent of women. Hot flashes are a sudden warm feeling in either your neck and

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face or your whole body.

Hot flashes normally with sweating and cold shivering could form red blotches on your arms, back, and chest. Hormonal changes disrupt your body's natural ability to regulate body temperature. You experience this common sign and symptom of menopause in the middle of the night, disturbing your sleep. Mostly hot flashes last from thirty seconds to five minutes.

Other common signs and symptoms of menopause include depression, mood swings, and memory loss. You gain weight around the waist and experience loss of stretchiness in the skin. Lower estrogen levels leads to brittle bones, which lose their calcium contents and become weak causing osteoporosis. Fall in estrogen levels also increase risks of heart diseases. Not all women experience all signs and symptoms of menopause.

Irregular periods are among the most general signs and symptoms of menopause. Some women experience heavy bleeding for more than ten days with periods occurring within three weeks. Vaginal and bladder problems are few other signs and symptoms of menopause. Vaginal infections are also common, sometimes leading to problems in the urinary tract like incontinence, burning sensation or pain when urinating.

Lower libido is another common sign and symptom of menopause. Genital body tissue becomes drier and thinner causing pain during sexual intercourse. Vaginal discomfort often causes lower sexual arousal. Restlessness, anxiety, panic, depression are all different signs and symptoms of menopause, often a fallout of lack of sufficient rest due to disturbed sleep and higher stress levels.

Other signs and symptoms of menopause include fatigue and sleep problems, buzzing in the ear, etc. You are unable to sleep again after waking up in the middle of the night. This causes fatigue. You also experience stiffness in joints and muscle pain. Thinning of hair and increased facial hair due to higher levels of testosterone are other signs and symptoms of menopause.

It is however, not necessary for all women to experience all such signs and symptoms of menopause. Some women may not experience most of them while some others could experience all of them. All signs and symptoms of menopause depend largely on fluctuation of your hormone levels and your individual body capability to bear such hormonal fluctuations.

odie Phillips is the owner of several Women's Health–related websites at

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and she shares her knowledge and research on Women's Health in a series of articles.



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