

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What Is Menopause?

By Kathryn Whittaker

Like all major turning points in women's lives, reaching menopause can be challenging and even a little frightening. Like puberty, menstruation, pregnancy and childbirth, menopause carries with it a whole host of natural, but nonetheless challenging and sometimes uncomfortable, physical changes. Moreover, it also carries with it a plethora of normal emotional and spiritual reactions, ranging from denial, confusion and even grief. After all, menopause marks a completely new phase in a woman's life. It heralds the end of our childbearing years and ushers in a different phase of deep female maturity. And, since unfortunately we still live in a culture that equates femininity with sexual fertility, it's no wonder that many women regard menopause as a negative thing. Sadly some regard it as a nullification of their worth as women, something that couldn't be further from the truth. Menopause also reminds us we are getting older and our bodies are naturally aging. That fact in itself can be a difficult to accept.

But what is menopause exactly? Menopause is an intermediary stage that takes place when a woman's reproductive organs fail to produce eggs, causing her menstrual cycle to stop. Typically menopause begins after or around the age of 50, however there are exceptions with some women commencing menopause earlier or later in life. And, more often than not the symptoms of menopause begin some time before onset.

There are a whole host of symptoms that can accompany menopause. Some of the more common signs are hot or cold flushes; weight gain; mood swings and irritability; emotionality; decrease in libido; muscle and joint soreness; depression; rapid or irregular heart rate; disordered sleeping patterns and irregular periods as well as lighter or heavier menstrual bleeding. In fact, the symptoms of menopause are so many and so individual that it is almost a case of "expect the unexpected". Some women even say they feel as if their skin is crawling!

The truth is that menopause should not be feared. Instead we should embrace and celebrate it as a normal stage in our cycle of health and wellness. That said, the symptoms and signs of menopause can be difficult to live with, and women should not face it alone. Think about it this way. If men had to go through menopause, just imagine the level of support, public awareness and caring workplace practices that would be established to help them through it! As it is, women have to muddle through

What Is Menopause?

menopause as best they can, dealing with it day-by-day, with their friends and sense of humor as their best allies.

Like all health matters, being well-informed about the sorts of symptoms you might experience allows you to physically and mentally prepare. Indeed, some women do not even realize they are going through menopause because they simply lack the information to explain what they are feeling! It's not until they research and explore the signs that they make the connection. And it's no wonder, given that the list of potential symptoms is so long and diverse.

Kathryn Whittaker has an interest in Menopause. For further information on Menopause please visit

<http://www.natural-menopause-relief-secrets.com/menopause.html>

or

<http://natural-menopause-relief-secrets.com/blog/2006/08/26/what-is-menopause/>

.

Why Worry About Menopause?

By Jeff Jefferson

As a woman who wants to know about the symptoms of menopause, it is important to have a deeper understanding of what menopause really is. This deeper understanding will give you more insight into what to expect as menopause starts.

There are many women who don't have all the true information about menopause, except some myths and none-fact information about menopause. Such information only ends up confusing you, instead of helping you.

Menopause is simply the permanent end to menstruation of women. The time that this occurs varies from women to women. In the United States, for example, most women start experiencing menopause from their late 40s. Many other women, start experiencing menopause in their early 50s.

While some women happily and patiently look forward to it, others get scared of it. For those who look forward to it, they could be tired of monthly menstruation and look forward to menopause knowing they would no longer menstruate. This is especially true for ladies who always have painful menstrual periods.

For those who get scared of it, they could still be expecting to bear children and so don't want menopause since it will signal an end to child bearing.

Whichever category you fall into, menopause signals the end of your ability as a lady to bear children. Menopause in most women is preceded by 10 to 15 years during which the ovaries gradually stop

What Is Menopause?

producing eggs and sex hormones. This period is also known as the climacteric period.

Instead of worrying stiff about when menopause will start and the symptoms, it's more important to start preparing your mind and body for it. If you need to bear children, start early before your late 40s and early 50s. This will ensure you get done with child bearing before menopause catches up with you.

Want to Discover 4 Menopause Secrets?

<http://menopause-diet-and-relief.info>

<http://natural-menopause-relief-tips.info>

<http://menopause-relief-and-diet.info>

Natural Pain Management



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances

Impair Healthy Healing In People Over The Age Of 30!

