



The Nature of Menopause

Menopause is a time of life when women's bodies reduce the levels of oestrogen and progesterone. This usually occurs between 45-60yrs of age. Some estrogen is produced by the adrenal glands so care is recommended to maximise estrogen production e.g. reduced stress and dietary support. The most cause for women to seek support is due to the hot flushes. 20% of women have no symptoms with the majority having mild to moderate amounts of symptoms.

Symptoms

Hot flushes, dizziness, headaches
Mood swings, depression, anxiety
Vaginal dryness
Urinary infections, incontinence
Night sweats
Memory loss, poor concentration
Fatigue
Weight gain
Insomnia, sleep disturbances
Low libido

Heating situations can activate hot flushes

Alcohol especially red wine, spicy foods, coffee, sugar, smoking, stress and anxiety. This can include synthetic fabrics on the skin therefore recommended to wear natural fibres e.g. wool, cotton, silk.

Conditions that can arise post-menopausal

Osteoporosis – bone loss
High cholesterol
High blood pressure
Weight gain
Breast Cancer

Estrogenic Foods & Herbs

These stimulate the body to behave as if it has estrogens and therefore reduce symptoms:

Soya products – beans, tofu, milk, tempeh, miso
Sprouts – alfalfa, red clover, soya beans, fenugreek
Herb Teas – Licorice, sage, parsley, cinnamon, elderflower, red clover, fenugreek
Fruit – rhubarb, apples, plums, cherries, lime
Seeds – linseed, sesame, sunflower, fennel, aniseed
Grains – oats, rye, rice, barley

Essential Oils

Sage
Fennel
Cypress
Geranium
Lavender
Neroli
Rose

Other treatments

Weight bearing exercises e.g. running, walking, body building
Relaxation exercises

Medicinal Herbs

Wild yam	Vitex	Licorice	Red clover
Fenugreek	Black cohosh	Peony	Rhomania