

Menopause, also known as the “change of life,” is the natural stage when a woman’s body changes from having menstrual periods, with the ability to become pregnant, to no longer having periods and no longer being able to become pregnant. Menopause occurs because the ovaries stop producing estrogen.

Who is Affected by Menopause?

Most women experience menopause between the ages of 45 and 55. It is a gradual process that takes anywhere from a few months to several years to complete. Menopause is considered complete when a woman has not had a period for 12 months in a row.

Symptoms:

Hot flashes – a sudden reddening of the face and feeling of warmth.

Vaginal dryness, itching or irritation.

Urinary discomfort or bladder infections.

Nervousness, depression, or irritability.

Disturbed sleep.

Managing Menopause

Get regular physical activity

Limit caffeine and alcohol

Stop Smoking

Low-fat, high fibre foods

Get enough calcium and **Vitamin D**

1500 mg of calcium per day and 2000 I.U. of **Vitamin D3** daily, **Mega Dolemite** 1 tablet 3 x day, **Vitamin D3 Cream** or **Vitamin D3 SR** capsules 1 capsule 2 x day

Soy Products Isoflavones – 1 cap 2 x day

Menopause 7 1 cap 2 x day

Fishol E.C., 2 capsules 2 x day

Melatonin 3 mg, 1 capsule or more before bed of Melatonin 3 mg. 1 capsule

Melatonin SR for continued sleep

Natural Hormone Replacement Therapy (HRT)

HRT involves taking the female hormone estrogen daily, usually with the hormone progesterone. Available in prescription only HRT can be taken as capsules by mouth.