

MENOPAUSE

Aging is not lost youth but a new stage of opportunity and strength

Basics

- Occurs naturally in most women between ages 45 and 52 years
- Diagnosed after 12 months of absence of menstruation
- Peri-menopause (menopausal transition): hormonal changes and clinical symptoms that occur over a period leading up to and immediately following menopause

Symptoms during menopausal transition

- Hot flashes, sweating and night sweats, insomnia, heart palpitations
- Mood swings, irritability, brain fog, headaches, worsening short-term memory, word retrieval and recall, difficulty concentrating
- Low energy, weight gain and bloating, breast tenderness, hair loss, dry skin, joint pain, low libido



Natural relief strategies

- Normalize your omega-3 ratio through a consumption of high quality marine fish or through supplementation. Omega-3 fats improve anxiety and depression, exert anti-inflammatory effects, and improve cognition, esp. when omega-3 Index is >6.8%. The greatest effect in those taking at least 2,000 mg/day of omega-3 with >60% EPA.
- Keep your vitamin D levels above 40 nmol/L (16 ng/mL), as this is essential for maintaining bone strength and may help protect against metabolic syndrome.
- Consider a diet rich in vitamin K2, D, E, calcium, and collagen to support bone strength. Siberian rhubarb extract, black cohosh, red clover, and evening primrose oil have been shown to help alleviate hot flashes.
- Mind-body practices, aromatherapy (essential oil therapy), and regular exercise can promote relaxation.