

Syllabus

Intro	2
Perimenopause.....	5
Perimenopause and hormone level.....	6
Symptoms and remedies.....	8
Weight gain.....	8
Hair gets thinner.....	8
Hot flashes and mood swings	9
Mood swings Insomnia Fuzzy thinking.....	9
Heart Palpitations.....	9
Migraine Headaches.....	10
Breast pain.....	10
Irregular or Erratic Periods – Fibroids.....	10
Heavy Bleeding	10
Loss of Sexual Desire	11
Vaginal Dryness and/or Painful Intercourse	11
Sleeping problem.....	11
Fatigue	12
Urogenital symptoms.....	12
Skin.....	12
Bone loss and joint rigidity.....	12
Psychology of Menopause	13
Brain Rewiring	13
Embracing The Message Behind Our Menopausal Anger.....	13
How Menopausal Emotions Affect Our Health.....	14
How Thoughts Affect Hormone Levels at Menopause	15
Powerful Feelings, Powerful Healing.....	16
Finding A Larger Meaning	16
The Empty-Nest Syndrome	17
Breaking the Chain of Self-Sacrifice.....	17
Hormonal Changes	19
Estrogen, Progesteron and Testosteron	19
Menopause And Thyroid Function	20
Menopause And Adrenal Function	21
The Hormone-Balancing Diet and Herbs	24
Principles	26
What To Do About Bloating.....	30
Perimenopause Supplement Program.....	31
Exercise	31

Relax, Meditate, Do yoga	31
Quell Cellular Inflammation	32
The Final Frontier: Accepting Our Bodies	32
Sources:.....	32

Menopause

Intro

Many of the doctors are not trained in the subject, so in most case you can only rely on yourself and make your research to improve symptoms. You may look for a naturopath, and may one who is also a doctor.



Till just a century ago wome life expectancy was forty fifty year, they hardly experienced any menopause. But today, with a woman’s life expectancy at eighty-four years, it is reasonable to expect that she will not only live thirty to forty years beyond menopause, but be vibrant, sharp, and influential as well. The menopause you will experience is not your mother’s (or grandmother’s) menopause. Many people will have two different careers over their life span. They’ll likely have their first career in their thirties and forties and another in their fifties and early sixties. Many of them had a major peak of creativity beginning at about age fifty and, in many cases, lasting for twenty-five to thirty years.

Menopause is a transition to a higher consciousness level, which happens which everyone. Those who are already prepared emotionally and phisically the transition is easier and with less sympthoms, those who have not made the necessary changes to adjust their life probably will be met with more problems.

A research study showed that more than half of the women between the ages of fifty and sixty-five felt happiest and most fulfilled at this stage of life. It does not mean we stop operating as ladies, it just means that our menstruation shuts down and we are no longer able to bear a child, as these functions can be cumbersome to an elderly body. But many women experience her finest expression of femininity around or after menopause. In other words we have to change our preconception that menopause it is the beginning