

11 Ways to Help Bring Relief to Menopause Symptoms

(From www.naturessunshine.com)

Approximately 40 million women in America are nearing or are currently experiencing menopause. But there are options and remedies to help women manage their symptoms to be more comfortable as they go through these changes.



Managing the Change, Menopause Relief

Estrogen and progesterone, two primary hormones in the female body, need to work in harmony to perform their many and complex regulatory functions. As women age, levels of these unique hormones become imbalanced as the body produces much less of them.

Symptoms of this imbalance can include hot flashes, night sweats, moodiness, low libido, irritability and more. During this challenging transitional phase of life, women can try a variety of medications and natural means to help restore balance. Somewhere between age 45–55, most women begin peri-menopause, a prelude to official menopause, which, by definition, is the time when a woman has naturally ceased having menstrual periods for one year.

Nutrients that Can Support the Changing, Mature Female Body

1. **Essential fatty acids** like Omega-3 and Flaxseed Oil can be converted into eicosanoids—hormone-like compounds that regulate many important bodily functions and processes, including heart health, already-normal-range blood pressure maintenance and hormonal responses.
2. As we age, many forces rob the structural system of strength and flexibility. **Calcium, magnesium and vitamin D** can help bones and muscles stay strong and flexible.
3. **B vitamins** support the nervous system under stress. And if your body's all freaked out, you're stressed out.
4. **Black cohosh herb** has been used for decades by women who want to keep cool during menopause.
5. Soy foods like **tofu and edamame contain phytoestrogens**, hormone-like compounds that can help balance hormone levels in the body. One group of these compounds, isoflavonoids, is found in abundance in soybeans and other soy products. Studies show that isoflavonoids can help improve estrogen levels.

6. **Wild Yam root** helps balance the female glandular system and is widely used to support menopausal women. It contains diosgenin, a steroidal saponin that is used commercially to produce steroid hormones.

Hot Flash Relief

Fact: 80–90% of menopausal women in North America experience hot flashes. Some up to 15 times a day.

A hot flash is a brief sensation of heat that may include a red face, sweating, rapid heart rate or chills. When these occur at night, they are called night sweats. Hot flashes happen when blood vessels near the skin's surface expand to help cool the body. Hot flashes are the most frequent symptom of menopause and peri-menopause.

Tips for Taking the Heat out of Hot Flashes

7. **Avoid certain triggers** that may bring on hot flashes more frequently or cause them to be more severe. These include stress, caffeine, alcohol, spicy foods, tight clothing, heat and cigarette smoke.
8. Keep your **bedroom cool** at night and dress in light clothing.
9. Practice **slow, abdominal breathing**.
10. **Keep moving! Walk**, swim, dance or ride a bike.
11. Use a **cool pillow**.

Resources

www.womenshealth.gov

www.webmd.com