

## Do I have to suffer through menopause?

Just like puberty is a natural and expected occurrence, menopause should be viewed the same way. Menopause occurs at the natural end of every woman's reproductive years. So why not treat it in a natural way?

For years, the standard treatment was hormone replacement therapy (HRT). We now understand the risks of using synthetic estrogen and progestins include breast cancer and heart disease and many women are looking for a natural alternative.

Menopause is something you have to experience but not something you have to suffer through. Here are a few tips to ease the transition through menopause.

Your diet is an important tool that you can use to control menopausal symptoms. Avoid caffeine and carbonated beverages. Limit meats and excessive sugar. Include whole grains, oats, brown rice, almonds, walnuts and plenty of fresh fruits and vegetables.

Adding supplementation, vitamins and herbs, is helpful as well and some studies (*Journal of the British Menopause Society*) have shown positive effects on overall health and menopausal symptoms.

- Red Clover Isoflavone
- Promensil – includes red clover, Vitamin D and Calcium
- Lactobacillus acidophilus and Bifidus (“good” bacteria in our bodies)
- Vitamin E (400-800 IU/day), Calcium Citrate (1500 mg/day), Magnesium (800 mg/day), Vitamin C (1500 mg/day)
- Black Cohosh (20-60mg 3 times/day), Dong Quai (500-1000mg, 3 times/day), Evening Primrose Oil (500mg 3 times/day), Ginseng (100-500mg, 3 times/day)
- Natural estrogen compounds – these are prescription-based (see us for a referral)
- Natural progesterone cream

Exercise can't be overlooked, as it's one of the most important things a woman can do to improve her health, well-being, and quality of life. 20 minutes/day for 3-5 days a week.

Find a healthcare provider to assist you in these recommendations and remember that menopause is a natural part of life and not something you have to suffer through.

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