

Living a Full and Happy Life Throughout Menopause

KEY WORDS

Hot flashes and night sweats
Changes in the menstrual cycle
Dry mucous membranes
Dry vagina
Irritability and moodiness
Forgetfulness
Weight gain
Osteoporosis
Thinning hair
Fatigue

Menopause is anything but the pause that refreshes. This time in a woman's life can be very frustrating if not downright devastating. There is still a lot to be learned about menopause. Some women sail right through menopause with barely a symptom. Others have every symptom imaginable. Not only can menopause change a woman's life, but due to the symptoms associated with menopause, it can impact one's marriage and family life. Not only should the woman who is experiencing menopause be concerned with alleviating the symptoms, but all her loved ones should learn and be knowledgeable of the symptoms. With a little more understanding from the family of what a woman is going through, life for everyone can be much better. Most physicians will tell the women patients that it's something they must adjust to and live with. While I agree, I believe there are many natural remedies that can ease the symptoms and make life more enjoyable. I would, however, recommend a complete physical when entering this period of a woman's life to rule out any unknown complications that might be taken as symptoms of menopause. It hardly seems necessary to describe and define what menopause is, but for those individuals who are reading this article and may be supporting their mother, sister or wife, it might be good to describe menopause. Menopause

is the normal part of aging. About 70% of all women will experience some or all of the symptoms. Lifestyle changes, diet and nutrition, exercise and natural herbal remedies can be of great benefit. Some of the symptoms such as moodiness, irritability and discontent should not be thought of as part of the job or family stress. At this point, a woman should be much more aware of her health during this essential phase of her life. Menopause simply means the end of menstruation. For most women, menopause is a natural occurrence, but not all women undergo natural menopause. There are other causes that can create premature menopause such as auto-immune diseases, surgery and genetics. Generally speaking, women will begin to experience menopausal symptoms on the average of 51 years of age. Early menopause is not uncommon, and therefore, women should be aware of their body functions and symptoms since it can occur as early as 35 years of age. **How do you know if you've entered menopause?** Here are some signs and symptoms to watch for. If you no longer have a strong desire for sex, your sex drive has diminished significantly; hot flashes, irritability, hair thinning and fatigue are major signs that can give you a clue that you have entered menopause.

How common are hot flashes and night sweats? About 75% to 85% of all American women are estimated to get hot flashes when they are in menopause. Hot flashes can be described as a sudden sensation of warmth or heat that spreads over the entire body creating a flushing or redness particularly noticeable on the face and upper body. You may find this hard to believe but hot flashes are normal to the change of life. Hot flashes are the body's reaction to a decreased secretion of the hormone estrogen. In some women this process occurs very slowly so they produce fewer hot flashes, but for others, the

To your good health,
Terry... Naturally



ovary's stop estrogen production abruptly as if they were surgically removed which can also happen in a complete hysterectomy. Many women will encounter a more intense flush particularly at night known as night sweats, technically known as nocturnal hyperhydrosis, which interrupts sleep. It is not diagnosed as a sleep disorder but is a common nighttime perspiration disorder that occurs during sleep. A major symptom of menopause is loss of libido which may or may not be a problem depending on the understanding of her spouse. While loss of libido will occur, it can be dealt with in a very loving way. Vaginal dryness is a very common symptom which is basically a loss of the usual moist and soft feeling of the lining of the vaginal area which can then be associated with itching and irritation. To hydrate the vagina and the mucous membranes throughout the body, the use of Sea buckthorn pulp and seed oil can be very helpful during this period of a woman's life. A woman in menopause is much more sensitive, and therefore, will cry easily. Her mood swings will be like that of a rollercoaster. When treating menopause with herbal extracts, even the sensitivity and irritability can be lessened dramatically. **Fatigue** is one of the most common menopausal symp-

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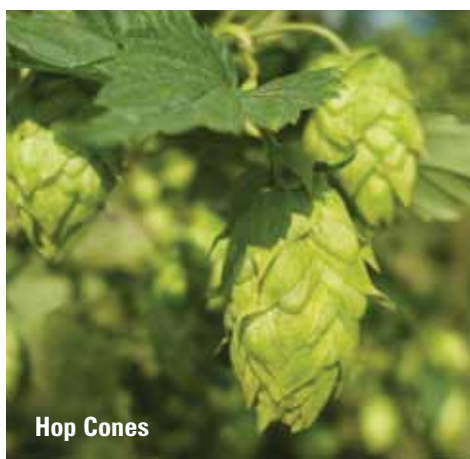
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toms. It's defined by an ongoing and persistent feeling of weakness, tiredness and lowered energy levels. Fatigue involves a lack of energy rather than sleepiness. A woman's sleep habits can be interrupted by hot flashes and night sweats which also can lead to increased fatigue during the day. "Fatigue is second only to pain as the most common symptom doctors see in patients", says David S. Bell, M.D., a chronic fatigue researcher at Harvard Medical School and Cambridge Hospital in Massachusetts. "One fourth of all Americans will have long episodes of lethargy and tiredness". Particularly common in women undergoing the menopausal transition, chronic fatigue can have a drastic impact on daily life putting a tremendous strain on relationships, work, productivity and quality of life. Based on the book, Hypoadrenocorticism by John Tintera MD, 94% of individuals suffering from hypoadrenal or adrenal insufficiency experience fatigue. It would behoove the woman going through menopause to use a formulation that can support proper adrenal function. For your information, I have listed a formulation at the end of this article that I think supplies all of the necessary nutrients to give excellent support to adrenal function and structure. In researching the effects that menopause has on a woman's life, I was surprised to learn that some medical experts list over 30 symptoms associated with this transition. Of course, some of the most common symptoms that women experience are hot flashes, night sweats, and irregular periods, loss of libido, vaginal dryness, mood swings and fatigue. **Other symptoms that complete this long list of changes in a woman's life are difficulty concentrating, mental confusion, forgetfulness, loss of balance, weight gain with sudden bouts of bloating, incontinence, increased severity of allergies, fingernails become softer and crack easily, changes in body odor, heart palpitations, anxiety and**

depression, breast pain, menopausal headaches, pain in the joints, burning tongue and mouth, tingling sensations and osteoporosis. These menopausal symptoms and their intensity can vary considerably from one woman to another as well as the duration for each woman. A recent European survey has discovered the following. Depression occurs 29% of the time, loss of libido 34%, irritability 40%, mood disorders 42%, insomnia 45% and hot flashes 72% of the time. American and Asian studies also report a high prevalence of hot flashes recognized worldwide as the main symptom during menopause. To date the population reporting hot flashes represents more than 51 million women in the United States and 121 million in Europe.



More and more epidemiological studies report the potential risks of a substitutive hormonal treatment. **For these reasons women are increasingly looking for a natural, efficient, as well as a safe solution.** Phytotherapy can be an alternative. In response to a growing demand, researchers have identified a certain number of traditional plants with natural estrogenic properties. Hop cone is one of them. This plant extract contains phytoestrogens which are extremely weak versus estrogen therapy, but due to their nature, they attach to the estrogen receptor sites

mimicking the secretion of estrogen. They are extremely safe however significantly weaker than the use of estrogen. The use of hop cone dates back thousands of years. The bitter acids present in hop cone, as well as the composition of flavonoids, grant hop cone a high antioxidant capacity. For this reason, this exceptional hop cone extract is standardized in xanthohumol (XN). However, studies published in the last 10 years reveal that the estrogenic activity of hop cone cannot be due to its content in XN but in 8-prenylnaringenin (8-PN). 8-PN has even been reported to be the most active phytoestrogen known to this date. This unique and patented process guarantees a standardized profile in prenylflavonoids. This particular profile has been associated for the first time ever to clinical studies reducing the menopausal disorder, particularly hot flashes. In one clinical double-blind placebo-controlled study, 67 post menopausal women were evaluated. The importances of the different menopausal symptoms were scored by physicians with the following results. After only six weeks, hop cone extract reduced the general menopausal symptoms by more than 200% compared to the placebo group. Hop cone extract reduced hot flashes by 400% compared to the placebo. A second double-blind placebo-controlled crossover clinical study confirms these exceptional results. In this trial, 36 menopausal women were administered the patented hop cone extract during eight weeks before or after a placebo treatment. As in the first study, a significant treatment effect on the general menopausal symptoms was observed in both group 1 and 2 when supplemented with hop cone extract when compared to the baseline. Finally, different scientifically validated participant questionnaires were used in both clinical studies as a self evaluating instrument to measure the menopause related quality of life in relation to discomforts reported

by women. Results showed that women feel much better when supplemented with hop cone extract daily. They reported a strong tendency to the total reduction of menopausal discomforts. When all parameters are studied, independently supplemented women noticed 300% fewer hot flashes and 200% less night sweats than those taking a placebo. Based on many studies done in Europe, hop cone extract has consistently been shown to be safe and effective.

Whatever the study design and type of questionnaire used (doctor's scoring sheet or participants questionnaires), hop cone extract improves women's quality of life by significantly reducing hot flashes and other symptoms associated with menopause without any side effects reported. Hop cone extract is a natural solution for all menopausal symptoms and is also suitable for those who have a sleeping disorder and need a natural form of relaxation. Keep in mind that hop cone extract also has a mind calming and soporific effect which helps stabilize mood swings, enhances concentration and decreases irritability as the amount and quality of sleep has a direct connection to positive moods. To completely support a woman's transition through menopause, I would highly recommend, based on these studies, that a



Black Cohosh plant

formula for supporting women's health contain hop cone, black cohosh and apple extracts. Black cohosh is an American herbal extract and has been used by the Native American Indians for over 100 years. Most of the research of this American herb has been done in Europe where natural medicine is highly respected and prescribed by medical physicians. The mechanism of action has not been fully understood concerning the effectiveness of black cohosh. In the case of black cohosh, there does not appear to be a phytoestrogenic effect. Black cohosh is very safe and effective although not all women experience relief by just using black cohosh. I personally think a combination of several herbal extracts have a greater potential and promise to eliminate the symptoms of menopause. Apple extract, standardized on phloridzin and quercetin, has great benefit for the woman transitioning through menopause. This high quality apple extract is standardized using a very special species of apple, the sour green cider apples which are concentrated 300:1, meaning 300 pounds of apples are required to produce one pound of extract. The addition of the apple extract to hop cone and black cohosh completes a full herbal complex for the support of menopause. In one clinical study, the flavonoids in apple extract supported remineralization of the bone, therefore, reducing the risk of osteoporosis. The study also showed that women were able to lose weight more easily, especially belly fat. The flavonoids released fatty acids from the cells which were then burned to provide energy and weight loss. Apple extract also had an effect on reducing hot flashes. Therefore, I like a combination of hop cone, black cohosh and apple extracts. This three-herbal-combination can reduce the major symptoms of menopause; reduce the risk of osteoporosis and aid in weight loss when combined with a nutritious diet and exercise program.



Menopause formula:

Patented Hop Cone (*Humulus lupulus L*) Extract standardized for 8-prenylnaringenin, Apple (*Pyrus malus*) Fruit Extract rich in quercetin and phloridzin and standardized to contain >40% polyphenols, Black Cohosh (*Cimicifuga racemosa*) Root and Rhizome Extract standardized to contain 2.5% triterpene glycosides, 260 mgs

The above formulation that I described is a great way to support the various changes a woman may go through during the period of menopause. However, there are a number of other nutrients, vitamins and minerals that can add additional support during this critical time. In order to support the mature and menopausal woman, I would recommend a calcium and magnesium formula with additional accessory factors that can improve bone health and reduce the risk of osteoporosis. I will not go into great detail regarding a formulation for osteoporosis in this article, but I refer you to the article that I wrote entitled *Preventing Osteoporosis and Restoring Bone Health*.

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This formulation will provide an appropriate level of calcium and magnesium, vitamin D, vitamin K, silicon and boron. While a formulation of this type will not necessarily change the symptoms associated with menopause, it can be of great benefit due to osteoporosis occurring in the same time period as menopause.

Bone Health formula:

Vitamin D-3 4000 IU, Vitamin K-1 (as phytonadione) 300 mcg, Calcium (as citrate and malate) 450 mg, Magnesium (as chelate) 200 mg, Zinc (as chelate) 20 mg, Copper (as chelate) 2 mg, Manganese (as chelate) 2 mg, Boron (Fructo-borate) 12.5 mg, Vitamin K-2 Natto Extract (MenaQ7™ menaquinone-7) 45 mcg, Lactobacillus Sporogenes (*Bacillus coagulans*, lactic acid bacteria) 1 billion, Silicon (as sodium metasilicate) 50 mg

We can also provide additional support for the mature woman who may be experiencing bone loss and the risk of osteoporosis by supplementing the diet with strontium citrate. There have been many studies done in Europe that indicate that strontium can reverse osteoporosis and provide increased bone health. The level of strontium required daily is approximately 680 mgs of elemental strontium. Dr. Jonathan Wright, one of the finest holistic and alternative medicine doctors, prefers strontium citrate as a source of strontium. I highly suggest his recommendations, so I pass this information on to you to provide you with the best protocol for increased bone health.

Strontium formula:

Strontium (citrate) 340 mgs

Last but not least, for increased bone health, silica would be an extremely valuable choice to add to any nutritional regimen to reduce the risk of osteoporosis and improve bone density. Silica can be valuable for not only bone health but for better hair, nails and skin health. Silica is a very important trace element that is drastically reduced in the diet due to changes in soil composition. I prefer to use the silica from the horsetail plant. Its absorption is improved by trace minerals and marine oils.

Silica formula:

Silica from Horsetail (*Equisetum arvense*) extract 20 mgs

For additional aid in a weight loss program, I would suggest a formulation containing a very highly concentrated apple extract may be an important addition for the mature woman who may want to prevent and slow down the aging process. The green sour cider apples grown in Europe contain a unique compound, phloridzin, which has excellent benefits for maintaining proper weight and for increasing weight loss by releasing fatty acids from the cells which are then burned as energy. The fatty acids that are normally released are from around the waist and are more commonly known as belly fat. This unique apple extract also supports the symptoms of menopause and helps restore the necessary minerals for bone health.

Apple formula:

Apple soluble fibers and apple extract standardized for quercetin and phloridzin (40% phenolic apple actives) 350 mgs

In my experience I have found that the woman who cannot seem to get her symptoms of menopause under control has a significant iodine deficiency. When all else fails and noth-

ing seems to work, and the woman believes she will have to live with her symptoms of menopause, I suggest to add 12.5 mgs to 25 mgs of iodine daily. I don't believe I have ever seen iodine fail to produce outstanding benefits for the mature woman. Iodine also supports healthy breast, ovary, uterus and prostate tissues. Japanese women are known to be much healthier than women in the United States with fewer health issues addressing these sensitive and critical tissues. Due to their diet, the average daily intake of iodine for the Japanese woman is approximately 12.5 mgs of iodine. TM

Iodine formula:

Iodine 12.5 mgs (5 mgs as molecular iodine, 5 mgs as sodium iodide and 2.5 mgs as potassium iodide)

Other articles that would be important for the support of the menopausal woman:

1. *Sea Buckthorn Seed and Pulp Oils in the Treatment of Dry Skin, Mucous Membranes and Sjögrens Syndrome*
2. *Preventing Osteoporosis and Restoring Bone Health*
3. *Stress, the Ultimate Killer*
4. *IODINE: The Old/New Medicine*
5. *Apple the Fitness Fruit*
6. *Chronic Fatigue and Adrenal Function*