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Menopause and You: What You Should Know and Do About It!

Give Me Menopause Relief!

If you are just getting into menopause, one thing is for sure. You would do just about anything to get menopause relief. There are many women that will not experience bad symptoms during this phase in their lives. Yet, for most, there are some pretty common symptoms that are anything but okay to deal with. As a woman, you should understand what the symptoms are as well as what you can do for them to find some menopause relief.

How to Treat It

Without some drastic surgery, you may not be able to actually cure your menopause so that you never have to deal with this type of situation again. The only real way for you to find relief from menopause is by treating the symptoms rather than trying to treat the underlying condition. Yet, many women have found good success in doing just that. It is not easy to realize that your life is changing, but realizing what the symptoms are can help you to find some overall relief.

Here are some of the symptoms to take note of when it comes to menopause.

- Achy joints (can often be treated with massages and by wearing comfortable clothing and shoes.)
- Hot flashes (can be treated with cool fans, cool baths and other methods of just cooling yourself down.)
- Having a hard time concentrating (when this happens, do not become overwhelmed by it. Adding anxiety to the mix makes it worse.)
- Uninterested in sex. (Do not try to force it. Add more romance to the picture to encourage it.)
- Headaches. (Get plenty of fluids into you. Keeping yourself hydrated often helps headaches to stay minimal.)
- Mood changes. (The hormone imbalances may cause these, but it is helpful to just talk to your loved ones about it and try to find relief by knowing it won't last long.)
- Insomnia. (Look at over the counter, not habit forming aids to help. Or, make sure you do activities before bed that will encourage sleep such as reading.)

Finding menopause relief can happen. The most important thing for you to keep in mind, no matter how you are feeling, is that it will not be a permanent condition for you. When you take the time to treat the individual symptoms of menopause, you definitely find relief overall.

You Deserve Menopause Relief

Most women will face menopause. Relief is something that they will seek from the symptoms, the trying days and the long nights. If you are facing the symptoms of menopause that are keeping you from accomplishing your goals, it is essential that you spend some time finding the solutions that you need. Menopause relief is obtainable. In addition, you simply deserve to have it.

The symptoms of menopause are brought on by the body's changing. Your body is moving from one phase of your life to the next. You are feeling different and may even end up having a different view of life from where you stand. Yet, there are many women that will experience extreme menopause symptoms and these individuals need to call on their doctors for help. No matter where you range in the spectrum, from mild to no symptoms to extreme symptoms, you deserve menopause relief in some form or the next.

Talking About It

One of the best ways to get menopause relief is to take some of the stress off of yourself. If you are spending your days feeling bad, hating what is happening to you, feeling regretful or just feeling bad, you may be putting too much pressure on yourself. With so many things happening physically, you need to allow yourself to have some really bad days. It's okay to feel bad, to take a day off or to just spend some time relaxing instead of dreading and dealing with others. It's okay to turn off the world sometimes.

In addition, you should be able to tell those that you love that you are going through menopause and that if you feel bad, it may be due to the mood swings there. Or, tell them that sometimes, you'll need to take a break when you did not have to do this before. It's okay to talk about your feelings, your physical needs and what is happening to your body.

When it comes to menopause relief, make sure that you pay attention to both aspects of it. Your physical condition may require some attention from your doctor or from menopause relief products. But, your mental state is just as important and is crucial to your overall relief through this changing process in your body. Dealing with the physical aspects of menopause, like treating the symptoms and dealing with the physical triggers is not enough and will not provide relief. You must deal with the emotional aspects as well. When you put these things together, one thing is for sure. You deserve some relief from menopause.

Finding Effective Menopause Relief

When it comes to menopause relief, there are several key aspects that you must take into consideration. Menopause is a time in your life when your body is changing. From the time that your body first began with puberty, until the time when menopause is over, is a time when you are likely to deal with menstruation, mood swings, and various other problems that are associated with this time period. Think of menopause as just as troublesome and different as

puberty was. It is your body entering a new stage in its life. Knowing that, you can then find some menopause relief.

Some Relief Options

There are several key things that you can do to get menopause relief. You may be surprised with how different your life can be with just a few changes to it. In fact, some of the most effective menopause treatments are those that are changes to your lifestyle that can be done with no medications or drastic moves. Here are some menopause relief options that you may have.

- **Diet.** Eating a well balanced diet that is dedicated to providing the most nutrients possible will drastically help to improve menopause symptoms.
- **Healthy Lifestyle.** Eating well is usually not enough. You also need to get physically fit. Exercising helps to keep your body balanced and feeling well. It will also help you to improve self esteem and feel better about yourself too. Smoking, heavy drinking as well as drugs can cause problems for your health and can encourage menopause symptoms.
- **Natural remedies.** There are some ideal natural remedies that can help you find relief from menopause as well. Since they are natural, they are easy on the body and provide the most benefit overall.
- **Medication.** In some cases, you may need to seek out medical attention for your symptoms. If you feel that they are severe or are not finding relief from other treatments, it may be necessary to consider medications to help balance hormones and give you relief.

Some of these treatments are easy to do. Just changing your diet and getting enough exercise can help provide you with the health that you need. Improving your health makes you physically feel better but it also helps to provide you with long lasting health benefits beyond that. This includes the fact that you will feel better about yourself. Anxiety and depression can be parts of menopause for some women. But, having a healthy lifestyle can help to minimize those occurrences.

Finding Menopause Relief without Drastic Changes

Menopause relief can come in the form of simple changes to your life. Although you may or may not be one of the women that experiences drastic changes to their life when menopause hits, it is important for you to realize that you can do things to better the quality of your life and to minimize the hardships that you face. But, many times, people turn to harmful medications and hormone treatments that are anything but simplistic or natural options. Yet, there are some things that you can do to find menopause relief without drastic medication changes.

Here are four things that you can do to find relief from the symptoms of menopause.

1. Drink enough fluids. You need to keep yourself completely hydrated. To do this, try to drink half of your body weight in ounces. So, if you weigh 130 pounds, try to drink 65 ounces

of water per day. Water or other clear fluids are ideal for menopause relief. Try to keep these to clear liquids, not caffeine infused drinks.

2. Eat fresh foods more often. Try to eat fresh foods, those that are not processed and not refined. Whole foods have many more nutrients in them that are ideal for your health especially during menopause. Some very good choices including fish like tuna, salmon, and halibut. Eat nuts, olive oil, and whole grains. All of these products can give you a better amount of nutrients that your body needs for relief from menopause symptoms.

3. Don't eat foods that bother you. Listen to your body. If you have sensitivity to foods, try to keep them out of your diet. Putting your body through those experiences can cause you to feel even worse.

4. Don't eat foods that are known to be bad. For example, you do not need to eat excessive sugar or sweet products, fried and greasy foods, or drink lots of caffeine. These foods have very little nutritional value and they can cause additional problems.

Menopause relief can come to you through several methods. You are sure to find benefits from just eating the right foods. Your body needs to get into it the right nutrients to allow it to do its job correctly. When you are battling changes within your body, giving it the right fuel can help your body to win those battles and keep you feeling better. Try to incorporate these changes into your lifestyle and you will find menopause relief.

Your Diet and Menopause Relief

You may or may not realize that menopause relief can be obtained when you improve your diet. Not only should everyone be eating a well balanced diet, but it is also important for you to find the right nutrients to add to your diet to insure menopause relief. The fact is that menopause can be made easier to deal with when you consume the right amounts of certain types of food. Giving your body the nutrition that it needs at this time is one way to find the relief that you need as well as deserve.

What Your Diet Needs To Include

The first thing to realize is that a healthy diet is essential to your body's overall function. Eating the right foods is important even more so when it comes to menopause relief. Your diet should be rich in deeply colored vegetables, in lean meats that have a good amount of protein, in fruits that offer antioxidants as well as in whole grains. Now, there are some specifics about your diet that you should keep in mind as well.

Calcium is a very important part of the diet and this is especially true during menopause. Your body needs it to prevent the onset of osteoporosis, a condition in which your bone mass starts to weaken, leaving you with weaker bones and even bone loss. Since the effects of osteoporosis can not be reversed and because it happens to women after menopause, adding calcium to your diet is essential. You should be getting 1500 milligrams of calcium per day.

You can get the calcium you need from a supplement, but also from eating foods that are rich in it like cheeses, milk, yogurt, figs, oranges, and spinach.

It is also important to take a look at the meat that you are consuming. Your body needs the protein supplied by meats. But, many meats are very high in fat, which can cause problems for you in many ways. Try to eat leaner cuts of meat, especially when consuming beef. You should try to eat more fish too if possible, for the higher concentration of nutrients in them.

Your diet plays a large role in your body's ability to handle menopause. Finding relief from the problems and the symptoms that menopause brings on can happen through improving the quality of your diet. Talk to your doctor about your specific dietary needs when it comes to menopause relief. This simple change can make you feel much better.

Exercise and Menopause Relief

Finding menopause relief is something that you need to do. No matter what your symptoms may be, there are several ways that you can find some help for getting through them. The hardest part of the process is finding the best overall method for relief for your specific lifestyle. You can talk to your doctor about hormone replacement medications, you can incorporate herbal remedies for help or you can take into consideration your diet. But, one thing that you will want to incorporate even still is that of exercise. Believe it or not, having the right amount and the right types of exercise in your daily life can actually help you to better your menopause symptoms.

How to Do It

Now, when we say exercise, you should not think to yourself that you are too out of shape, too old or it is just too hard to add this into your life. The fact is that doing any type of exercise will get the body moving and will ultimately make you feel incredibly better. Even if your menopause symptoms are minor, you can find relief from them, to some degree, just by incorporating some exercise.

What you do and how much you do is really up to you. You should never do anything that causes you an overly unbearable amount of pain either. Your goal is to insure that your body is feeling better, not strained or hurt. Here are some things to take into consideration.

- Incorporate a walk in the morning and at night. While walking, swing your arms and walk at a fast but comfortable pace. When you do this, you increase your heart rate and gain cardiovascular benefits.
- Try to do some strength training. If you can, work with a trainer to help you. If not, work on adding a few free weights to workout programs. Or, find more challenging tasks to do during the day. Your goal is to build up some of your muscle mass here. Don't worry you won't look bulky!
- Flexibility is also important. Here, you will want to try to increase the range of motion that you have. Just doing stretching exercises daily can help you to feel better.

So, what do you get from doing these exercises? You will be able to find that your body feels better physically. In addition, symptoms like hot flashes and insomnia are limited. You get some menopause relief here.

Menopause Relief through Hormone Replacement Therapy

Sometimes, getting menopause relief needs to come from outside help. You may need to count on finding hormone replacement therapy as one of the many ways in which you can find relief. This is a medical treatment for the symptoms that can be overwhelming that happen throughout menopause. If you are experiencing menopause symptoms that are very bothersome to you, then this treatment may be the very best solution for you. Talk to your doctor about it.

What Is Hormone Replacement Therapy?

Hormone Replacement Therapy or HRT is a treatment that is administered to an individual that is perimenopausal or postmenopausal. It is designed to help enhance the amount of estrogen that your body is producing. Often times, the lowering amount of estrogen in the body can lead to healthy problems, like osteoporosis, as well as discomfort, like the symptoms from menopause. The drugs that are in HRT are capable of helping to boost the amount of estrogen in the body, therefore helping to relieve some of these conditions. These hormones that they will work with include estrogens including progesterone and progestin, as well as testosterone, in some cases.

When you first visit your doctor, he or she is likely to do a series of tests to determine the extent of need that you have for hormone replacement therapy. There are several types of HRT that can be administered to you. Some offer a higher dose than others. Your doctor will determine what level of help you need based on what tests provide as your current levels of these hormones. In addition, your doctor will help you to determine how long you will be taking these treatments. Most doctors will provide them for one to two years, up to five. If you have a long term need, for example, you have problems with osteoporosis then long term treatment programs will be considered.

There are some risks that are associated with hormone replacement therapy. Those that have heart problems or risks of other conditions may not be able to take advantage of HRT. Your doctor will help you to understand what your specific needs and risks are before prescribing HRT to you.

Hormone Replacement Therapy is one method of getting menopause relief. If your doctor thinks that you can find some relief from your symptoms or that you need it to help fight off osteoporosis, then it is essential for you to consider just what this treatment option can do for you.

Using Medications to Relieve Menopause Symptoms

One method to finding menopause relief comes from the use of various medications. Some women feel that menopause, and all of its symptoms, are just part of life, that they are not problems that need to be treated medically. But, many women experience severe conditions of menopause. When this happens it is very important to seek out the help of your doctor. In some cases, menopause relief is not just about the physical symptom relief but also about your health. Therefore, it may be important to consider medications for menopause relief.

What Is Out There?

There are several medications that can be prescribed to you for menopause relief. Most of these products are those that deal with estrogen help. They are combinations of medications that treat the levels of estrogen in your body. If you do not have enough, as in menopause where levels decrease, your body will become more and more symptomatic and problematic for you. Here are some common medications for menopause that you and your doctor may talk about.

- Conjugated estrogens
- Dienestrol
- Esterified estrogens
- Estradiol
- Estropipate
- Ethinyl estradiol
- Testosterone

Many of these medications treat the menopause symptoms by helping the amount of estrogen to come back up to levels that they were at prior to menopause happening. Yet, those that do take these medications may see some side effects from taking them. Some of the most common types of side effects that some of these medications for menopause symptoms can cause include things like weight gain and acne. Your body may also feel as if it is changing on you as you see facial hair popping up. These specific changes are common with testosterone. In addition to this, some women have experienced liver damage from these.

Those that take the testosterone type of medications offered to treat menopause may also find damage to their breast and uterine tissues. Some of these medications can exacerbate estrogen's carcinogenic effects on these areas of your body.

Do these things mean that you can not or should not use menopause medications to treat the conditions that you have? This is not the case. In fact, it can be quite helpful for you to do so even with these risks. You and your doctor should weigh the pluses and the minuses for each of these conditions. When that is done, you will both come to an agreement on the best medications for you to take to find menopause relief as well as how long you should take them to get the benefits you need without as much of the risks.

Using Natural Supplements to Relieve Menopause Symptoms

To find menopause relief, you may want to look to natural supplements for some added health. Those that are facing the symptoms of menopause must take into consideration the various types of medications, treatments and remedies out there that can possibly provide them with the relief that they need. Yet, with all of the symptoms that you may have, this may be a bit harder to do than you thought. One method that has shown to be quite effective, and rather natural, is that of supplements. Getting the right nutrients into your diet can help to minimize the effects of menopause on your body.

What to Take

There are several types of supplements that you will want to insure you get enough of. Here are some choices to take into consideration and to look for in the next multi vitamin you purchase (or purchase individually as needed.)

- **Vitamin B 6:** This vitamin should be taken daily at about 50 to 200 milligrams per day. It will help you with symptoms from menopause that includes depression, irritability, insomnia, mood swings and more. Those that are taking birth control pills or those that are taking conjugated equine estrogens may need this.
- **Bioflavonoids:** Here, you want to make sure that you get in 1000 milligrams a day. To this, add another 1000 to 1500 milligrams of vitamin C per day. These two, when taken together can minimize many of the symptoms of menopause.
- **Vitamin E:** About 400 to 800 IU's per day will help you with the hot flashes that you are facing. They can also help with vaginal dryness.
- **Evening Primrose Oil**, also called EPO can also be quite helpful for menopause when taken daily in the amount of 1500 to 3000 milligrams. If you have painful breasts, this can minimize or stop it.
- **Gamma Oryzanol:** Taking 300 milligrams (100 milligrams three times per day) can be helpful in treating hot flashes.

Finally, you will want to top all of this off with a good quality multivitamin. Some of these quantities needed in nutrients may not be found enough in that multivitamins that you take so taking them in addition to the quality multivitamin can be quite beneficial to your overall health and well being.

When you give your body the necessary tools that it needs to fight off the "bad things" that are happening to it, you can expect to see some benefit from this. Incorporate foods that are rich in these nutrients or take a good quality supplement and soon menopause relief can be found.

Using Herbal Remedies to Relieve Menopause Symptoms

You need menopause relief. The symptoms that you are facing are wrecking havoc on your life. What in the world will you do? Your doctor wants to put you on hormone medications but the side effects of these medications seem immense and you are not willing to take all the risk

if there is another solution out there. If you are experiencing problems with the symptoms of menopause, you can find relief from herbal remedies that are safe to take and all natural. In fact, some people respond better to herbal products than they do to medications. It is very much worth the considerations.

What Can Help Me?

Of course you do want to listen to your doctor, but you can also work on incorporating some of these herbal treatments for menopause as well. One benefit of herbal remedies is that they do not usually have side effects, unless you overuse them. You should always look for pure herbals products to take, not those that have fillers or a combination of elements as these may be synthetic and not beneficial to you. Here are some to take into consideration.

- **Black Cohosh:** If you experience hot flashes, insomnia, mood swings, night sweats and vaginal dryness, then this herb can help to stop or minimize them.
- **Ginkgo:** This is a common herb that should be insured of its quality. It can help provide you with mental concentration that you may be lacking, better memory, and help you to clearly think.
- **Blazing Star:** This herb has shown to be helpful for hot flashes.
- **Chasteberry:** If you have heavy periods or they are frequent during perimenopause, this herb can help. It also helps with hot flashes. In some studies it has been shown to help prevent osteoporosis as well as some cancers.
- **Licorice:** Your adrenal glands may be causing you to have less or no interest in sex. This herb can help to regulate your glands to minimize this problem.
- **Red Clover:** This is one of the best herbs to consume. You will find it offers help for most menopause symptoms that you may have.
- **Motherwort:** Help for anxiety, problems sleeping, depression and even getting rid of water weight can be provided from this herbal product.

When it comes to herbal remedies like these, look for the highest quality and most natural options possible. When you use them, you will find some menopause relief.

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