

# Natural Choices For Menopause Safe Effective Alternatives To Hormone Replacement Therapy

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### Natural Choices For Menopause Safe

#### **Natural Choices for Menopause - The Downing Clinic**

natural choices available today combined with a healthy lifestyle will reward you with a truly enjoyable time of life \*\*\*\*\* Laura Kovalcik, DO, FACOI Board-Certified in Internal Medicine The Downing Clinic has focused on integrative internal medicine and bio-identical hormones and natural menopause treatments since 1991

#### **A Natural Approach to Menopause**

choices The two most prevalent diseases associated with postmenopausal women are osteoporosis and heart disease Both of these diseases are strongly linked to estrogen level as well as dietary and lifestyle habits Table 2 lists some of the risk factors associated with cardiovascular disease and osteoporosis A Natural Approach to Menopause

#### **Complete - and Natural - Menopause Relief**

extract is a natural solution for all menopausal symptoms and is also suitable for those who have trouble sleeping and need natural support Combined with the fact that hop cone extract also helps stabilize mood swings, getting better sleep enhances concentration, decreases irritability, and removes much of the stress of menopause

#### **Natural Solutions for Menopause - the work of brett aronowitz**

Menopause relief doesn't have to mean automatic hormone replacement therapy or a one-size-fits-all approach to alleviating your symptoms...You have choices "I had a hysterectomy at an early age and menopause started My recommendations are natural, safe, and effective

### **SUPPORTING WOMEN TO GET ACTIVE DURING MENOPAUSE**

menopause and life We need to sell these benefits to inactive women 4 The menopause is a natural time of reappraisal, when women are more open to change Menopause can be a liberating time for women to re-evaluate their lives and become more active Women are looking for information about the menopause, how to manage their

### **Menopause and Menopause Treatments**

to make wise treatment choices A: Eating a healthy diet and exercising at menopause and beyond are important sound like they are safe, but there is no proof they really are There also is no symptoms than natural menopause mood swings around menopause (menopause that occurs as part of the

### **menopause and menopause treatments**

menopause and menopause treatments what is menopause? Menopause is the time in a woman's life when her period stops It is a normal change in a woman's body A woman has reached menopause when she has not had a period for 12 months in a row (and there are no other causes, such as pregnancy or illness, for this change) Menopause is

### **Case Reviews: Hormone Therapy & Over the Counter ...**

breast cancer Do not try (PRODUCT) but better stay on the safe side Look for a safer and more effective alternative Affordable Alternative A lot of doctors are sure that the main symptoms of menopause problem can be perfectly solved with the combination of such natural products as

Theobromine, Ginseng, Ginkgo Biloba, red raspberry and

### **USE OF VAGINAL ESTROGEN IN WOMEN WITH PELVIC FLOOR ...**

USE OF VAGINAL ESTROGEN IN WOMEN WITH PELVIC FLOOR DISORDERS Patient Fact Sheet Introduction Estrogen is a normal human hormone Estrogen levels fall quickly after menopause In some younger women, they fall earlier because of certain health conditions, medicines, or treatments Low levels of estrogen can cause uncomfortable problems, like hot

### **Menopause and HRT**

About the Menopause Menopause is defined as the time when menstruation stops completely, due to the ovaries ceasing to function This is diagnosed 12 months after the last natural period The average age in British women entering the menopause is around 51 In the lead up to the menopause (called the perimenopause) and in the years following

### **The Natural Menopause Handbook: Herbs, Nutrition, & Other ...**

The Natural Menopause Handbook: Herbs, Nutrition, & Other Natural Therapies Dr Khalsa's Natural Dog: Holistic Therapies, Nutrition, and Recipes for Healthier Dogs The Natural Pregnancy Book, Third Edition: Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs,

### **Menopause - NICE**

Menopause affects every woman differently You may have no symptoms at all, or they might be brief and short-lived For some women they are severe and distressing You can still get menopause symptoms if you have had a hysterectomy (an operation to remove your womb) Other natural changes as you age can be intensified by menopause

### **SPECIAL FOCUS: H. Menopause Menopause, Naturally**

helping women transition through menopause Choosing a Natural Path Among the current choices women have are the options of pursuing

traditional hormone (estrogen and progesterone) replacement therapy (HRT), or natural and/or alternative therapies In fact, one author writes, as women from the baby boomer generation enter what

### **Complete - and Natural - Menopause Relief**

Unfortunately, many of the conventional choices available bring with them the risk of serious consequences, including the increased risk of breast cancer For women in menopause - or their supportive partners, family members, or friends - there is a natural way to fight the mood swings, night sweats, hot flashes,

### **Hormone replacement therapy (HRT) - Guy's and St Thomas**

menopause, also known as the change of life These symptoms could include hot flushes, night sweats, vaginal dryness, tiredness and irritability, and decreased sex drive HRT works by replacing the hormone (oestrogen) that your body stops producing when you go through the menopause or when you have had surgery to remove your ovaries

### **Complementary interventions in Menopause and Women's ...**

Menopause • Three phases: perimenopause, menopause, and postmenopause • Perimenopause refers to the period before the cessation of menses This phase typically last 2-8 years, although some sources say 6-13 years Cycles of regular ovulation and menses become irregular prior to terminating, which is a natural result of declining hormone

### **Brevail-NaturalHelpfrom Flax Lignans for Perimenopause and ...**

all-natural nutraceutical, and one of the most effective and safe supplements you can take to help to alleviate your perimenopausal symptoms As a reconstructive surgeon with a specialty in breast reconstruction, I have seen too many women whose breast cancers may well be the result of HRT, environmental toxins, and other unnatural causes