

7 New Secrets to Surviving Menopause



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“7 New Secrets to Surviving Menopause”

by

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R E S E A R C H

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What is **MENOPAUSE**?

Menopause most often **occurs in women between 40 and 60** in most developed countries. The average age for menopause in the USA is 52. However, it may occur earlier in some individuals due to medical treatments or conditions, such as ovary removal.

There are three stages to menopause, including perimenopause, menopause, and postmenopause:

Perimenopause

The stage begins before menopause and is defined as the year that follows someone's final period.

Menopause

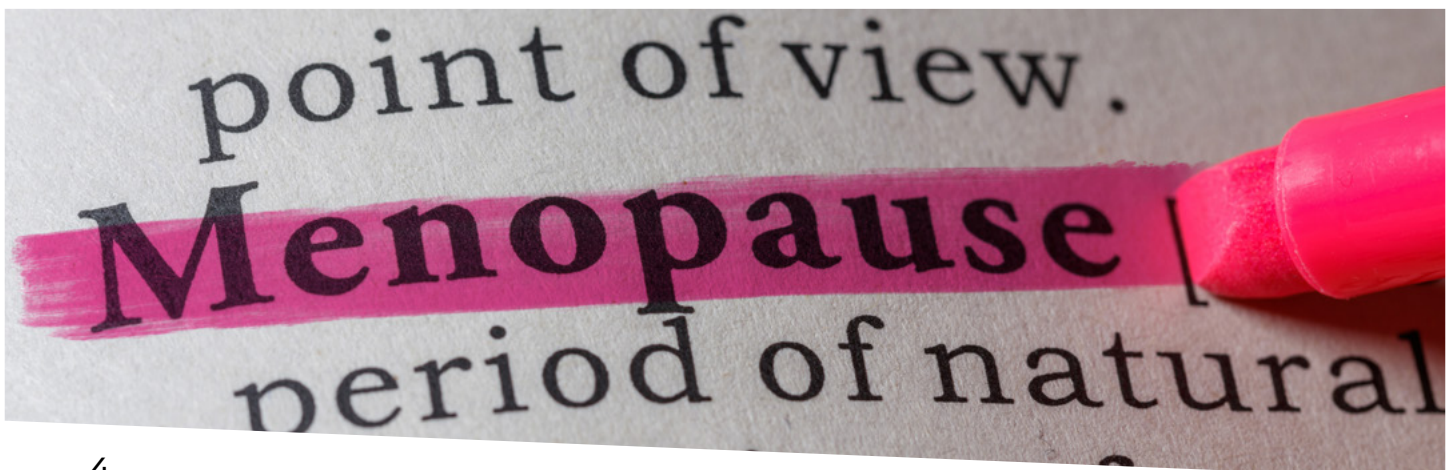
This begins either 12 months after the last period or when a clinical reason causes the period to stop.

Postmenopause

This stage occurs after menopause. However, it may be challenging to determine when menopause completes and postmenopause begins.

When menopause is on the horizon, many women experience symptoms **like reduced sex drive, vaginal dryness, night sweats, and hot flashes**. Menopause can also **result in mood changes, anxiety, or depression**.

Sometimes, symptoms occur before menstruation stops. These symptoms then continue for several years. The impact on quality of



life varies by person and can be quite severe or relatively mild. The good news is that there are methods to manage uncomfortable symptoms.

Regular exercise and a healthy diet can help people boost their health and feel better long-term. In addition, for those who have symptoms of menopause, support and treatment options are available.

Symptoms of **MENOPAUSE**

Menopause can cause many mental and physical changes to take place. Some begin before menopause, and some continue after menopause is complete.



When women reach the end of their reproductive years, but menopause has not yet started, estrogen levels begin to decline. At this point, **a woman is less likely to become pregnant.**



For many, the first symptom that menopause is on **the horizon is irregular periods.** They might become less or more frequent and lighter or heavier. However, menstrual changes can also signify health issues or pregnancy.

• ***Discomfort and Dryness of the Vagina***

Itching, dryness, and discomfort of the vagina **often start in perimenopause and can continue through menopause.** If these symptoms are present, they can result in pain and chafing during vaginal sex. If the skin breaks, this increases the chance of infection.



Some women experience inflammation, drying, and thinning of the vaginal wall during menopause. This is known as vaginal atrophy. Many medications, lubricants, and moisturizers help with this problem.

• ***Hot Flashes***

One of the most common symptoms of menopause **is hot flashes.** A hot flash makes someone feel sudden heat in their upper body. It might start in the neck, face, or chest and then move either downward or upward.

Hot flashes can also lead to red patches on the skin or sweating. And people can experience cold flashes, night sweats, or chills, either instead of or in addition to hot flashes.

Hot flashes usually occur the year after menstruation finishes, but they can continue for over a decade.



• ***Emotional Changes***

Low mood, anxiety, depression, crying spells, or irritability are commonly occur during menopause. These mood swings can be due to hormonal changes and sleep disturbances.

Feelings around menopause can also contribute. While many are tired, irritable, or sad during menopause, this doesn't always mean someone is experiencing depression. However, if low moods continue for more than two weeks, it's best to seek a doctor's help to determine the best solution for the issue. The same applies to those worried about sleep or other changes during menopause.



• ***Sleep Problems***

Some women experience sleep issues during menopause. These can be related to an increased need to urinate, night sweats, anxiety, or a combination of these three things.



Avoiding large meals before bed and getting adequate exercise can help with these problems. However, other solutions may be needed if these solutions cause no change.

• ***Difficulty Learning or Focusing***



During perimenopause, a significant number of women (up to 2/3) **experience issues with memory and concentration.** Staying mentally and physically active, maintaining a robust social life, and eating a healthy diet can help. For example, you might wish to join a club or find a new hobby to keep yourself active.

• ***Physical Changes***

Some people also have a variety of physical changes during and around the time of menopause. **This can include urinary incontinence, breast tenderness and reduction, changes in hair volume, texture, color, weight gain, and fat build-up around the abdomen.**

The link between menopause and these changes can vary and is not always fully understood. For example, some changes might occur on their own at the same time as menopause and others as a normal part of aging or lifestyle.

As you can see, various symptoms are associated with menopause. Some women experience none, others have a few, and many may have all. Thankfully, there are methods to lessen or stop many of the most frustrating symptoms of menopause.



Below we'll delve into various herbs, foods, and supplements that can improve many symptoms associated with menopause.

7 Proven Herbs to Help with Symptoms of **MENOPAUSE**

Menopause may be natural, but that doesn't mean everyone welcomes it. Even those who do may get frustrated or alarmed by some of its symptoms. **For most women, this natural life change begins in their 40s or 50s.**

Some of the most common signs of menopause include depression, anxiety, headaches, bone loss, lousy sleep, decreased sex drive, mood swings, irregular periods, weight gain, night sweats, chills, vaginal dryness, and hot flashes.

Since menopause is natural, most treatments are focused on managing symptoms. While pharmaceutical drugs may help, their side effects make many women choose alternative treatment options, used their own or in tandem with traditional treatments.

If you're considering taking herbs for menopause symptoms, it's a good idea to speak with a physician. Then once you have the green light to move forward, consider trying the herbs and other natural solutions below.



Black Cohosh

Black cohosh is a flowering perennial plant with white blooms along the stem and a spikey structure up to five feet tall. This buttercup family member is mainly found in eastern Canada and the United States.

In some cases, you may see black cohosh called by other names. These include rheumatism weed, black bugbane, rattlesnake weed, black snakeroot, macrotys, and fairy candle.

Studies show that black cohosh binds to the opioid receptors in the body to **help with body, abdominal, and muscle pain related to**

postmenopause, menopause, and perimenopause.¹

Black cohosh goes back to ancient times and is a staple of traditional Chinese medicine used to **help tone the uterus and kidney, support liver function and the nervous system and reduce musculoskeletal spasms and pain.**

However, it is not recommended for people with liver disorders and may cause liver damage in some people. Check with your doctor if black cohosh could work for you.



Red Clover

Another excellent herb for use during menopause is red clover. It offers many nutrients, such as vitamin C, thiamine, potassium, phosphorus, niacin, magnesium, chromium, and calcium. It's also rich in isoflavones which act like estrogens and are available in various plants.

There are many benefits to red clover during menopause. Its isoflavones may **help with some symptoms of menopause, specifically for night sweats and hot flashes.**²

Some believe that supplemental doses of red clover isoflavones can help reduce bone loss in menopausal women. In addition, possible side effects are minimal compared to other medications, such as mild nausea and headaches.



Dong Quai

Dong quai or *Angelica sinensis* root has been in place for more than a thousand years as a medication, tonic, and spice in Japan, Korea, and China. Traditional Chinese medicine combines it with other herbs. It's typically used to treat women's reproductive issues, such as painful menstruation, and can increase blood flow.³

Many call dong quai the female ginseng since it is used for menopause symptoms, premenstrual syndrome (PMS), infrequent periods, irregular menstrual cycle, and cramps.

Dong quai studies show bioactive compounds **help women relax, stimulate the uterine muscles, open blood vessels, and reduce pain.** Women who have taken dong quai note that it **helps with symptoms like hot flashes and absence of menstruation.** It's still unknown if this herb blocks estrogen in the body or acts like it.

Other conditions dong quai may help include premature ejaculation, high blood pressure, and heart disease.



Evening Primrose Oil

Instead of prescription medication, women can use evening primrose oil to fight the discomfort and pain associated with menopause. It's a flower native to North America, some Europe areas, and part of the Southern hemisphere.

Native Americans used evening primrose in the past for healing. For example, they used the leaves for sore throats and minor wounds, and the plant was employed to help with bruises.

Today, the oil extract of evening primrose seeds **helps make supplements to treat symptoms of menopause, breast pain, and eczema.** In addition, this oil is high in several beneficial fatty acids.

Fatty acids and nutrients are important to the body. For example, **omega-3 and omega-6 fatty acids help bone health and brain function.** Evening primrose oil's fatty acids also **help reduce inflammation.**

Using this supplement is more effective than placebos at reducing the severity of hot flashes.⁴ It also helps reduce bone loss which becomes an issue during and after menopause.



Flaxseed

Flaxseed, also called linseed, is derived from the flax plant, an annual herb. Ancient Egyptians used this substance as medicine and food. Today, flaxseed improves digestion and functions as a laxative. It contains significant fiber and gummy mucilage that increases stool bulk and improves movement through the digestive tract.

Flaxseed provides vital omega-3 fatty acid that assists with arthritis, inflammatory bowel disease, and heart disease. The omega-3 in flaxseed, alpha-linolenic acid, can be found in pumpkin seeds, walnuts, soybean oil, and canola.

Flaxseed supplements **help lower “bad” LDL cholesterol levels and reduce the chances of heart disease.** However, it can also **help women experiencing menopause.**

Studies show that flaxseed works just as well as hormone replacement therapy (HRT) for many mild symptoms of menopause, including **vaginal dryness, mood disturbances, and hot flashes.**⁵

In addition, flaxseed contains phytoestrogens that act as the female hormone estrogen in the body. This may make it helpful in preventing breast cancer in women of all ages.



Soy

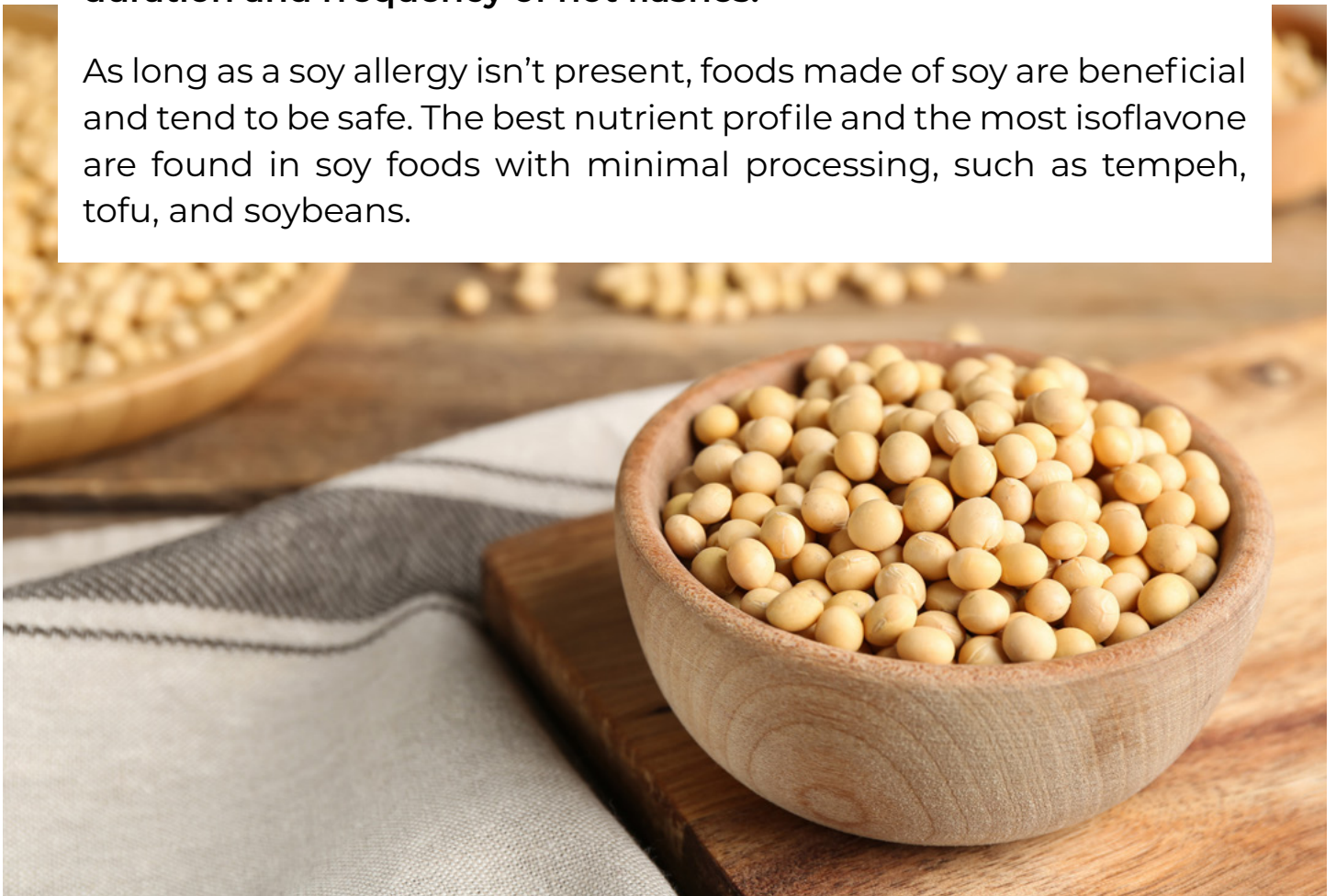
Soy has become a popular food in the United States. Yet, it has been an everyday staple in other locations, such as Asia for thousands of years. However, women only recently realized the benefits of soy as an alternative to HRT.

One of the most frustrating symptoms of menopause is hot flashes. Hormone replacement therapy was once the most popular method of reducing these symptoms. However, many people prefer a more natural solution to their menopause woes.

Many women in Asian countries have fewer hot flashes than in the United States. Studies have investigated whether this might result from having more soy in their diet.⁶

In addition, many menopausal women found that supplementing with soy isoflavones **can positively impact bone health and the duration and frequency of hot flashes.**

As long as a soy allergy isn't present, foods made of soy are beneficial and tend to be safe. The best nutrient profile and the most isoflavone are found in soy foods with minimal processing, such as tempeh, tofu, and soybeans.



Maca

The final natural item to minimize menopause is the root of a Peruvian vegetable called maca. Maca is from the Brassica family and has similarities to Brussels sprouts, cabbage, and broccoli.

A folk medicine staple for centuries, maca root has been used for many physical issues, including hormone imbalances, infertility, and anemia. It has also been helpful for menopause symptoms like vaginal dryness, moodiness, and decreased sex drive.

Some studies show that maca is much more **helpful for reducing psychological symptoms of menopause, like depression and anxiety, than a placebo. It can also heighten the sex drive in menopausal women.**

Very few side effects have been noted to using maca at this time. However, speak with your doctor if you're taking medications or have an estrogen hormone-sensitive condition (endometriosis, uterine fibroids, or cancer of the breast, uterus, or ovaries) before choosing to use it.

Maca has become popular recently, making it inexpensive and easy to access. However, ensure you choose only trustworthy brands that utilize third-party testing to ensure potency and purity.





Seeing Your Doctor

All the herbs, supplements, and food listed above offer significant benefits to women going through menopause. They will help ease your hot flashes, reduce night sweats, boost energy, and kickstart your metabolism. In addition, each item is safe to use for most people and can make menopause a less stressful situation.

However, those with severe symptoms may need other solutions and should speak with a doctor about their options. Additionally, other methods of addressing your menopause symptoms may work best for your situation.

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