

### Homeopathy for Menopause

If 40 is the new 30, and 50 is the new 40 where does that leave women when it comes to menopause in the 21<sup>st</sup> century? Menopause still has an air of taboo about it yet all women will go through it. It brings many issues and most of us will face at least some of the following:

- Exhaustion/lack of energy
- Sleep difficulties
- Hot flushes/night sweats
- Anxiety
- Anger/irritability/depression/mood changes
- Poor memory and concentration
- Stiff and aching joints
- Breast tenderness and water retention
- Hair loss
- Period problems
- Skin problems
- Urinary problems
- Vaginal dryness
- Reduced libido

**The good news is that homeopathy can help you with these symptoms. Homeopathic remedies are safe and natural and prescribed on a totally individual basis. The aim is to help your body to balance itself rather than compromise it with medications that may well present problems of their own.**

#### Some other supports you might like to try:

- Try an herbal sleep aid containing Valerian; some also contain Passiflora and Avena Sativa which would be even better. Most chemists stock a selection; check ingredients - the most natural and least chemical are the best.
- Try taking a multi-vitamin and mineral supplement early in the day. Vitamins B, C and E and magnesium are important during menopause and can help with hot flushes, irritability, poor concentration and vaginal dryness. Floradix or Floravital liquid supplements are a good start and readily available at the chemist.
- Cut down stimulants such as coffee, tea, alcohol, chocolate and sugary things, especially during the evening. Try chamomile tea before bed?
- Try to keep blood sugar levels as even as possible. Again avoid/cut down on the above items. Try to eat little and often to avoid sugar spikes and crashes. Try a couple of oatcakes before bedtime as it may be that you're waking when you blood sugar drops (especially if you wake around 3-4am). Blood sugar levels and hormone levels are linked.



#### The menopause mindset

Apart from symptoms we also face getting our head around the menopause as a life stage. What it has come to represent in society today? Our culture has sadly linked menopause with loss – loss of fertility, loss of sex life, loss of youth. We have been encouraged by the media and medics to eradicate signs of age and *keep young and beautiful if we want to be loved?!*

**I think your whole life shows in your face and you should be proud of that - Lauren Bacall**



Why can't we look after ourselves and our health without having to 'defy the signs of ageing'? One skin product boasts that it reduces expression lines. Heaven forbid that we may have lived full lives, with myriad experiences and adventures, and expressed emotions along the way. Smiles, laughter, tears, anger - these are part of being human and 'expression lines' illustrate this experience and gained wisdom.

Don't get me wrong, I'm not saying we should throw out our make up, forgo trips to the hairdresser and wear shapeless rags. But should we accept the pressures of trying to retain the face and body of a pre-pubescent teenager? Injecting ourselves with poison to plump wrinkles, operations for gastric bands, face lifts and breast augmentation and pumping up lips doesn't make us look young, it makes us look strange.

### So any positive thoughts at all???

- No more periods or PMS!
- No contraception worries!
- Menopausal zest, as termed by anthropologist Margaret Mead. The time and energy to take stock of life – relationships, career, health, etc.
- Been there, done that, learned from it and wised up! Result: greater self assurance.
- Family grown and flown – your life is yours again! Dust off your wish list. Skydiving anyone?

**I have enjoyed greatly the second blooming ... suddenly you find – at the age of 50, say – that a whole new life has opened before you - Agatha Christie**

### A word about HRT

It's worth mentioning that menopause is a natural phase in the female life journey. It is not a medical condition.

If a woman over the age of 40 visits her GP with any of the above noted symptoms there is a high chance that the GP will deem it to be a hormone related issue and HRT may be offered. The theory being that by replacing hormones which naturally decrease around the time of menopause it is possible to postpone, reduce or eliminate the associated undesirable symptoms. Apart from the view that menopause may be better treated in a positive manner and embraced as a new phase there is worrying scientific data to consider:

*'According to the US Women's Health Initiative study, hormone therapy increases your chances of developing the following diseases by these percentages:*

- *Coronary heart disease-related events, 29 per cent*
- *Stroke, 41 per cent*
- *Deep vein thrombosis, 200 per cent*
- *Blood clot in lungs, more than 200 per cent*
- *Invasive breast cancer, 24 per cent*
- *All cancers among previous users, 86 per cent*
- *Ovarian cancer, 38 per cent*
- *Lung cancer, 60 per cent.'*

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<http://www.wddty.com/hrt-the-latest-cancer-risk.html>

You may already be aware that HRT drugs such as Premarin (along with Prempro, Premphase, Prempac and Premelle) are produced from **Pregnant Mares' Urine**, hence the name. There are major concerns about the way the mares are kept in order to harvest their urine and more information can be found at:

[http://www.peta.org/mc/factsheet\\_display.asp?ID=73](http://www.peta.org/mc/factsheet_display.asp?ID=73)

**This newsletter is just a snapshot of a topic that deserves extensive discussion but I hope you have found it interesting and informative. To find out more about homeopathy and menopause visit my website or to discuss how homeopathy can help you personally then please email/phone me for an informal chat.**

