



Menopause Battle Plan

What is Menopause?

Menopause is the permanent end of menstrual bleeding. Menopause occurs when the ovaries are depleted of eggs, and causes decreased levels of estrogen and progesterone. When a woman goes for six to twelve months without a menstrual period, she is diagnosed as menopausal. The average age when menopause occurs is 51 years.

Causes of Menopause:

- Normal decline in ovarian function resulting in decreased levels of the female hormones, estrogen and progesterone.
- Surgical removal of both ovaries.
- Symptoms may be exacerbated by stress placed on a woman's body by an unhealthy traditional American diet and exposure to several environmental toxins.

Facts you should know:

- According to the 1991 U.S. Census Bureau, the number of menopausal women, age forty-five to fifty-four, numbered 13 million and is expected to grow by 73 percent before 2010.
- Women can expect to live one-third of their adult lives after menopause.
- Women who feel valued in their workplace have the lowest risk of menopause associated with heart disease. Women that work stressful jobs and have no autonomy or control of their environment, low recognition, accomplishment, and low pay have a much greater risk for heart disease.

Signs and Symptoms:

As the body attempts to maintain its former state of hormonal balance, hormone levels (particularly estrogen levels), may fluctuate widely causing the following symptoms:

Menstrual irregularity (having periods more frequently, going months without one, heavier or lighter periods, spotting between periods)	Hot flashes or flushes (raised skin temperature and flushing with chills following)
Headache, forgetfulness, inability to concentrate	Dizziness, rapid irregular heartbeat
Hypoglycemic symptoms (sudden feelings of weakness, shaking, breaking out in a cold sweat)	Thinning or drying of the vaginal lining termed Atrophic vaginitis (may cause pain during intercourse, itching, burning, susceptibility to infection)
Bloating in the upper abdomen	Frequent urinary tract infections or bladder irritability (15% of menopausal women report frequent urinary tract infections)
Breast tenderness	Cold hands and feet
Mood changes, pronounced tension and anxiety, or depression	Fatigue or sleeping difficulty

Treatment and Prevention:

Menopause is a normal part of life that cannot be avoided. However, the majority of its negative effects can be largely prevented or alleviated. The goals of any menopause treatment should be to eliminate the bothersome symptoms and to prevent the degenerative ailments: osteoporosis and heart disease. Due to the possible serious adverse side effects including its cancer-causing potential, menopausal women should consider a natural alternative approach to the standard hormone replacement therapy. A successful natural approach focuses on improving the body's physiology to naturally counteract menopausal symptoms. Menopause does not signal the end of an active, healthy life.

1). Diet

- Increase consumption of plant foods, particularly those high in phytoestrogens (plant estrogen). These include: flaxseed, nuts, whole grains, apples, carrots, yams, green beans, peas, potatoes, red beans, brown rice, whole wheat, rye, sesame seeds, fennel, parsley, and alfalfa.
- Phytoestrogen plant foods ease a woman's transition through menopause, protect the body from associative diseases, decrease hot flashes, inhibit osteoporosis, and promote vaginal health.
- Keep well hydrated by drinking at least 1.5 L of filtered water each day.
- Avoid refined sugars, high amounts of protein, dairy, fats, salt, caffeine, and tobacco.

2). Nutritional Supplements

- Flaxseed – contains linoleic acid, which has been shown to greatly inhibit the progression of less severe forms of an autoimmune disease. Also, a great source of phytoestrogens. (*Use our Flax Advantage™ - take a ½ cup of fresh flaxseeds -measure before grinding- daily*)
- Vitamin E – essential for the absorption of nutrients and healthy metabolism. Vitamin E relieves menopausal symptoms and also protects against cancer and heart disease.
- **Rice Bran Solubles™** contain tocotrienols, a natural vitamin E type nutrient – studies show these fat-soluble antioxidants to be more potent than vitamin E in maintaining the body's healthy absorption of nutrients.
- Hesperidin – improves vascular integrity and relieves hot flashes.
- Vitamin C – the body's primary antioxidant. Vitamin C protects against cardiovascular disease by lowering the total cholesterol level and blood pressure, and preventing clogged arteries. (*We recommend our C From Nature™ which is rich in Vitamin C and Bioflavonoid – Take 3-9 capsules daily*)
- Ferulic Acid – effective in alleviating menopausal symptoms including hot flashes. Lowers cholesterol and triglyceride levels.

3). Herbs

- PHPs' **Revive-It-All™** contains Ginkgo, Alpha-lipoic Acid, N. Acetyl Carnitine, and Super Oxide Dismutase, all of which improve blood flow to the brain and nervous system, enhance nerve cell function, and help to relieve cold hands and feet and the forgetfulness that can accompany menopause. (*Take one capsule with each meal daily*)
- Dong Quai (*Angekuca sinensis*) – this traditional Asian woman's remedy is used to treat menopausal symptoms, particularly hot flashes, as well as menstrual difficulties.
- Licorice (*glycyrrhiza glabra*) – increases the estrogen-to-progesterone ratio, thus restoring hormonal balance.
- Black cohosh (*Cimicifuga racemosa*) – the most widely used and thoroughly studied natural alternative to HRT. A study involving 629 patients found Black cohosh extract produced clear improvement in menopausal symptoms in over 80% of patients within 6-8 weeks.

Recommendations:

1. Regularly exercise a minimum of 30 minutes, four times a week. Three to four hours of exercise per week is best.
2. Do not smoke. Avoid caffeine and sweets.

We do not intend to diagnose, treat, cure or prevent any disease