Menopause is the "change of life", it is the time in a woman’s life when menstruation stops permanently. The ovaries reduce the production of female sex hormones—a gradual process, which begins about 3 to 5 years before the final menstrual period. The American College of Obstetricians and Gynecologists defines menopause as occurring 12 months after the last menstrual period. Menopause occurs during a woman's reproductive years. It is a normal, permanent stage of the life cycle. Some women experience typical symptoms such as hot flashes, mood swings, and night sweats. Other women experience minimal symptoms or no symptoms at all. The average age at which this occurs is 50 but this number is variable from woman to woman. Menopause starts around the age of 45 and ends at the age of 55.

It is to show menopause that you’re the boss!


Common physical discomforts of menopause
• Hot flashes
• Night sweats
• Vaginal dryness and itching

Common mental discomforts of menopause
• Confusion
• Poor concentration
• Memory lapses
• Irritability

Menopause increases the risk for:
• Cancer
• Heart disease
• Osteoporosis
• Coronary artery disease
• Unnecessary surgery

The Adrenal Gland Connection
Menopause is a major life event strongly connected to adrenal gland function. In the healthy female, the adrenal gland produces the hormones cortisol and dehydroepiandrosterone (DHEA). During this transitional phase, repressed stress hormones are high while the production of female sex hormones is low. The adrenal gland is a major player in this transition. During menopause, the ovaries stop producing estrogen and progesterone, leading the body to think it is going through another state of stress. The stress response, also known as the "fight or flight" response, is controlled by the adrenal glands.

To help to silence hot flashes, night sweats and the resulting sleep disturbances, recommend the following:

• Take menopausal supplements like maca, black cohosh, shensi berry, and St. John’s wort. These supplements help to balance and support estrogen levels in the body.

• Take a combination of 400 mg of vitamin D and 1500 mg of calcium per day. These nutrients support bone health and help to reduce the risk of osteoporosis.

• Drink plenty of water. Dehydration can cause hot flashes and night sweats.

• Exercise regularly. Exercise helps to reduce stress and improve sleep.

• Get enough sleep. Lack of sleep can increase the risk of hot flashes and night sweats.

www.tristarnaturals.com

Best Menopausal Herbs and Whole Foods

Maca

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Best Menopausal Herbs and Whole Foods

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.

Maca is a root vegetable that has been used in traditional folk medicine for centuries. It is native to Peru and is known for its ability to improve energy levels and sexual health. Maca contains a variety of nutrients, including vitamins, minerals, and plant sterols. Maca is often used to help with hot flashes, night sweats, and mood swings. It is also said to improve sexual desire and function.
It's time to show menopause that you're the boss!

Best Menopausal Herbs and Whole Foods

What is Menopause?

Menopause or "the change of life" is the time in a woman's life when menstruation stops permanently. The ovaries inhibit the production of female sex hormones — a gradual process, which begins about 3 to 5 years before the final menstrual period. Menopause usually occurs between the ages of 45 and 55.

Menopause is considered complete if post-menopause when a woman has been without periods for 1 year.

Menopause is the time in a woman's life when menstruation stops permanently. The ovaries inhibit the production of female sex hormones — a gradual process, which begins about 3 to 5 years before the final menstrual period. Menopause usually occurs between the ages of 45 and 55.

Menopause is considered complete if post-menopause when a woman has been without periods for 1 year.

Dr. Zelma Rona practices Complementary Medicine in Toronto and is the medical editor of "The Encyclopedia of Natural Medicine."

REFERENCES

Hops: http://www.enotalone.com/article/9317.html
Traditional Medicine, 16, pp. 93-96.
Gonzales, G. F., Cordova, A., Vega, K., Chung, A., Villena, A., & Gonez, C. (2003). Effect of Lepidium meyenii (maca), a root with aphrodisiac and anti-depressant and sexual enhancer. Schisandra also has applications in reversing many liver disorders including hepatitis C. Schisandra can work from the inside out. It increases stamina and mental clarity while fighting stress and fatigue. It also works as an anti-ageing tonic. Rather than some cosmetic that is slathered on the skin, schisandra works to enhance beauty from within, allowing the skin to glow. The beneficial effects of schisandra are not just limited to the skin. It also supports overall health and well-being.

CONCLUSION

Menopause is a time of transition and change and transition as a woman's body sheds its childbearing potential and adjusts to lower levels of hormones. It is a common occurrence for many women around the world, affecting millions of women annually. It is important for women to understand the signs and symptoms of menopause and how to manage them effectively.

Common physical discomforts of menopause

• Sleep disturbances
• Night sweats
• Night flashes
• Mood swings and depression
• Nervousness
• Fatigue
• Headaches
• Memory lapses
• Joint pains
• Unnecessary surgery

Common mental discomforts of menopause

• Memory loss, forgetfulness
• Premenstrual syndrome
• Hostility

Menopause increases the risk for:

• Breast cancer
• Osteoporosis
• Coronary disease
• Ovarian cancer
• Osteoporosis
• Cancer
• Arthritis
• Depression
• Hypertension

A hot flash (flush) can be defined as a sudden sensation of intense heat in the upper part of all body that feel hot. Hot flushes are caused by a rapid increase in body temperature, and they can occur for many different reasons, including hormonal changes during menopause, changes due to stress, or as a result of medication. Hot flushes can be a common symptom of menopause and can be managed with lifestyle changes, medication, or complementary therapies.

The ability to deal effectively with physical, emotional, and spiritual changes is crucial for menopause. By understanding the signs and symptoms, women can take steps to alleviate their discomfort and maintain their overall well-being.
To lower the potential cancer risk, doctors usually add a progesterone prescription for 10 days out of every cycle.

Doctors disagree about whether all menopausal women should be on hormones or whether hormones should be re- started and continued bleeding monthly after menopause, which is a commonly stated reason for stopping black cohosh. Doctors also disagree whether there is an increased risk of breast cancer. According to Dr. Ross, hormone replacement therapy is linked to an increased risk of breast cancer. According to Dr. Ross, hormone replacement therapy is linked to an increased risk of breast cancer. The U.S. Preventive Services Task Force has concluded that there is no evidence that hormone replacement therapy reduces the risk of breast cancer.

Other major risk factors for osteoporosis include smoking, excessive alcohol intake, low calcium and vitamin D intake, and high caffeine intake. Women who smoke have a reduced ability to absorb calcium from food. Women who drink more than two alcoholic beverages per day may experience cumulative bone loss. Women who consume a high-caffeine diet, which can interfere with calcium absorption, have a higher risk of osteoporosis.

There is now a growing body of medical evidence to add to the folklore supporting the use of certain popular herbs to prevent the symptoms of menopause. A 1992 report by the American College of Obstetricians and Gynecologists states that there is “sufficient evidence” to support the use of herbal medicine in menopausal women.

For example, black cohosh (Cimicifuga racemosa) is a herb that has been used for centuries to relieve menopausal symptoms. It is a member of the buttercup family and is native to Europe and North America. Black cohosh has been shown to be effective in relieving hot flashes, night sweats, mood swings, and vaginal dryness. Studies have also shown that black cohosh can help to improve blood circulation and reduce the risk of varicose veins.

One of the most promising herbal treatments for menopause is maca (Lepidium meyenii), a cruciferous vegetable native to the Andes. Maca has been used for centuries in South America to treat a variety of ailments, including sexual dysfunction. More recent research has shown that maca can help to improve sexual function in both men and women, as well as reduce the symptoms of menopause. Maca is also a good source of vitamins and minerals, including vitamins A, C, and E, as well as potassium, calcium, and iron.

Another popular herbal treatment for menopause is ginseng extract (panax ginseng). Ginseng has been used for centuries in traditional Chinese medicine to improve overall health and well-being. More recent research has shown that ginseng can help to reduce the symptoms of menopause, including hot flashes, night sweats, and mood swings. Ginseng is also a good source of antioxidants, which can help to protect the body from damage caused by free radicals.

There are many other herbal treatments for menopause, including red clover (Trifolium pratense), St. John’s wort (Hypericum perforatum), and dong quai (Angelica sinensis). Each of these herbs has been shown to be effective in relieving menopausal symptoms, and many women find that a combination of herbs is the most effective treatment.

While herbal treatments for menopause are a good option for many women, it is important to speak with a healthcare professional before starting any new supplement. Herbal treatments can interact with prescription medications, and some herbs can have side effects. It is also important to make sure that the herbal products you choose are of high quality and are manufactured by a reputable company.
had the ovaries removed or other causes of early menopause, a positive family history of osteoporosis, never having... known what the combined effect might be on the in-

Conventional hormone replacement therapy, for managing menopause: can cause:

- An increased risk of breast cancer
- Stroke
- Abnormal bleeding
- Increased heavy or prolonged menstrual periods
- Difficulty urinating
- Increased breast size
- Frequent colds
- Changes in bone density
- Headaches
- Factors that contribute to heart disease
- Fainting
- Fluid retention
- Increased coronary artery disease
- Strokes
- Liver and gall bladder disease
- Difficulty breathing
- Painful urination
- Increased sensitivity to light
- Nervous system problems

This estrogenic stimulating effect of black cohosh has been an issue with many mainstream doctors who have er-

1) Black Cohosh (Cimicifuga racemosa)

2) Dong Quai (Angelica sinensis)

3) Gamma-Oryzanol

4) Chaste Berry (Vitex agnus)

5) Maca (Lepidium meyenii)

6) Dong Quai (Angelica sinensis)

This herb appears to work by stimulating thegonadal hormones

Black cohosh extract is credited with having beneficial effects on hot flashes, anxiety, mood, and sleep in menopausal women. Studies have shown that black cohosh extract has significant estrogen-like effects, including:

- Relieved hot flashes and

Menopause is not only a biological event but a socially supported event, providing a rich environment for women to engage in personal and cultural transformation. This transition can be a time of tremendous growth and change, as women navigate the physical, emotional, and psychological changes that accompany the loss of ovarian function. Many women report new sense of purpose, creativity, and freedom in their later years.
The use of estrogen hormone by itself is associated with a three to four times increased incidence of uterine cancer. Conventional hormonal replacement therapy during menopause can cause:

- had the ovaries removed or other causes of early menopause, a positive family history of osteoporosis, never having
- effective therapies for the prevention and treatment of osteoporosis.”

Doctors disagree about whether all menopausal women should be on hormones or whether hormones should be re-

- that only rare women should be prescribed synthetic hormones and that symptoms can be controlled entirely by natu-

Endometriosis

- Increasing breast lumps
- Chest pain
- Increased sensitivity to light

Conventional hormonal replacement therapy during menopause can cause:

- Weight gain
- Increasing artery disease risk
- Difficulty breathing

Certainly, there are no safety and efficacy studies which are conclusive enough to warrant the wide scale drugging of a normal, healthy female population.

1) Black Cohosh (Cimicifuga racemosa)

- Menopausal women have never been done. A recent editorial in the New England Journal of Medicine puts it this way:

- 18x109]The use of estrogen hormone by itself is associated with a three to four times increased incidence of uterine cancer.
- 1x109]Conventional hormonal replacement therapy during menopause can cause:

- had the ovaries removed or other causes of early menopause, a positive family history of osteoporosis, never having
- effective therapies for the prevention and treatment of osteoporosis.”

Doctors disagree about whether all menopausal women should be on hormones or whether hormones should be re-

- that only rare women should be prescribed synthetic hormones and that symptoms can be controlled entirely by natu-

Endometriosis

- Increasing breast lumps
- Chest pain
- Increased sensitivity to light

Conventional hormonal replacement therapy during menopause can cause:

- Weight gain
- Increasing artery disease risk
- Difficulty breathing

Certainly, there are no safety and efficacy studies which are conclusive enough to warrant the wide scale drugging of a normal, healthy female population.

1) Black Cohosh (Cimicifuga racemosa)

- Menopausal women have never been done. A recent editorial in the New England Journal of Medicine puts it this way:

- 1x109]The use of estrogen hormone by itself is associated with a three to four times increased incidence of uterine cancer.
- 1x109]Conventional hormonal replacement therapy during menopause can cause:

- had the ovaries removed or other causes of early menopause, a positive family history of osteoporosis, never having
- effective therapies for the prevention and treatment of osteoporosis.”

Doctors disagree about whether all menopausal women should be on hormones or whether hormones should be re-

- that only rare women should be prescribed synthetic hormones and that symptoms can be controlled entirely by natu-

Endometriosis

- Increasing breast lumps
- Chest pain
- Increased sensitivity to light

Conventional hormonal replacement therapy during menopause can cause:

- Weight gain
- Increasing artery disease risk
- Difficulty breathing

Certainly, there are no safety and efficacy studies which are conclusive enough to warrant the wide scale drugging of a normal, healthy female population.

1) Black Cohosh (Cimicifuga racemosa)

- Menopausal women have never been done. A recent editorial in the New England Journal of Medicine puts it this way:

- 1x109]The use of estrogen hormone by itself is associated with a three to four times increased incidence of uterine cancer.
- 1x109]Conventional hormonal replacement therapy during menopause can cause:

- had the ovaries removed or other causes of early menopause, a positive family history of osteoporosis, never having
- effective therapies for the prevention and treatment of osteoporosis.”

Doctors disagree about whether all menopausal women should be on hormones or whether hormones should be re-

- that only rare women should be prescribed synthetic hormones and that symptoms can be controlled entirely by natu-

Endometriosis

- Increasing breast lumps
- Chest pain
- Increased sensitivity to light

Conventional hormonal replacement therapy during menopause can cause:

- Weight gain
- Increasing artery disease risk
- Difficulty breathing

Certainly, there are no safety and efficacy studies which are conclusive enough to warrant the wide scale drugging of a normal, healthy female population.

1) Black Cohosh (Cimicifuga racemosa)

- Menopausal women have never been done. A recent editorial in the New England Journal of Medicine puts it this way:

- 1x109]The use of estrogen hormone by itself is associated with a three to four times increased incidence of uterine cancer.
- 1x109]Conventional hormonal replacement therapy during menopause can cause:

- had the ovaries removed or other causes of early menopause, a positive family history of osteoporosis, never having
- effective therapies for the prevention and treatment of osteoporosis.”

Doctors disagree about whether all menopausal women should be on hormones or whether hormones should be re-

- that only rare women should be prescribed synthetic hormones and that symptoms can be controlled entirely by natu-
The use of estrogen hormone by itself is associated with a three to four times increased incidence of uterine cancer.

Doctors differ about whether all menopausal women should be prescribed synthetic hormones and that symptoms can be controlled entirely by natural means. The standardized 27-deoxyacteine herbal extract exerts its benefits in controlling heavy periods, hot flashes, and night sweats. It is also believed to reduce hot flashes by as much as 50%. In fact, there are many sage-based deodorants sold in health food stores. Sage has been used as a natural remedy for centuries.

Chest pain

Dizziness

Obesity

Menopausal skin crèmes or gels

Black cohosh extract is considered by some to be the most effective herbal remedy for menopausal discomforts. It is believed to reduce hot flashes and night sweats, and to improve overall mood. Many women have used it safely for years. For instance, when you take a look at the breast cancer incidence curves, you will find that women who take estrogen pills for 15 years, she had a 30% excess risk of breast cancer. According to Dr. Sidney Wolfe and a 1991 article in the Journal of the American Medical Association, estrogen treatment after menopause is associated with an increased risk of breast cancer. According to Dr. Sidney Wolfe and a 1991 article in the Journal of the American Medical Association, estrogen treatment after menopause is associated with an increased risk of breast cancer.

Conventional hormone replacement therapy during menopause can cause:

• Visual disturbances
• Fatigue
• Memory loss
• Reduced sex drive
• Bloating
• Increased coronary heart disease
• Liver and gall bladder disease
• Chest pain

There is now a growing body of medical evidence to add to the folklore supporting the use of certain popular herbs to help women through menopause. The following is a list of the best documented of these remedies:

1) Black Cohosh (Cimicifuga racemosa)

There is now a growing body of medical evidence to add to the folklore supporting the use of certain popular herbs to help women through menopause. The following is a list of the best documented of these remedies:

1) Black Cohosh (Cimicifuga racemosa)

Black cohosh extract is considered by some to be the most effective herbal remedy for menopausal discomforts. It is believed to reduce hot flashes and night sweats, and to improve overall mood. Many women have used it safely for years. For instance, when you take a look at the breast cancer incidence curves, you will find that women who take estrogen pills for 15 years, she had a 30% excess risk of breast cancer. According to Dr. Sidney Wolfe and a 1991 article in the Journal of the American Medical Association, estrogen treatment after menopause is associated with an increased risk of breast cancer. According to Dr. Sidney Wolfe and a 1991 article in the Journal of the American Medical Association, estrogen treatment after menopause is associated with an increased risk of breast cancer.

Conventional hormone replacement therapy during menopause can cause:

• Increased risk of breast, uterine cancer and stroke
• Increased bleeding
• Abnormal bloating
• Increased excess weight
• Cramping, lower abdominal pain
• Nausea or vomiting
• Weight gain
• Menstrual changes
• Visual disturbances
• Fatigue
• Memory loss
• Reduced sex drive
• Bloating
• Increased coronary heart disease
• Liver and gall bladder disease
• Chest pain

There is now a growing body of medical evidence to add to the folklore supporting the use of certain popular herbs to help women through menopause. The following is a list of the best documented of these remedies:

1) Black Cohosh (Cimicifuga racemosa)

There is now a growing body of medical evidence to add to the folklore supporting the use of certain popular herbs to help women through menopause. The following is a list of the best documented of these remedies:

1) Black Cohosh (Cimicifuga racemosa)

Black cohosh extract is considered by some to be the most effective herbal remedy for menopausal discomforts. It is believed to reduce hot flashes and night sweats, and to improve overall mood. Many women have used it safely for years. For instance, when you take a look at the breast cancer incidence curves, you will find that women who take estrogen pills for 15 years, she had a 30% excess risk of breast cancer. According to Dr. Sidney Wolfe and a 1991 article in the Journal of the American Medical Association, estrogen treatment after menopause is associated with an increased risk of breast cancer. According to Dr. Sidney Wolfe and a 1991 article in the Journal of the American Medical Association, estrogen treatment after menopause is associated with an increased risk of breast cancer.
The Sunshine Vitamin. For more of his articles, see Healing. He has also published several Canadian best-selling books.

Dr. Zoltan P. Rona practises Complementary Medicine in Toronto.

REFERENCES

Schisandra berry: http://www.herbalist.com/wiki.details/159/category/8/


www.amazon.com

To order this book by Dr. Rona

It’s time to show menopause that you’re in charge!

To order this book

Recommended by Dr. Zoltan Rona

www.tristarnaturals.com

Best Menopausal Herbs and Whole Foods

What is Menopause?

Menopause or the "change of life" is the time in a woman’s life when menstruation stops permanently. The ovaries reduce their production of female hormones—estrogen, which brings about 3–5 years before the final menstruation. Menopause is defined as the time when a woman has not menstruated for 12 months. In this period, the levels of both estrogen and progesterone fall significantly, and the ovaries produce less and less of these hormones. Capsules shouldn't have an ester-ol and calm-sounds to it.

Menopause is considered complete at forty-five (post-menopause) when a woman has been without periods for 1 year. It is a natural event in every woman’s life. Hormones naturally decrease over time, it is a normal part of life and not something to be pitied or feared.

It is not uncommon for a woman to experience discomforts in addition to the hot flashes and other symptoms that may occur during menopause. These symptoms may be related to an adaptive, generally slow process of lower hormone production.

Common physical discomforts of menopause

• Sore and tender breasts
• Night sweats
• Mood swings and depression

Common mental discomforts of menopause

• Memory lapses
• Night sweats

Menopause increases the risks for:

• Atherosclerosis
• Heart Disease/

What is happening during the Transition to Menopause?

Menopause is a time of change. The ovaries stop producing estrogen and progesterone, and the adrenal glands begin to produce more estrogen, progesterone, and testosterone. This change in hormone balance can affect a woman’s mood, sleep, energy, and overall health.

The transition period for menopausal women varies from patient to patient. For some, it can be a smoothly transition, while for others, it can be a more challenging period. The symptoms of menopause can vary from woman to woman, and they can include:

Menopause increases the risks for:

• Hot flashes
• Night sweats
• Mood swings and depression

Symptoms of menopause can include:

• Hot flashes
• Night sweats
• Mood swings and depression

The Adrenal Gland Connection

Menopause is a major life event strongly connected to adrenal gland function. In the healthy female, the ovary is responsible for estrogen production and regulation, whereas the adrenals are responsible for cortisol production. When estrogen levels drop during menopause, cortisol levels increase, which can lead to an increased risk of chronic stress. This stress can further contribute to the symptoms of menopause, such as hot flashes and mood swings.

How does Menopause Affect Other Body Systems?

Menopause increases the risks for:

• Hot flashes
• Night sweats
• Mood swings and depression

Symptoms of menopause can include:

• Hot flashes
• Night sweats
• Mood swings and depression

The ability to deal effectively with physical, chemical, emotional, and environmental stressors such as toxins, smoking, pollution and physical and emotional stressors is largely dependent on the health of the adrenal glands.

The adrenals are a pair of glands shaped like kidney beans that lie just above the kidneys. They secrete steroid hormones that are responsible for regulating blood pressure, heart rate, muscle strength, and the body’s reaction to stress. When the adrenals are stressed, they release hormones that can affect the body’s ability to regulate blood pressure, heart rate, and the body’s response to stress. When the adrenals are healthy, they release hormones that can help the body adapt to stress, such as cortisol and aldosterone.

In menopause, the adrenals are often under stress, which can lead to symptoms such as hot flashes, mood swings, and fatigue. It is important to support the adrenals during this transition period to help alleviate these symptoms and improve overall health.

www.tristarnaturals.com

Best Menopausal Herbs and Whole Foods

What is Menopause?

Menopause or the “change of life” is the time in a woman’s life when menstruation stops permanently. The ovaries reduce their production of female hormones—estrogen, which brings about 3–5 years before the final menstruation. Menopause is defined as the time when a woman has not menstruated for 12 months. In this period, the levels of both estrogen and progesterone fall significantly, and the ovaries produce less and less of these hormones. Capsules shouldn't have an ester-ol and calm-sounds to it.

Menopause is considered complete at forty-five (post-menopause) when a woman has been without periods for 1 year. It is a natural event in every woman’s life. Hormones naturally decrease over time, it is a normal part of life and not something to be pitied or feared.

It is not uncommon for a woman to experience discomforts in addition to the hot flashes and other symptoms that may occur during menopause. These symptoms may be related to an adaptive, generally slow process of lower hormone production.

Common physical discomforts of menopause

• Sore and tender breasts
• Night sweats
• Mood swings and depression

Common mental discomforts of menopause

• Memory lapses
• Night sweats

Menopause increases the risks for:

• Atherosclerosis
• Heart Disease/

What is happening during the Transition to Menopause?

Menopause is a major life event strongly connected to adrenal gland function. In the healthy female, the ovary is responsible for estrogen production and regulation, whereas the adrenals are responsible for cortisol production. When estrogen levels drop during menopause, cortisol levels increase, which can lead to an increased risk of chronic stress. This stress can further contribute to the symptoms of menopause, such as hot flashes and mood swings.

How does Menopause Affect Other Body Systems?

Menopause increases the risks for:

• Hot flashes
• Night sweats
• Mood swings and depression

Symptoms of menopause can include:

• Hot flashes
• Night sweats
• Mood swings and depression

The Adrenal Gland Connection

Menopause is a major life event strongly connected to adrenal gland function. In the healthy female, the ovary is responsible for estrogen production and regulation, whereas the adrenals are responsible for cortisol production. When estrogen levels drop during menopause, cortisol levels increase, which can lead to an increased risk of chronic stress. This stress can further contribute to the symptoms of menopause, such as hot flashes and mood swings.

How does Menopause Affect Other Body Systems?

Menopause increases the risks for:

• Hot flashes
• Night sweats
• Mood swings and depression

Symptoms of menopause can include:

• Hot flashes
• Night sweats
• Mood swings and depression

The Adrenal Gland Connection

Menopause is a major life event strongly connected to adrenal gland function. In the healthy female, the ovary is responsible for estrogen production and regulation, whereas the adrenals are responsible for cortisol production. When estrogen levels drop during menopause, cortisol levels increase, which can lead to an increased risk of chronic stress. This stress can further contribute to the symptoms of menopause, such as hot flashes and mood swings.

How does Menopause Affect Other Body Systems?

Menopause increases the risks for:

• Hot flashes
• Night sweats
• Mood swings and depression

Symptoms of menopause can include:

• Hot flashes
• Night sweats
• Mood swings and depression

The Adrenal Gland Connection

Menopause is a major life event strongly connected to adrenal gland function. In the healthy female, the ovary is responsible for estrogen production and regulation, whereas the adrenals are responsible for cortisol production. When estrogen levels drop during menopause, cortisol levels increase, which can lead to an increased risk of chronic stress. This stress can further contribute to the symptoms of menopause, such as hot flashes and mood swings.

How does Menopause Affect Other Body Systems?

Menopause increases the risks for:

• Hot flashes
• Night sweats
• Mood swings and depression

Symptoms of menopause can include:

• Hot flashes
• Night sweats
• Mood swings and depression

The Adrenal Gland Connection

Menopause is a major life event strongly connected to adrenal gland function. In the healthy female, the ovary is responsible for estrogen production and regulation, whereas the adrenals are responsible for cortisol production. When estrogen levels drop during menopause, cortisol levels increase, which can lead to an increased risk of chronic stress. This stress can further contribute to the symptoms of menopause, such as hot flashes and mood swings.

How does Menopause Affect Other Body Systems?

Menopause increases the risks for:

• Hot flashes
• Night sweats
• Mood swings and depression

Symptoms of menopause can include:

• Hot flashes
• Night sweats
• Mood swings and depression

The Adrenal Gland Connection

Menopause is a major life event strongly connected to adrenal gland function. In the healthy female, the ovary is responsible for estrogen production and regulation, whereas the adrenals are responsible for cortisol production. When estrogen levels drop during menopause, cortisol levels increase, which can lead to an increased risk of chronic stress. This stress can further contribute to the symptoms of menopause, such as hot flashes and mood swings.
Maca.

The ability to deal effectively with physical, emotional, and/or environmental stressors such as chronic stress, smoking, and/or physical overexertion/overtraining requires the healthy balance of the adrenal glands. The adrenals are a pair of glands shaped like kidney beans that sit just above the kidneys. Their function is to maintain a comfortable level of blood stress hormones (cortisol, epinephrine, norepinephrine) and allows the body to carry on in the face of changing circumstances, which results in the ability to perform well. In the healthy body, the adrenal glands respond to stress and then return to a comfortable balance. If the stress becomes chronic, the body can no longer maintain the balance that is so essential to health and wellness. The purpose of this article is to briefly discuss the role of the adrenals in our lives.

The Adrenal Gland Connection

Maca is a major factor in chronic stress response to and the maintenance of glandular function. It is one of the most important factors that allow the body to maintain a comfortable balance. If the stress becomes chronic, the body can no longer maintain the balance that is so essential to health and wellness. The purpose of this article is to briefly discuss the role of the adrenals in our lives.

Maca

Maca is a major factor in chronic stress response to and the maintenance of glandular function. It is one of the most important factors that allow the body to maintain a comfortable balance. If the stress becomes chronic, the body can no longer maintain the balance that is so essential to health and wellness. The purpose of this article is to briefly discuss the role of the adrenals in our lives.