



“Knowing that if you have the faith of a mustard seed, your faith can move mountains”

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MENOPAUSE

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS MENOPAUSE?

The period in a woman's life (typically between the ages of 45 and 50) when the monthly period or menstruation finally stops.

SYMPTOMS

Periods rarely just suddenly disappear in the menopause. Symptoms can occur over months or years. Periods may become heavier and less regular before ceasing completely.

Common symptoms associated with Menopause are:

Cardiovascular system: Heart Palpitations, Shortness of breath, High blood pressure, Hot flushes (esp. after physical or psychological stress).

Musculoskeletal: Aches and pains, Headaches, Backaches, Osteoporosis is usually symptomless.

Genital: Irregular bleeding (missed or late), Decreased libido, Vaginal dryness and itching.

General: Dryness of skin, Wrinkling of the skin, Sleep disorders, Night sweats, Symptoms of Menopause.

Neurological: Nausea, Dizziness, Mood changes, Irritability, Depression, Insomnia, Numbness, Tingling, Weeping.

Urological disorders: Decrease hormones, Urethra tissues becomes more fragile – (urethritis, cystitis, uterine prolapse, incontinence, pain during intercourse).

CAUSES

Decrease in production of female sex hormones brought on naturally or by the use of Hormone Replacement Therapy or full or partial Hysterectomy, which disrupts the hormones.

DIET

Begin practicing healthy nutrition before menopause to decrease unwanted symptoms.

- Eat adequate meals – do not overeat
- Eat foods rich in **phytoestrogens** (organic pears, apples, peas, beans, soy beans, maize, carrots, onions, garlic, asparagus)

Foods to Increase

Indole which helps with the bad effects of too much estrogen (cooked broccoli, brussels sprouts, cabbage, cauliflower, kale, rutabagas, turnips). Use Kelp with these items to counteract the goitrogenic effect of rubbing the thyroid gland of iodine.

Iodine - for healthy thyroid function to balance metabolism and hormone (Kelp (1-2 teaspoons daily), dulse, seaweed cure, Pink Himalayan sea salt, Sea weed Cure, garlic, leafy greens, pineapples, pears, artichokes, citrus fruits)

Whole grains (rice, millet, buckwheat, quinoa)

Garlic, sesame seeds, sunflower seeds, lots of fresh fruits, almonds, dates, pomegranates, lecithin, olive oil, coconut oil

Vitamin E (hot flashes, anxiety, heart disease, vaginal dryness) sunflower seeds, oil-bearing nuts, olives, avocado, mangoes

Vitamin C (leg cramps, bruising, hot flashes)

Fruits: citrus, acerola cherries, sweet red pepper, guava, black currant, kiwi, strawberries, orange, lemon, tomatoes.

Green Vegetables: cabbage, broccoli, cassava, potatoes.

Calcium and Magnesium to prevent bone loss, mental stress, anxiety (pumpkin seeds, sesame, almond, hazelnut, cashew, molasses, buckwheat, kelp, tofu, spinach, dates, potato)

Iron (Fenugreek, spirulina, blackstrap molasses, soybean, sesame, lentils, tofu, oats, olive, spinach)

Millet is a good source of silicon – an essential trace element important for improving the strength and structure of hair. It also contains proteins important for providing keratin from which our hair, skin and nails are made.

Flaxseed, 2 tablespoons grounded daily - has benefits in the menopausal years in terms of stroke and blood fats

Drink adequate **water** until urine is pale yellow to prevent drying of skin and mucous

membranes. Helps relieve vaginal dryness. Drink 16oz – 32oz warm water on mornings one of which should be lemon water. When using lemon, always use a straw to protect the enamel of your teeth.

What increases Hot Flashes? Hot drinks, Hot meals, Hot spices -peppers, chili, Sugar or simple Refined carbohydrates – so avoid these items.

Foods to Avoid

Animal Products are the highest source of fat in the diet. Avoid all flesh and its by-products (chicken, fish, turkey, beef, shrimp, lobster, sausages, cheese, ice cream, milk, butter, etc.). If you so desire to use milk, non-harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.) **Recipes for nuts, grains, bean loaves and more can be found in the following cookbooks: It's All Good, Ten Talents, The Optimal Diet, Of These Ye May Freely Eat, Give Them Something Better and Encyclopedia of Foods and Their Healing Power vol. 3.**

Coffee: Coffee interferes with many metabolic processes, including those concerned with normalizing the menopausal process. Causes loss of 1.4 percent of bone calcium per year after menopause from drinking just one cup of coffee per day.

Caffeinated drinks, tea (even after decaffeinating) can cause increased calcium loss. Soft drinks and baking powder are also high in phosphates.

Alcohol: Suppresses the growth of bone, is toxic to the ovaries, causes infrequent ovulation and menstrual irregularities

Diet for Osteoporosis, prevention and cure. Avoid **foods high in phosphates and protein** such as animal foods. Eat a low protein diet, as the kidneys excrete large amounts of calcium through the urine to make up for the high sulfuric acid from the protein. You do need to keep appropriate calcium levels.

Sample Meal 1

Fruit: 3-5 servings,

Whole Grain Cereal sweetened w/Fruit: 1 cup servings add 2 Tablespoon of flax seed freshly grounded can be sprinkled over cereal at breakfast. Add ¼ cup of pumpkin seed can be eaten with the breakfast cereal.

1-2 slices of whole grain bread with natural butter e.g. almond, spreads/butter is acceptable as well. (e.g. Tahini, cashew, olive oil)

Sample Meal 2

Raw Salad (fruit or vegetable) small bowl

Steamed/Raw fruit or veggie ½ of the plate

Starches/Grains & Provision ¼ of the plate - Starches consist of (i.e. brown rice, baked potatoes, gluten free pasta)

Proteins (legumes, nut or bean loaf) ¼ of the plate

Fats (end the meal with Fats - olive oil, nut butter, closed handful of nuts)

Sweeteners. Use natural sweeteners (honey, agave nectar). Avoid table sugar and other artificial sweeteners.

LIFESTYLE

Dress in layers of pieces of clothing so you may take off garments as necessary, For example, if you wear a shirt and jacket where your environment is cold, when you move to a warmer environment you can take the jacket off but still be well clad. Use lighter blankets or sheets to cover while you sleep, Meditate on spiritual themes daily, Increase your self-confidence, Keep happy

Deep breathing exercise will often stop a **hot flash** in a few seconds. Simply breathe in deeply through the nose and out through the mouth, repeatedly, until the flash stops. Take more **time** for yourself out of your working day – relax, be less anxious. Spend lots of time outdoors – gardening. Go to **sleep** before 10:00pm nightly.

Smoking: Stopping smoking is a treatment for menopause. Decreases estrogen levels, increases bone loss at an early age, A new study has found that regular exercise can cause the **skin's aging process to reverse**, even in participants who took it up later in life.

Walk for 1 continual hour daily, Lift **light weights** for body tone, after each meal walk for 15 minutes to aid **digestion**

Hot flashes can be caused by food, allergies and the need to perspire to eliminate toxins, keep a diary so you can discover what **triggers** hot flashes. Take a **steam bath** each week or hot bath for 20 minutes each day

Vaginal Itching – Wash: Mix together: 4 cups of hot or cold water, 1 to 4 tablespoons of vinegar, Pour slowly through the low part of the pubic hair and encourage with the fingers to touch all parts of the vulva by opening all the folds. This should be done with every bathroom use. Vaginal Itching can also be helped by vitamin E oil rubbed on the vulva,

Vaginal dryness – Suppository: Puncture a **Vitamin E or Vitamin A capsule**; Insert it high as a suppository in the vagina each night for dryness of the vagina, Use daily for six weeks to get relief, After 6 weeks drop back to about 1 or 2 a week.

Before intercourse increase vaginal lubrication using lubricant gels, If possible, maintain sexual activity. This will keep your vagina in the best possible condition.

Vagina Care: Always wash hands before handling the vagina, Use hands to thoroughly wash the area, Use plain, clear water to meticulously rinse the area, Be gentle and using no abrasive cloths, Dry of the non-hairy portions by blotting rather than rubbing, Never use soaps on the genital area, Douching is discouraged.

To maintain vaginal pH: 2 tablespoons of vinegar (or more) in a 4 cups of water, pour over the vulva each morning after the shower

To prevent Humpback: Several times a day (at least four) raise up from your work, Stand or sit tall, Hold the elbows at shoulder height, and try to touch the elbows together, both in front and behind

Emotional Aspects: Improve your interpersonal relationships not only makes one more at ease, but actually lessens women's hot flashes, Importance of Sunlight, Balances hormones, Sunlight exposure also produces nitric oxide naturally which aids in lowering blood pressure.

HERBAL TREATMENT

Use Pink Himalayan Sea Salt that has 84 essential trace elements – great for hot flashes, hypertension, weight control, hormonal balance

Increase Vitamin D - To regulate your hormones, use **Vitamin D** - take 10,000iu liquid vitamin D with olive oil or fat daily, along with sunlight for four months, then reduce to 5000iu daily until your levels are back in line.

If you live in a warmer climate please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm daily).

It is important to balance the hormones while at the same time cleansing the liver and blood to release toxins from the body which would have been done during mensuration. The following protocols of Liver cleanse, Blood cleanse and Hormonal balance is quite helpful when used together. Use these teas daily until symptoms are relieved.

ROTATION WEEK 1	ROTATION WEEK 2	ROTATION WEEK 3	ROTATION WEEK 3
Milk thistle seed - 2 Tablespoons	Dandelion leaf/root – 2 Tablespoons	Milk thistle seed - 2 Tablespoons	Dandelion leaf/root – 2 Tablespoons
Red clover flower - 2 Tablespoons	Burdock root – 2 Tablespoons	Burdock root - 2 Tablespoons	Red clover flower - 2 Tablespoons
Wild Yam root - 2 Tablespoons	Sage leaf – 2 Tablespoons	Dong Quai root – 2 Tablespoons	Black Cohosh rhizome – 2 Tablespoons

RULE FOR MAKING TEAS

Always boil the hard parts of the plant such as: roots, seeds or barks first for 15 minutes, then add the delicate parts of the plant such as leaves, flowers, buds, stems or clusters and steep for 40 minutes. Depending on the part of the plant you get for the herbs will determine how it is prepared.

Women's Change – Female balance formula.

St John's wort helps treat symptoms of low mood and anxiety, especially during the menopause.

Valerian has been used for many decades to treat stress and anxiety. As it settles the mind and relaxes the body, it is also used to help aid sleep.

Ginkgo is one of most researched herbs and as such we know that it helps maintain a normal blood circulation, especially circulation to the brain. This helps concentration and memory.

For Bladder/urinary infections:

Corn Silk tea - 1 handful of corn silk in 32oz of hot water. Steep for 40 minutes and drink as water daily. Use until condition is resolved. *unsweetened*

EXTRA CARE**Pain relief**

Peppermint oil: to relieve joint and muscle pain as well as back pain. (always use along with a carrier oil such as olive or coconut)

Water treatments

A cool or tepid shower every morning slows down hot flashes.
To stimulate the ovaries for better menopause transition.

Hot compresses to the abdomen for 20 minutes four or five times a week, or hot sitz baths for 20 minutes five times a week for three to four weeks.

Healthful Clothing

No Girdles. No band tight enough to leave a red mark on the skin. Wear clothing to cover the extremities to maintain proper blood circulation (long sleeves, skirts). The blood loses much latent heat from a bare skin area. Experimentally there is alteration of the blood flow in the pelvic organs if only one hand or one foot is chilled for over five minutes

IN CONCLUSION

There is beauty in every age of life - Enjoy it. Tears need not be apologized. A woman in the change of life has unusually tender sensitivity to the feelings of others. Seek supportive family and friends. Maintain calm and patience – exercise every day. Go on a vegetarian diet. Keep happy.

**PLEASE COMBINE THIS SHEET WITH THE FACT SHEET
TO GET THE BEST RESULT.**

For further information, please visit or call us at the above number.