



MENOPAUSE

What is it?

Menopause is the permanent cessation of menstrual cycles, which can occur naturally or as a result of medical or surgical intervention. While many women experience few to no symptoms during this time in their lives, some women find that their physical and mental wellbeing is compromised to some extent.

Key ideas:

- A natural change of life, does not cause symptoms in all women
- Most common symptoms are hot flashes and vaginal tissue changes
- Can affect sleep, mood, and memory
- Symptoms are reflective of hormonal changes to which the body has difficult adapting
- Men experience more subtle changes, but do go through a hormonal shift as well

How do we treat it?

Menopause is not a disease, but rather a natural progression of life for women between the ages of 45-55 years old. It is a time for the body and spirit to shift focus away from the hormonal cycle towards self-actualization and growth. When the hormones are balanced before menopause, it is rare for women to experience debilitating symptoms during menopause. However, in our busy society, most women power through hormonal imbalance during their menstrual years, and then when menopause hits, they have symptoms. When treating menopausal and peri-menopausal women, we find that as we work to balance hormones, their cycles will often return for 1-2 final bleeds. Once finished, symptoms are markedly decreased and women report feeling more balanced and centered. Our work with you may include hormone testing, diet and exercise counseling, along with specific remedies that will allow your body to achieve homeostasis.