

## **Menopause The Change of Life**

### Mood Fluctuations

Above all else, the most common phrase I hear from peri-menopausal women is, “I feel like I’m going crazy, what’s wrong with me?”. This is why menopause has been nic-named The Change of Life.

This is a time in life when women take a good hard look at who they are and compare it to who they need to become. I believe this to be more of an instinctive human process than a personal choice. Personal needs and care of the Self comes in to focus at this time in life. Because we don’t seem to have a whole lot of control over this priority shift, feelings of guilt are common.

### Hot flashes:

These are of course due to hormone fluctuations as we move into our natural estrogen-depleted state. The most common contributors to hot flashes that I see in practice are sub-optimal liver function, sub-optimal lymphatic flow, comfort eating of food rich in sugars or starches, coffee (regular and decaf), a wound up nervous system (i.e. pent up stress energy), and crowded busy environments.

### Vaginal Dryness

This will occur naturally, but the presence of yeast will aggravate the problem. Make sure you don’t have low grade vaginal yeast overgrowth.

Estrogen suppositories are a common conventional treatment for this problem, and they are effective. I’m happy to help you with making your decisions about hormone replacement therapy based on benefit vs. risk. Everyone is different, and it’s important that you feel able to make an informed decision that you feel good about.

### Weight and Blood Cholesterol Become More Difficult to Manage

Workouts that involve sweating, puffing, and panting seem to be necessary for the kind of weight & cholesterol management my patients are happy with.

Sub-optimal thyroid function is common in this phase of life. This can make weight gain and cholesterol elevations more problematic than they need to be.

Food sensitivities can become a problem as well, and the symptoms are often mysterious and confusing to the untrained eye.

### Memory and Mental Clarity Problems are Common

A greater need for certain nutrients can contribute to this issue, and detective work is often needed to discover which nutrients have become deficient.

Sub-optimal thyroid function can contribute to this issue as well.

### It's Important to Monitor Your Breast Tissue

Give your breasts a break from your underwire bra. Optimal lymphatic flow is essential to healthy breast tissue. Cupping can optimize lymphatic flow around the breasts, it's a technique I use often.

### Endocrine Disrupters are everywhere

Soy protein isolate

Bromides: Exhaust fumes, pesticide residues, salon products

Chlorines: Drinking water and swimming pools

Excess Fluorides: A little bit of fluoride is good, but it's easy to get too much.

Heated plastics including microwaved saran wrap and water bottles exposed to the sun.

### Detox

It's important that your body has everything it requires for a complete detoxification process. It's not always wise to start with herbal detoxifiers such as milk thistle. Hot flashes could worsen.

### Protecting the Bones is Important

There's far more to this than calcium, magnesium, and vitamin D. In addition to creating bone integrity, calcium is also used to maintain the delicate pH balance required in our blood. This means that the body will remove calcium from the bones to put in the blood if necessary. We don't know much about the intricacies of this process, not for sure anyway. Many of us theorize that certain food and lifestyle choices encourage bone loss because of this process.

### Prolapse

There are key exercise you can be doing, beyond kegels, to gain muscle integrity in the pelvic floor. I can teach you these, they are simple. The challenging part is re-connecting your brain's awareness to these muscles, and training it to use these muscles again without having to consciously think about it.

*-Dr. Angela, ND*