

Terry Talks Nutrition

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Key Words

Hot flashes and night sweats, Changes in the menstrual cycle, Dry mucous membranes, Dry vagina, Irritability and moodiness, Forgetfulness, Weight gain, Osteoporosis, Thinning hair, Fatigue

A major symptom of menopause is loss of libido which may or may not be a problem depending on the understanding of her spouse. While loss of libido will occur, it can be dealt with in a very loving way. Vaginal dryness is a very common symptom which is basically a loss of the usual moist and soft feeling of the lining of the vaginal area which can then be associated with itching and irritation. To hydrate the vagina and the mucous membranes throughout the body, the use of Sea buckthorn pulp and seed oil can be very helpful during this period of a woman's life. A woman in menopause is much more sensitive, and therefore, will cry easily. Her mood swings will be like that of a rollercoaster. When treating menopause with herbal extracts, even the sensitivity and irritability can be lessened dramatically.

Fatigue is one of the most common menopausal symptoms. It's defined by an ongoing and persistent feeling of weakness, tiredness and lowered energy levels. Fatigue involves a lack of energy rather than sleepiness. A woman's sleep habits can be interrupted by hot flashes and night sweats which also can lead to increased fatigue during the day. "Fatigue is second only to pain as the most common symptom doctors see in patients", says David S. Bell, M.D., a chronic fatigue researcher at Harvard

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LIVING A FULL AND HAPPY LIFE THROUGHOUT MENOPAUSE

Medical School and Cambridge Hospital in Massachusetts. "One fourth of all Americans will have long episodes of lethargy and tiredness". Particularly common in women undergoing the menopausal transition, chronic fatigue can have a drastic impact on daily life putting a tremendous strain on relationships, work, productivity and quality of life. Based on the book, *Hypoadrenocorticism* by John Tintera MD, 94% of individuals suffering from hypoadrenal or adrenal insufficiency experience fatigue. It would behoove the woman going through menopause to use a formulation that can support proper adrenal function. For your information, I have listed a formulation at the end of this article that I think supplies all of the necessary nutrients to give excellent support to adrenal function and structure. In researching the effects that menopause has on a woman's life, I was surprised to learn that some medical experts list over 30 symptoms associated with this transition. Of course, some of the most common symptoms that women experience are hot flashes, night sweats, and irregular periods, loss of libido, vaginal dryness, mood swings and fatigue.

Other symptoms that complete this long list of changes in a woman's life are difficulty concentrating, mental confusion, forgetfulness, loss of balance, weight gain with sudden bouts of bloating, incontinence, increased severity of allergies, fingernails become softer and crack easily, changes in body odor, heart palpitations, anxiety and depression, breast pain, menopausal headaches, pain in the joints, burning tongue and mouth, tingling sensations and osteoporosis. These menopausal symptoms and their intensity can vary considerably from one woman to another as well as the duration for each woman. A recent European survey has discovered the following. Depression occurs 29% of the time, loss

of libido 34%, irritability 40%, mood disorders 42%, insomnia 45% and hot flashes 72% of the time. American and Asian studies also report a high prevalence of hot flashes recognized worldwide as the main symptom during menopause. To date the population reporting hot flashes represents more than 51 million women in the United States and 121 million in Europe.

More and more epidemiological studies report the potential risks of a substitutive hormonal treatment. **For these reasons women are increasingly looking for a natural, efficient, as well as a safe solution.** Phytotherapy can be an alternative. In response to a growing demand, researchers have identified a certain number of traditional plants with natural estrogenic properties. Hop cone is one of them. This plant extract contains phytoestrogens which are extremely weak versus estrogen therapy, but due to their nature, they attach to the estrogen receptor sites mimicking the secretion of estrogen. They are extremely safe however significantly weaker than the use of estrogen. The use of hop cone dates back thousands of years. The bitter acids present in hop cone, as well as the composition of flavonoids, grant hop cone a high antioxidant capacity. For this reason, this exceptional hop cone extract is standardized in xanthohumol (XN).

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Terry recommends this formula for your best health:

Vitamin D-3 4000 IU, Vitamin K-1 (as phytonadione) 300 mcg, Calcium (as citrate and malate) 450 mg, Magnesium (as chelate) 200 mg, Zinc (as chelate) 20 mg, Copper (as chelate) 2 mg, Manganese (as chelate) 2 mg, Boron (Fructo-borate) 12.5 mg, Vitamin K-2 Natto Extract (MenaQ7™ menaquinone-7) 45 mcg, Lactobacillus Sporogenes (bacillus coagulans, lactic acid bacteria) 1 billion, Silicon (as sodium metasilicate) 50 mg