

# Terry Talks Nutrition

Compliments of Terry... Naturally

## 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

Menopause is anything but the pause that refreshes. This time in a woman's life can be very frustrating if not downright devastating. There is still a lot to be learned about menopause. Some women sail right through menopause with barely a symptom. Others have every symptom imaginable. Not only can menopause change a woman's life, but due to the symptoms associated with menopause, it can impact one's marriage and family life. Not only should the woman who is experiencing menopause be concerned with alleviating the symptoms, but all her loved ones should learn and be knowledgeable of the symptoms. With a little more understanding from the family of what a woman is going through, life for everyone can be much better. Most physicians will tell the women patients that it's something they must adjust to and live with. While I agree, I believe there are many natural remedies that can ease the symptoms and make life more enjoyable.

I would, however, recommend a

### Terry recommends this formula for your best health:

Patented Hop Cone (*Humulus lupulus L*) Extract standardized for 8-prenylnaringenin, Apple (*Pyrus malus*) Fruit Extract rich in quercetin and phloridzin and standardized to contain >40% polyphenols, Black cohosh (*Cimicifuga racemosa*) Root and Rhizome Extract standardized to contain 2.5% triterpene glycosides, 260 mgs

## LIVING A FULL AND HAPPY LIFE THROUGHOUT MENOPAUSE

complete physical when entering this period of a woman's life to rule out any unknown complications that might be taken as symptoms of menopause. It hardly seems necessary to describe and define what menopause is, but for those individuals who are reading this article and may be supporting their mother, sister or wife, it might be good to describe menopause. Menopause is the normal part of aging. About 70% of all women will experience some or all of the symptoms. Lifestyle changes, diet and nutrition, exercise and natural herbal remedies can be of great benefit. Some of the symptoms such as moodiness, irritability and discontent should not be thought of as part of the job or family stress. At this point, a woman should be much more aware of her health during this essential phase of her life.

**Menopause** simply means the end of menstruation. For most women, menopause is a natural occurrence, but not all women undergo natural menopause. There are other causes that can create premature menopause such as auto-immune diseases, surgery and genetics. Generally speaking, women will begin to experience menopausal symptoms on the average of 51 years of age. Early menopause is not uncommon, and therefore, women should be aware of their body functions and symptoms since it can occur as early as 35 years of age.

**How do you know if you've entered menopause?** Here are some signs and symptoms to watch for. If you no longer have a strong

desire for sex, your sex drive has diminished significantly; hot flashes, irritability, hair thinning and fatigue are major signs that can give you a clue that you have entered menopause.

**How common are hot flashes and night sweats?** About 75% to 85% of all American women are estimated to get hot flashes when they are in menopause. Hot flashes can be described as a sudden sensation of warmth or heat that spreads over the entire body creating a flushing or redness particularly noticeable on the face and upper body. You may find this hard to believe but hot flashes are normal to the change of life. Hot flashes are the body's reaction to a decreased secretion of the hormone estrogen. In some women this process occurs very slowly so they produce fewer hot flashes, but for others, the ovary's stop estrogen production abruptly as if they were surgically removed which can also happen in a complete hysterectomy. Many women will encounter a more intense flush particularly at night known as night sweats, technically known as nocturnal hyperhidrosis, which interrupts sleep. It is not diagnosed as a sleep disorder but is a common nighttime perspiration disorder that occurs during sleep.

*PART TWO continued on October 14, 2009.*

Look for this column every Wednesday.

Terry Naturally



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