

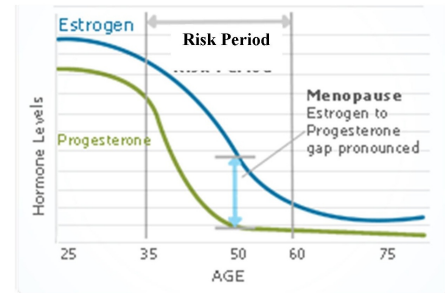
Menopause

Patient Information Sheet

Causes & Mechanism of the Condition

Menopause, or the cessation of menstruation, most often after age 45. Contrary to popular belief, menopause is not a disease but a natural biological phase of life that marks the end of a woman's reproductive years. It is naturally caused by a gradual reduction in the amount of estrogen and progesterone produced by the ovaries or artificially caused by removal of the ovaries (surgical menopause). Estrogen is essential to life and its production does not cease with menopause. In response to the drop in estrogen produced by the ovaries, increased pituitary secretion of FSH and LH causes the adrenal gland and ovaries to secrete increased amounts of androgens which are aromatized (converted) into estrogens by fat cells.

Estrogen and Progesterone Levels



Symptoms such as hot flashes, night sweats, cold hands and feet, atrophic vaginitis, bladder infections, headaches, mood changes and forgetfulness often occur with menopause during the "risk period" noted on the chart. Interestingly, women in some cultures experience no such symptoms.

Hormone replacement therapy (HRT) is often prescribed to reduce menopause symptoms and the risk of osteoporosis, however it has been shown to increase the risk of breast and other cancers. HRT may also increase the risk of heart attack and stroke.



Suggested Dietary & Lifestyle Modifications • Eat a predominantly vegetarian diet based on vegetables, fresh whole fruits, whole grains and legumes.

- Organically grown fish or poultry eaten in moderation is preferable to red meat. Salmon is especially rich in Omega 3 fatty acids which have been shown to reduce menopause symptoms and help protect against heart disease.
- Drink plenty of fluids (mostly purified water with fresh squeezed lemon juice added if desired).
- Eliminate food additives such as artificial colors, artificial flavors, preservatives, hydrogenated fats, nitrates/nitrites, sulfites, and artificial sweeteners (Nutrasweet/aspartame, Sweet N' Low/saccharine, Splenda/sucralose). Stevia is O.K.
- Limit **refined** carbohydrates (sugar, white flour, white rice). Limit foods high in saturated fats.
- Determine caloric needs to maintain a proper body weight.
- Walk for 30 minutes at least 3 times per week. When possible, add the following to your walks to increase the health benefits:
 - Speed bursts (alternate moderately paced walking with short, faster-paced intervals).
 - Plyometrics (bounding, jumping, and skipping moves).
 - Choose a walking area with slopes and hills.

Supplements That May Be Beneficial



- Ultra Preventive Capsules or Ultra Vites (high potency multi vitamin & mineral supplement)
- Feminease (sage, sarsaparilla, alfalfa, wild yam, evening primrose)
- Ultra Adrenal Complex (Rhodiola, Eleuthero, Ginseng, Ashwaganda)
- PhytoCalm (california poppy, motherwort, melissa)
- PhytoAmore (Damiana, Rhodiola, Epimedium, Cordyceps, Polygonatum)
- Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs with Lavender, Petitgrain, Bergamot EOs).
- Custom tincture and essential oil blends as recommended by a trained Endobiogenic Consultant

Complementary Treatments That May Be Beneficial

- *Tranquility, Composure* or *Euphoria* Essential Oil Combination (one or more of the following methods)

- place 3-4 drops on a handkerchief and inhale
- use in an essential oil diffuser
- dilute several drops in a vegetable carrier or natural lotion and massage on feet and back
- mix 10 drops into a teaspoon of natural bath gel and add to fully drawn bath

bath

- *PhytoAmore Oil*
 - apply topically and intervaginally as needed for vaginal dryness



- Massage Therapy, Chiropractic Care, Reflexology
- Acupuncture or Acupressure
- Relaxation and mediation exercises, Mind/Body Medicine

Note: Estrogenic herbs and essential oils should not be used if estrogen dependent cancer or a strong family history of estrogen dependent cancer exists.

Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner.

References:

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