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Managing Menopause Naturally

At Last: Natural Menopuase Relief

Accepting the Transitions of Life

Heart Risk After Menopause

Singing the Menopuase Blues

GRANDMA'S CURE CORNER
MENOPAUSE: IS IT ALL IN YOUR HEAD?

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At Last - Natural Menopause Relief

By Dr. Scott Saunders, M.D.

Victoria came in yesterday wondering if she should take hormones for menopause. At age 54, she hadn't had a menstrual period in over six months, but wasn't having any of the usual symptoms of menopause either and was wondering what to expect. She'd had a couple of hot flashes ("I think"), but they weren't distressing. However, even though her symptoms were minimal, she was told she needed the hormones to prevent osteoporosis and heart disease.

At age 45, Julia had already had over a year of hot flashes and they were keeping her up at night. After sweating so much at night, she couldn't get right back to sleep; and it happened several times every night. During the day, she was tired all the time and irritable both at work and at home. She even started getting anxiety. "Miserable…" was how she described herself.

As you can see, there are many faces of menopause. Some women are really miserable with the hormonal changes and mood swings, while others seem to sail through without a blip on the hormone radar screen. Because of this, the big question is, "Does every woman require hormone treatment?"

Options For Managing Menopause

Doctors have turned this very normal process of life into a disease. It's not a disease. There is nothing about menopause that creates poor health, except for the symptoms. The truth is women can live long and healthy lives without the hormones that produce ovulation and menses. Because of this, menopause is one of the few conditions that should be treated symptomatically.

Treatment for menopause is really about controlling symptoms; if a woman has no symptoms and just stops her menstrual periods, she doesn't need to do anything. But, if her life is miserable with sleep deprivation, panic attacks, foggy brain, hot flashes, vaginal dryness and loss of libido, it may be prudent to find natural menopause relief from those symptoms.

The treatment options a woman has are very broad due to the wide variety of symptoms. There are many herbal remedies, vitamin treatments, natural combinations, homeopathic remedies, creams, suppositories, patches, hormone replacements and prescriptions available to those navigating through menopause. "How to choose?" is the biggest question. Read on to find some helpful tools that might fit you.

Remember: You are the only one who knows how you feel, so a doctor cannot tell you what will work for you. Consider the advice you are given, try the ones that seem promising and then evaluate them for yourself. This is *definitely not* a one-size-fits-all condition. It just has to *work for you*!

Best Of Herbal Remedies

There are so many herbal preparations that it is impossible to list them all. Let me say that many of my patients find one herbal remedy or another that works well for them. Streamlined doctors are told that herbal preparations don't work, so they pass unbelief on to their patients. This is unfortunate because, while they don't work for all women, countless find great natural menopause relief and avoid having to take potentially harmful prescriptions.

Some of the preparations that I have seen women use successfully include:

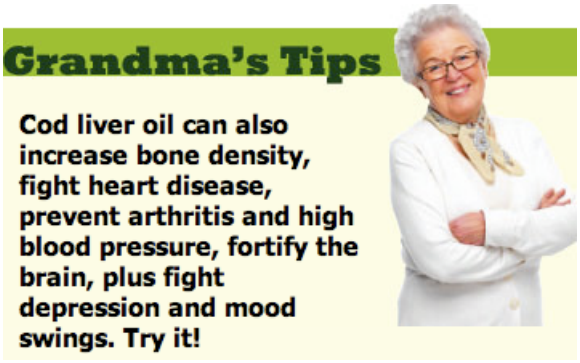
- Black Cohosh
- Red Clover
- Russian Rhubarb
- Ashwaganda
- Chayawanprash

I highly recommend Black Cohosh because it is the most visibly affective. There are many preparations and combinations to try – just find the one that works the best for you. Recenly, while shopping, I came across Estroven and later found out several of my patients were using it with very good results. There are a combination of vitamins,minerals and herbal remedy extracts that you can find in the Home Cures That Work Amazon store. You can also find Black Cohosh in our store that offers promise in treating menopause.

Editor's Note: Not all Black Cohosh products on the consumer market are safe for consumption. An independent lab tested two major brands of Black Cohosh and found lead contamination. Visit our Amazon Store to view and purchase the Black Cohosh supplements that are recommended for the safety of your own health.

Vitamin Balance

Many women are also helped by taking vitamins and minerals supplements. Calcium and magnesium can help with hot flashes, while vitamin D helps to balance these minerals. Vitamin A and E also help, especially if taken with omega-3 oils. Cod liver oil has a good balance vitamin D, A and omega-3 fatty acids. Typical doses are as follows:



- Calcium 500mg with Magnesium 500mg per day
- Vitamin D3: 10,000 IU per day
- Cod Liver Oil: 1 Tablespoon per day
- Iodine: 1mg or more per day

Natural Food Therapy

Most women and their doctors don't recognize the role of food in regulating the symptoms of menopause. The food we eat affects our hormones to a great degree. Many women can be helped simply by changing their diet to get the nutrients they need, as noted above, without have to take pills. The usual result of adjusting your diet for better vitamin A, D and E absorption is more energy. Don't forget the calcium and magnesium minerals!

The most essential ingredient to include in your diet to control menopausesymptoms is raw foods. All over the world, the spread of processed, pasteurized, prepared and engineered foods is causing a great deal of harm to the health of its inhabitants. Instead, buy only food that is "living," meaning not heated or processed. For example, pasteurization is done to kill microorganisms, but it also destroys the enzymes that help us digest and utilize our food.

The next principle is to choose mostly high-nutrient-and-low-calorie foods such as vegetables. Foods with starches, sugars, fats and proteins cause obesity and hormone imbalances, which are often the culprit in menopausal symptoms.

Exercise Instead Of Estrogen

Activity is an important adjunct to a good diet. It allows the release of endorphins that help to balance the adrenal hormones, improve the immune system and relax the mind and body. As a result, we feel less pain, anxiety and discomfort. It doesn't take an Iron Man triathlon to see benefits. Simply start as best as you can and add little bits every week. For example, I had one woman patient who could only get to the mailbox and back, so we started there. By only adding a few steps a week she was going over two miles within a year.

Taking More From Menopause Then Hormone Replacement

There are many options for replacing the hormones that are lost when the ovaries stop working. Prescription hormones consist of both human estrogens and horse estrogens. I recommend avoiding the horse estrogens because humans don't have the enzymes needed to process them. Because of this systemic compromise, prescription hormone replacement has been associated with increased heart disease and breast cancer.

The three major natural human estrogens are:

1. Estradiol (E2) is the most active, so most of the prescriptions contain this natural form.
2. Estriol (E3) is the least active, but it is also the most protective and prevents breast, uterine and ovarian cancer.
3. Estrone (E1) potently stimulates the receptors and seems to induce estrogen-dependent cancers.

There are no commercially available natural human estrogen preparations with anything except estradiol. Those who need the others will need to get them from a compounding pharmacy.

I have many women who only complain of frequent urination, vaginal dryness, frequent urinary tract infections and urinary incontinence. If this is the case, I have used the ESTRIOL (E3) vaginal suppositories compounded to 1mg each. Most women only need them a couple of times per week to maintain their pelvic area and prevent these problems.

The other major hormone is progesterone. This one can be taken orally or in a cream. Progesterone is the calming hormone. Women who have trouble sleeping at night often find an oral dose of progesterone has them sleeping like a baby. It can be used alone or in combination with human estrogen. You should primarily use progesterone if you are using estradiol (E2) and still have your uterus and ovaries.

Some doctors do hormone replacement protocols that prolong women having menstrual periods throughout their lives. Studies on this practice are ongoing, but promising. Again, it's not for everyone, but I have patients that swear it keeps them young and active – and generally from my perspective they are. One study is using this as a treatment for breast cancer instead of surgery, radiation and chemotherapy.

Bottom Line

Not all women need treatment for menopause. If you want to prevent osteoporosis, the better course of treatment is to take vitamin D and exercise regularly. If you want to prevent heart disease, then it is better to eat a healthy diet. Menopause treatment really is for relief of symptoms.

What we learn from treating the symptoms of menopause is to listen to everyone, but listen to no one. Whatever works for one woman's hot flashes is not necessarily going to work for another. It's really a matter of trying the various treatments until you find the natural menopause relief that works for *you*.

Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: http://www.youtube.com/user/natura

Why Japanese Women Almost Never Worry About the Symptoms of Menopause

By Jeff Saunders

In fact, they don't even have a word for hot flashes…

Menopause is a word that generally makes people cringe— both men *and* women.

Women – because they have to go through the discomfort of hot flashes, night sweats, muscle fatigue, dehydration, insomnia or restlessness. Because they lose the ability to think straight, and sometimes even acquire the dreaded paunch of a spare tire in the midsection. Of course, there are the classic symptoms of menopause, such as irritability, mood swings, or becoming anxious are all noteworthy facts of this mid-life phenomenon.

Men – because their women are irritable and yell at them.

**Author's note: Dear Ladies, I don't mind you yelling at me. It probably makes you feel a little better and I'm more than willing to do anything I can to help relieve the uncomfortable symptoms brought on by your changing bodies. Just know that I'll always be here for you and you don't look a second older than that earth moving day when my eyes first feasted upon you.*

Here's a little news flash for you guys – there's also a male menopause (there's a gender joke in there somewhere) that has to do with a drop in testosterone. So, wipe that smug little smirk-of-superiority from your lips and be supportive!

And a great way to be supportive to any woman in your life going through this trying time is to give them good, solid, healthy suggestions for putting discomfort behind them so they can feel happy, healthy, and free from aches of mind, body, and spirit…

The secret is in Asia…

But, you won't have to move to Japan to take advantage of this menopause mauling miracle!

You see, in Asia – specifically Japan – most women don't worry about hot flashes or night sweats – or any of the other symptoms associated with menopause.

There's a very good reason: it's their diet.

First, the most common symptom of menopause is the hot flash. Hot flashes, or vasomotor flushes, are intense feelings of heat and sweating, especially around the face and neck areas. Hot flashes can affect 50–85% of women – up to 20 times a day.

Hot flashes are of particular concern because they occur in the premenopausal stages, during, and even after the "change" has fulfilled its dastardly obligation.

It all starts with a dramatic drop in estrogen levels

Once a woman reaches a certain age, usually around 51 — but can start earlier or later depending on the woman — menopause signifies the end of fertility. It begins with a significant drop in estrogen levels and is marked by irregular periods and a decline in egg production.

You can't avoid it. You can't stop it. So if you must deal with it, why not make it as easy as possible? A change in your diet could work wonders…

Discover the natural wonders of Asian food remedies

Instead of the high animal protein diets we westerners take in, Japanese women eat more vegetable proteins – and they've eaten this way for centuries.

For example: instead of processed flour noodles like our spaghetti and macaronis, they use a variety of healthier alternatives in their noodles. Somen are thin, wheat noodles primarily served chilled during the summer months. They can be dipped in a refreshing sauce mixed with shredded ginger or topped with healthy vegetables. Harusame (cellophane noodles) are bean noodles used for cucumber soy-sauce salads, or mixed with apple for a healthy, sweeter salad treat.

Also, try healthy veggie noodles – noodles made from zucchini, or spinach. They're packed with iodine, protein, vitamin A, and iron to help control unruly menopausal symptoms. Now, the might be hard to find…check out your local health food store or you can order online from Amazon.

Best of all – these noodles are flavorful right out of the kettle. The toppings compliment them but they can be enjoyed "in-the-buff" too!

This healthy way of eating has earned Japan some of the highest accolades any world cuisine can get from the Michelin Guide – an international food book that evaluates the foods countries are famous for with a prestigious star rating system. To date, Tokyo has earned more stars than New York, Paris, London, Hong Kong and Los Angeles combined.

Japan uses many different foods to heal, strengthen the body's systems and successfully battle disease

and ailments. Best of all — to beat the symptoms of menopause — you won't need to make a trip to Tokyo because…

These foods can be found right here – at your local grocer or Asian specialty market

In a moment, you'll see specific recipes that have helped many women cope with the most debilitating characteristics of this natural – but annoying – change of life.

But first, here are just a few quick and easy foods proven to fight menopause and block its merciless swats on your well being.

- ***Oh soy o' me-oh*** – Soy is an excellent food source for relief of hot flashes. Japanese women eat about 24 pounds of soy products annually, compared with our paltry 3 pounds per annum here. See, soy contains estrogen-esque qualities that help to stop hot flashes. Since a drop in estrogen is what causes them in the first place, soy products act as a natural hormone replacement therapy. Try soy nuts, tofu, and tempeh. Soy also contains isoflavones that work to prevent bone loss (osteoporosis) and help to lower cholesterol. Just one organic soy product per day has been shown to significantly reduce hot flashes and level off mood swings.

- ***Kick it to the herb*** – For over 2500 years, herbs have been used to treat illness, disease, and common health problems. So, it's no wonder they make their way here to help soothe hot flashes and the palpitations that go along with them. Some of these are:

  Ginseng
  Dong quai (available HERE)
  Motherwort
  Gotu kola

  Look for them as organic, herbal extracts that can be added to your favorite beverage or you can also buy ready-made tea bags. 250 milligrams 5-6 times daily should do the trick.

- ***Eat your sea veggies*** – It's been proven that dehydration is a big contributor to hot flashes – both in frequency and duration. So, drinking lots of water (up to 2 quarts a day) serves to replenish lost fluids during hot flashes through sweating. Ever feel drained or weak after a good sweat? This is due to a loss of electrolytes. Drinking lots of water helps, but it's the electrolytes that your cells draw essential fluids from and hydrate needy tissues. Sea vegetables are a great source of electrolytes.

  Try some nori, which are thin, dry sheets of seaweed most commonly used in sushi rolls.
  Or, dulse (sea parsley) can be added to soups and stews for a tasty, vitamin rich alternative to your typical garnish.
  Also, check out kombu, a type of kelp that's dried and tastes like bacon. It's a queen-sized source of vitamins, protein, calcium, carotene, and phytohormones.

Both sea vegetables and soy products contain phytoestrogens. These are basically all natural plant hormones that serve to imitate a woman's own estrogen.

They serve as natural, hormone therapy – without dangerous side-effects

Phytoestrogens turn into soluble hormonal estrogen, quietly replacing what's lost in the time leading up to and during menopause. Hormone replacement therapy is a commonly prescribed treatment for menopause, but usually causes side-effects ranging from annoying to downright deadly. Some of these are:

- Headaches
- Weight gain
- Nausea
- Breast pain

The more deadly side-effects can include:

- Breast cancer
- Blood clotting
- Heart disease
- Stroke

But, you won't have to worry about these when you choose the natural, healthy alternative of phytoestogens as a safe, reliable way to balance your hormones during menopause.

Recipes for life

We've talked about some of the ancient foods used to treat menopause symptoms in Japan. Now, here are a couple delicious recipes that have proven their benefits to women coping with their life change.

Japanese Cucumber Salad

- 2 medium cucumbers or one large
- ¼ cup rice vinegar
- 1 tsp organic, raw sugar
- ¼ tsp salt
- 2 tbsp toasted sesame seeds (rich in phytoestrogens)
- Harusame noodles (to taste)

What to do

1. Peel cucumber, creating alternating green stripes. Slice in half length-wise and remove seeds. With a sharp knife, carefully cut into thin slices. Pat dry with paper towel to remove excess moisture.
2. Combine sugar, salt, and vinegar in bowl and stir until dissolved. Add cucumber and sesame seeds. Toss well.
3. Top with harusame noodles and serve immediately.

This is a perfect, cooling side-salad on a warm, summer day.

Nori Sushi Rolls

- 1 ½ cups sushi rice
- 1 tbsp salt
- 1 tbsp mirin (optional – a type of rice wine)
- 3 tbsp rice vinegar
- 1 tbsp organic honey
- 1 cup lightly toasted sesame seeds (dry pan toast)
- 3 sheets toasted nori
- 3 tbsp wasabi (optional)

Filling ideas

- About 8-10 cooked, shelled shrimp
- About ½ cup crab meat
- About ½ cup smoked salmon, cut into strips

Sauces and accompaniments

- Dark soy sauce
- Pickled ginger
- Wasabi paste
- Fish sauce

What to do

1. Run rice under cold water in a sieve until water runs clear. Drain well. Put rice into a large pan, cover with 2 cups water and add salt. Cover tightly and bring to a boil for 1 minute. Turn heat to simmer and cook rice until all water is absorbed (about 15 minutes). Remove from heat and set aside to stand – still covered – for 10 minutes.
2. While rice is standing, mix mirin (optional), rice vinegar and honey in a small pan. Heat gently. Turn rice onto a large, flat plate and sprinkle with the sesame seeds. Fold together with warm dressing. Cool rice with a damp cloth until it stops steaming. Cover rice with cloth.
3. Put a sheet of nori shiny side down with perforations running vertically on a sushi mat (or double-layer, greaseproof paper on a tea towel) and spread a third of the rice mixture evenly over nori leaving a clear margin up top.
4. Lay filling in a horizontal line just off center on the end closest to you. Next, spread the optional wasabi paste thinly and evenly over exposed rice. Fold the top over and tightly roll the

whole thing together with the mat or towel.

5. With a bit of water, dampen the bare edge of the nori so it sticks and leave it sit for a few minutes. Then gently unroll the mat or towel. Cut roll into about 10 pieces and repeat procedure for the other 2 fillings.

Serve on side plates with a little pickled ginger, a smear of wasabi, and little bowls of soy and fish sauces for dipping.

Wrap up

We understand that Japanese cuisine may not be everybody's bag…so here a just a few more food ideas to keep your cool and balance your emotions so you can stay off of the menopause roller coaster.

Fruits and vegetables:

Eat more pears, plums, strawberries, grapes, apples and tomatoes. It's important to keep your fiber up-to-snuff to get through this scott-free. Also, take a liking (if you don't already) to green, leafy vegetables, asparagus, beets, cucumbers, carrots, wheat, and onions. All these are famous for taking the bite out of menopause with natural, healthy vitamins, minerals, fiber, and the all important phytoestrogen that can turn into soluble estrogen naturally – with no adverse side-effects of common hormone replacement therapy.

Let's not forget our friends – legumes. Here's a tasty "wrap" recipe that's help keep your cool when your body wants to raise the mercury…

Easy, Breezy Bean Wrap

- 1 jar mango salsa
- 2 cups cooked brown rice
- 4 (15 ounce) cans black beans
- 2 (15.5 ounce) cans pinto beans
- 12 ounces whole kernel corn (Frozen works great, just make sure to thaw it first. Learned that the hard way!)
- 1 (10 ounce) can diced tomatoes and green chiles
- 16 (10 inch) spinach tortillas
- 1 pound shredded pepper-jack cheese (or try shredded colby-jack if you don't enjoy the kick of a good pepper)

What to do

1. Place black beans and pinto beans into a colander or strainer and rinse. Add corn and diced tomatoes with green chilies; toss to mix. Transfer to a large bowl, and mix in rice.

2. Divide the mixture evenly among the tortillas, sprinkle on the cheese, and roll up. Heat in oven just until cheese melts. Wrap will be luke-warm. If you like yours crispy, do all the stuff above except place your wrap in an oiled skillet. Sear a bit on both sides to crisp it up and melt the cheese.
3. Serve with mango salsa and enjoy!

That's 16 servings so cut recipe as needed or bag it and save it for future meals.

In addition, to healthy eating through menopause, it's also important to get plenty of exercise and stay hydrated. To keep your cool is to keep all your systems balanced and functioning, naturally - the way nature intended.

Remember – Japanese women don't even have a translation for hot flashes. You don't need one either.

Jeff Saunders is a writer and food fanatic who's been cooking since he could identify a spatula as more than a blunt instrument of destruction. He majored in English Literature at Florida Atlantic University, and has been in marketing and advertising for 6 years. He continues to write ad copy for various clients in the U.S. and Canada but is currently working on his novel tentatively titled: *The Following Pages Left Blank Intentionally*. He feels that it would mean more to the reader if they wrote it themselves. Jeff's currently nuzzled in a suburb of Pittsburgh Pennsylvania with his family…and in laws.

Recipes courtesy saga.cok.uk and eatingwell.com

Managing Menopause Naturally

By Amanda Box, N.D

"I feel like I'm going crazy!" she said. I'll never forget that moment. My mother-in-law was 51 and completely menopausal. She confessed to me through her tears, that she felt like she was literally losing her mind. Her body was hot flashing, she could hardly sleep, and her mood was all over the map. I could tell she was clearly not herself and my heart broke for her.

Her pain reminded me that even I would have to experience menopause someday. It is completely unavoidable and a natural part of life's transition. It was then that I began my quest to find the best and most effective natural menopause solutions. I not only wanted to help my mother-in-law feel normal again, but I wanted to be prepared for when my day arrived.

Perimenopause or Menopause??

Many of you aren't sure if you're in menopause or not. You may think you are having severe PMS symptoms or that you're too young to be in menopause. Shockingly, perimenopause can begin in women as young as 35 years old! The whole process for peri- to post- menopause can last from approximately age 35 to age 60. The average woman transitions from perimenopause to menopause around age 51.

The difference between perimenopause and menopause can be confusing to many people. Perimenopause is the period of time when the body starts preparing itself to eventually stop menstruating. The word "peri" means "near" and perimenopausal symptoms can look very similar to both PMS symptoms and menopausal symptoms. This period lasts around 10 years. Hot flashes and night sweats are typically deemed as "menopausal" symptoms, but really begin in perimenopause. Once you have completely stopped having a menstrual cycle, you are considered to be in menopause. If your menstruation cycles still occur, even if they are erratic and irregular, you are still in perimenopause.

The Beginnings of Transition

If you're still not sure where you're at in your life's stages of transition, these symptoms serve as great indicators of perimenopause. Of course, the most accurate way to find out is to get a hormone panel run by your doctor.

Some perimenopausal symptoms include:

- Heart Palpitations
- Insomnia
- Night Sweats
- Loss of Libido
- Anxiety
- Depression
- Fatigue
- Fuzzy Thinking
- Hot Flashes
- Migraines
- Blood sugar imbalance

This list truly goes on and on. These are merely just a few of the many symptoms felt during perimenopause. Reading this list may bring you relief to know that it's your hormones causing these symptoms. So many of you, just like my mother-in-law, feel like you're going crazy or that maybe you're on the verge of a nervous breakdown. The great new is that there are many ways to bring relief to your body that may seem to have a mind of it's own.

Food for Hormone Balance

Your diet is essential for hormone balance. There are foods that can literally help effect the production of our hormones. Low fat and fat free diets have caused a major problem in our society. Not only do these diets promote carbs and sugars, but they are starving our bodies of the very components it needs to manufacture hormones! Most all the hormones in our bodies are created from fat and cholesterol. If we don't eat adequate amounts, than hormone production gets interrupted.

It is important to highlight that not all fat is healthy. Processed oils like canola, and soy oils are toxic to the system as are transfats like hydrogenated oils. Some examples of healthy fats are:

- Olive Oil
- Coconut Oil
- Avocado Oil
- Ghee
- Organic Butter

Eggs are also a great source of fat and cholesterol needed for healthy hormone production.

Carbohydrates, even complex ones, need to be very limited for hormone balance. Carbs cause fluctuations in blood sugar, which in turn creates an insulin response. Insulin is a hormone that promotes body fat. But, body fat isn't the only reason to avoid carbs. These fluctuations in blood sugar also exasperate menopausal symptoms.

Dangerous HRT Drugs

The most common thing prescribed by doctors for menopausal symptoms are Hormone Replacement Therapy (HRT) drugs. Premarin, the most commonly prescribed, is an estrogen extracted from pregnant horse urine. This estrogen is not identical to human estrogen and has caused a dramatic increase in breast cancer. It is also been shown to increase the risk of heart disease.

Provera is another drug used in HRT. It is a synthetic form of progesterone and has shown to be even more dangerous than premarin. Provera also increases the chance of breast cancer and can cause blood clots and strokes.

There are other HRT drugs on the market, as well, and they all have similar side effects. HRT drugs should be avoided — at all costs. The terrible side effects far outweigh the supposed benefits. I personally know five women, all of which have had breast cancer, and all five used HRT drugs.

Coincidence?

Bio-Identical HRT

Bio-Identical hormone replacement therapy is gaining momentum and popularity. Celebrity's like Suzanne Somer's are touting their miraculous results. Bio-identical hormones are not drugs; rather, they are "bio-identical" to the very hormones in your body. These bio-identicals cannot be patented since they are natural. Therefore, big drug companies can't make a profit from them. These natural hormones are much harder to find for that very reason. They still must be prescribed by a doctor or nurse practitioner and compounded at a pharmacy.

I have seen women's lives change by using bio-identical HRT. Finding a practioner in your area who specializes in bio-identicals could be a challenge. If you can't find a practioner through an internet search, calling a women's clinic and checking with your local health food store can also be helpful.

Nature's Hormone Balancers

Not everyone has access to bio-identical hormones, nor does everyone need them. Many women find relief using natural supplements and herbs that are much more accessible, lower in price, and don't require a prescription like bio-identicals. I typically start by suggesting natural supplements. If my client finds no relief from herbs and supplements, then I suggest the use of bio-identical hormones.

Progesterone Cream

One of the most popular natural treatments is progesterone cream. During perimenopause, a woman's estrogen levels usually stay the same or even climb, but their progesterone levels drop. This is why many women find relief using progesterone cream. Progesterone cream is available at your local health food store or online. Make sure the cream you purchase specifies that it is bio-identical. The dosage is a little different for menstruating and non-menstruating women.

- If you still have your menses, apply 15-25 mg per day for about 2 weeks before your expected period, and then stop. Usually, this would mean you would start applying it on day 12 of your cycle until day 26.
- For non-menstruating women, you apply about 15mg of progesterone the first 25 days of the month and take a 5-6 day break. A great tip is to keep your cream next to your toothbrush and apply it when you brush your teeth in the morning so you don't forget.

Proven safe and effective by a third party testing lab, Home Cures That Work offers you progesterone cream in our Amazon store for quick and easy purchase to help ease the symptoms of menopause.

Pregnenolone

Pregnenolon is by far my most favorite thing to suggest for any hormonal issues. Pregnenolone is truly mother of all hormones. It is quite safe to take and converts into the hormones that you are lacking. Whether it is low DHEA, testosterone,estrogen or progesterone, pregnenlone will help fill in the gaps. Many women try and supplement with DHEA, but I have found it can easily convert into too much testosterone causing facial hair and other symptoms. These side effects can be avoided by taking pregnenolone. Not only can pregnenolone help with menopausal symptoms, it has many other benefits.

Studies have shown that the use of pregnenolone:

- Improves Memory
- Relieves Anxiety and Depression
- Helps restore tired adrenals
- Eases Joint Pain, Arthritis, and Gout

If you're not sure what to try first, pregnenolone is a great place to start: 5 to 10 mg a day is generally a safe and adequate dosage to take daily, available in our Home Cures That Work Amazon store.

Phytoestrogens

If you find that your estrogen levels are low, phytoestrogens could remedy your symptoms. Phytoestrogens stimulate the production of estrogen in the body, but are not actual estrogen. They can also have a balancing effect on the body's hormones and many women find them helpful in treating menopausal symptoms like night sweats and hot flashes. Some of the most widely and successfully used phytoestrogens are:

- Black Cohosh
- Dong Quai
- Flax

Flax oil seems to show more of a benefit than the seeds, because the oil is better absorbed. Most natural menopause supplement blends will contain at least one of these phytoestrogens in its formula.

Vitex, otherwise known as chaste berry, is not a phytoestrogen, but is highly effective for hot flashes and mood swings, as well. I really like the gentle effectiveness of Vitex and recommend it often, even for PMS symptoms. Although it can sometimes take several months to feel it's full hormone balancing effects, Vitex is safe, gentle and loved by nearly all who use it. Buy Vitex in ourAmazon store!

Daily Disciplines

Sometimes it can take a while to find the solution that's right for your body. I want to encourage you not to give up after trying one or even a couple different suggestions. Every woman is different, so what may work for one, may not work for another. I can assure you that there is a natural remedy that is right for your body, so try until you find what works. Also, make sure you are purchasing quality supplements from a reputable health food store or website. Cheap alternatives will not have the same effects.

Remember, none of these menopausal suggestions should replace a healthy lifestyle. Don't forget to incorporate these things into your daily life for quick and long lasting results:

- Exercise
- Fresh fruits and vegetables
- Antioxidant supplements like vitamin C and E
- Dose of daily sunshine for vitamin D
- 8 to 9 hours of restful sleep

Finding Relief

I am happy to say that my mother-in-law has found relief from her intense menopausal symptoms. She now takes 10 mg of pregnenolone along with 6,000 IU of vitamin D each day. She also keeps L-theanine, a natural anti-anxiety supplement, on hand for those extra stressful times. After just two days, my father-in-law was commenting on how she was like a new woman!

As for myself, I'm now taking Vitex and I love it. Shop the Home Cures That Work Amazon store to try some for yourself. Although I'm not in perimenopause yet, I've still experienced its hormone balancing benefits. I no longer have cramping or acne during menstruation and my libido has improved. I also believe that by starting Vitex now my transition be far less traumatic than most. Nature truly holds the key to health and vitality. My mother-in-law and I are living testimonies that even our hormones can be balanced naturally.

Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person - mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at http://amandabox.blogspot.com/ for contact info.

Menopause: Is It All In Your Head?

by Grandma Barton

You can be 54 and still be an attractive woman and feel full of energy. What may surprise you is that for some, menopause feels like a haze has been lifted and you see in a way that you haven't been able to see before.

Until menopause, hormones, physical touch, emotions and the synapses to care, fix and help others have programmed a woman's brain. But, in later years the circuits that have provided the foundations for these impulses are no longer being fueled.

Menopause is characteristically the moment 12 months after a woman's last period and 12 months after the ovaries have stopped producing hormones that have boosted communication circuits, emotion circuits, the drive to tend and care, and the urge to avoid conflict at all costs.

All the main circuits to run the course are present, but the fuel for running a highly efficient engine for tracking the emotions of others has begun to run dry. As estrogen decreases through menopause, so does the calming affect of oxytocin. Even the rush of dopamine from enjoying life has diminished. This biological truth is one of the greatest mysteries to women at this age – and to the men around them – as how the changes in hormones affect thoughts, feelings and brain functions.

Perimenopause Reward

Starting at about age 43, a woman's brain becomes less sensitive to estrogen, accompanied by a variety of symptoms for months to years, including hot flashes, joint pain, anxiety and even depression. The rocket fuel that feeds the sex drive (testosterone) also drops and estrogen withdrawal symptoms start with the shortening of the menstrual cycles by a day or two. The brain's response to glucose changes dramatically too, giving energy surges and drops, as well as cravings for sweet and carbs.

Since estrogen affects the brain's levels of serotonin, dopamine, norepinephrine other

neurotransmitters that control mood and memory, it is no surprise that symptoms of depressed mood, sleeping problems memory lapses and irritability are common

During perimenopause and menopause, the brain circuits fueled by estrogen and reinforced by oxytocin and dopamine are set free as the mommy wiring comes loose and can be applied to new ambitions, new thoughts and new ideas. When children are young, the physical sensations of tending and touching the children reinforce the estrogen sensation and tend the circuits that turn up oxytocin in the brain. Women use this physical feedback to activate and maintain nurturing and care-taking brain circuits. Once kids leave the home and if a mother is menopausal, the hormones that built, primed and maintained those brain circuits are gone. (Note: this does not mean they are lost forever. Helping others can renew care-giving circuits.)

Not all perimenopausal or postmenopausal women lose their testosterone or sexual interest. On the contrary, many women experience a renewed zest for life, even rejuvenated sexual desire because you no longer have to be concerned with birth control, PMS or painful cramps. It is like starting life all over again with a better set of rules. Consider a testosterone patch to reignite that zest.

Note To Husbands

Being coy, accommodating and empathetic towards husbands, as wives often are gifted, can be attributed to the estrogen hormone. But being hit with menopause overrides the supply of hormones that dials the controlling emotions. Filters come off, irritability increases and anger pathways become more aggressive when estrogen decreases and the calming effects of progesterone and oxytocins are not present to cool off the anger. More than often, the unhappiness gets blamed on the husband as a result.

Just as drops in estrogen and progesterone before a period can make her believe she fat, ugly and worthless, the absence of reproductive hormones can make a woman believe her husband is the cause of all her misery. This might be the time, if you haven't already, to learn process and resolve to disagreements.

The decreased urge to tend and nurture after menopause may not come as a relief to all women. Research has yet to examine why low oxytocin, which ensues after estrogen declines, may lead to real behavioral changes. A friend of mine, Marcia, admitted feeling much less concerned about the problems and needs of her family, friends and children — and less likely to look after them —during her perimenopause years. She found that her new emotional independence could be applied to individual focus and pleasures rather than family centric efforts, so she took up golf!

But Marcia began having vaginal dryness, night sweats and interrupted sleep, which lead her to begin taking estrogen. The nurturing instincts came flooding back with one little pill and she started feeling her old self again. The estrogen may have stimulated her brain to products higher levels of oxytocin again, triggering familiar patterns of behavior – and to her husband's relief!

Ready to Retire?

At menopause, the female brain is nowhere near ready to retire. As a matter of fact, many women's lives are just hitting their peak. This can be an exciting intellectual time now that the burden of child rearing has decreased and the preoccupation with the mommy brain is lessened.

Work and accomplishment can be critical to a woman's sense of well-being during this life transition. There is a lot of life left after menopause, and embracing work – whatever that may be – passionately allows a woman to feel regenerated and fulfilled.

Hormones in the brain are what make us beautifully women, with specifically female behaviors and skills. When we lose estrogen, the brain cells, circuits and neurochemicals start to shrivel. Each woman must find her own way using diet, hormones, activities, exercises and natural treatment to treat this hormone change.

Despite the storms and hormonal adjustments that accompany menopause, women can stay remarkably vigorous, smart and capable. The choice to present yourself as passionate and real, the impulse to help others and purposefully engage in serious problem solving skills can energize you.

A century ago, menopause was relatively rare because the average death of a woman was 49. Historically speaking, planning for menopause is fairly new. But, it is a wide-open place for women to discover, create, contribute and lead in positive ways for future generations. Women just might even have the most fun years of their lives. The post menopausal years can be a time for both men and women to redefine their relationships and roles, take on new challenges and adventures – separately and together.

Maybe life does save some of the best joy for the last.

Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.

Accepting the Transitions of Life

By Steven Hickey

Is Menopause a Joke?

The moment notice came that this month's issue of Home Cures That Work would focus on menopause I knew the angle I would take in my monthly column on the *Spiritual Dimension of Wellness*. However, I also knew I would be unable to restrain myself from my favorite little joke on the matter of menopause.

Where is menopause mentioned in the Bible? Answer: "*…and Mary rode Joseph's a** all the way to Egypt*." My wife said, "*Don't you dare drop that in your column*."

Hopefully, I have not alienated half my audience. If so, my apologies and I should have heeded my wife's warning. All kidding aside, the Bible does speak to every area of life and we don't have to twist texts like that to get them to apply.

Of course, PMS and menopause are not the same thing. Menopause is part of life. It is a transition every bit as much as birth, puberty and death are transitions.

Though we think of it as primarily a female transition, the male body has its own version sometimes called male menopause, man-opause or andropause. Changing hormonal levels are normal as the human body ages and men and women transition out of a childbearing phase or season of life.

Seasonal Changes

The season of menopause is not a disease and therefore there is no cure. Granted, there are hormone therapies that mask it, but menopause is part of our design. They only way to fully avoid it would be to die early. For sure that is no solution and we are left to seek out healthy and positive strategies to navigate this normal transition.

Dealing with change is something that differs slightly from person to person. Some people are seemingly un-phased by even major changes. Others find their world turned upside down by even the slighted change. Since humans are holistic beings, when change begins to manifest in one area (physically for example), other areas (emotionally and spiritually for example) adjust themselves to the new norm.

My wife and I are a couple years away from our last teenager leaving the house. Teenagers vividly illustrate what I am describing. Physical changes are often at the root of adolescent emotional outbursts. Teenagers, at some point and to varying degrees, begin to question previously accepted spiritual beliefs as they settle into more mature understandings of themselves and as they relate to God. The wise parent understands the dynamics of this natural process and has patience and perspective. God certainly understands this process and has patience for us as we journey through the valleys and mountaintops of life.

We never outgrow the need to grow into the next new season of life. Just when we think we have arrived, we realize there is more to this journey. Transition defined is the act of passing from one state or place to the next. One thing is for sure; life never lets you stay in the same place very long. You can fight it all you want, but the fight is futile.

Looking to Cure That Which is Not a Disease

Acceptance is the starting place for navigating life's transition in a healthy and positive way, which is true even for menopause. Holding onto your youth is a fixation to be found in many cultures over the centuries. Especially in mythology and fables, eternal youth is the treasure of all treasures to find. Science is hard at work trying to turn back the clock, as well; millions — if not billions — of research dollars are spent looking for cures for that which is not a disease.

Recently, a friend forwarded an email of Hollywood actresses who have not aged well. It actually made me sad because it was a series of pictures where multiple plastic surgery procedures resulted in unnatural distortions and grotesque features on the faces of otherwise beautiful people. It would have been better to have left themselves well enough alone. Aging is beautiful and these pictures were an example of how fighting it gets ugly.

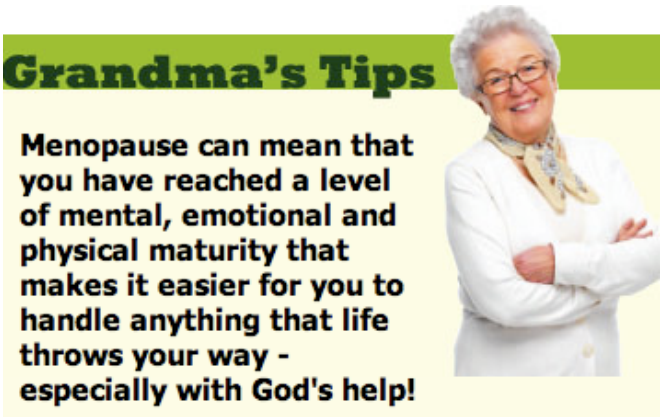
Transition into Acceptance

When it comes to sickness, I teach people to not agree with their bodies, reject sickness and curse disease. Sickness is something the Bible teaches us to cast out. However, when it comes to natural processes, acceptance brings us into agreement with our bodies, which does wonders to minimize the levels of internal tension and conflict. With sickness and suffering we need to vigorously cast it out. With natural processes like birth, puberty or menopause or even death, part of how we move into

acceptance is to thank God for what he is doing in us.

Each new day packs new graces from God. Each new season packs new gifts from God. As much as I wish I were as limber as I was in my twenties, I thank God I am in my forties. And by his grace I will thank him for my fifties, my sixties and my seventies. Each of those seasons come with more physical fragility, but each of those seasons is full of riches in life the younger generation never slows down to notice.

Death in fact is the greatest transition for those who are spiritually ready for it having made peace with God by accepting his Son Jesus as our Savior and Lord. Those who die in Christ immediately enjoy paradise with God. Jesus told the thief on the cross, " *Today, you will be with me in paradise* ." If we have this perspective we would not want to hang out any longer in the previous seasons of life and we will welcome and accept God transitioning us, even if it is into menopause.



The horror or horrors is that our bodies would transition from one season to the next and we would not be ready to make these transitions spiritually. Whatever season you are in, making peace with God of primary importance. Billy Graham has a helpful website detailing steps to making peace with God and I commend that website to you.

Steve Hickey, is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom*www.MomentumHandbook.com. Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request visit: www.ChurchAtTheGate.com/prayer.php

It's Time to Learn the Difference

by Dr. Christian Northrup, M.D.

IT'S 2002 ALL OVER AGAIN, and women are being warned against taking hormone replacement therapy (HRT) because of its link to breast cancer. Why is history repeating itself? Because we haven't learned an important lesson. Synthetic progestins are not the same as progesterone, and reporting on them as if they confer the same risks and benefits is absurd.

A study in the *New England Journal of Medicine* dated February 5, 2009, concluded that hormone therapy doubles the risk of breast cancer. Specifically, women past menopause who take both estrogen and progestin (such as in the form of Prempro) for five years or more have twice the risk of developing breast cancer. When these same women stopped their combination hormone formula, the number of breast cancer incidents dropped by about 28 percent within the first year.

This study is a follow-up to the landmark Women's Health Initiative that studied more than 15,000 women between the ages of 50 and 79 who were taking HRT. In 2002, the study was stopped when researchers concluded that Prempro caused higher incidents of heart problems and breast cancer. Interestingly, the number of breast cancer cases dropped significantly since 2003. Dr. Rowan Chlebowski, a medical oncologist at Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center, wanted to know why. So he assembled a team of researchers to determine if it was due to women halting their HRT or to more vigilant mammography practices.

It's related to HRT use; getting regular mammograms didn't affect the numbers at all. But it's not related to all hormone therapy! The women who took only estrogen (usually in the form of Premarin) without the progestin were no more likely to develop breast cancer than women who took no hormones at all. (Progesterone lowers the risk of uterine cancer. Women without a uterus aren't typically given a progestin.) This means the synthetic progestin is the likely culprit.

Flashback to 2002. Women around the world stopped HRT cold turkey, causing many to feel unhealthy. Why? Because many healthcare providers and researchers didn't know or appreciate the difference between a synthetic progestin andp rogesterone, which is a bioidentical hormone. (For more information on bioidentical hormones, read "The ABCs ofHRT" in the Women's Wisdom Circle.) Progesterone matches a woman's body exactly and has been shown to ease mood, sleep, and

cycle-related issues. Progesterone supplementation has another unique advantage—it can be converted to other hormones, such as testosterone and DHEA, if needed. Synthetic progestin is an altogether different substance known to actually exacerbate perimenopausal and post-menopausal symptoms—in addition to increasing your risk of breast cancer, heart disease, and stroke.

It's hard to believe that seven years have passed and yet the difference between synthetic progestins and progesterone is not widely understood. Dr. Northrup has been doing her best to educate women across the U.S. and the world and has recently appeared on TV, radio, and webcasts to share her knowledge. (To learn more click here.) She encourages all women to learn about all the options for hormone therapy available today, particularly those involving bioidentical hormones. Dr. Northrup also hopes that all women will look with a critical eye at mainstream news about HRT, especially the news that's sensationalized. As is the case with the study described above, there's more to the story than meets the eye.

LEARN MORE: *The Wisdom of Menopause*, by Christiane Northrup, MD
Internationally known for her empowering approach to women's health and wellness, Dr. *Christiane Northrup* is a leading proponent of medicine and healing that acknowledges the unity of the mind and body, as well as the powerful role of the human spirit in creating health. Following a career as a practicing physician in obstetrics and gynecology for over 20 years, Dr. *Christiane Northrup*has now dedicated her lifework to helping women (and the men who love them) learn how to create health in their lives. Find out more: http://www.drnorthrup.com/

To Soy or Not to To Soy!

Weight LOSS Corner

Soy products are big business in the health food industry. Promoted for its appeal as a natural, low fat, no cholesterol food, it's easy to see why so many of us would buy into the claim that soy is a health food. Besides, if much of Asia enjoys dietary forms of soy on a daily basis then it must be good, right? Not necessarily. There are seemingly advantages and disadvantages associated with soy that may make you think twice about whether or not it's truly beneficial to your body.

Nutritional Facts and Figures

Soybeans are nutritious. For vegans and vegetarians, soy is an important source of protein, rich in iron, zinc and calcium. Dr. Mercola, a natural health advocate, is largely against adding soy to the diet unless it's the fermented variety such as Tempeh, Miso and Natto. Fermented soy may offer many health benefits to the body. Unfermented soy contains large amounts of natural toxins, including enzyme inhibitors that block the action of trypsin and other enzymes needed for protein digestion.

"They can produce serious gastric distress, reduced protein digestion and chronic deficiencies in amino acid uptake. In test animals, diets high in trypsin inhibitors cause enlargement and pathological conditions of the pancreas, including cancer," says Mercola.com

Negative or Positive Results

Research shows that Asian people, who eat large quantities of soy, have lower rates of heart disease, breast cancer and prostate cancer, fewer hip fractures and fewer hot flashes. However, there is little research to prove that soy is the reason why. Where heart disease is concerned, the AHA does at least support soy foods for good heart health if only because they usually replace less healthful choices, like red meat, and because they deliver plenty of polyunsaturated fat, fiber, vitamins, and minerals and are low in saturated fat.

Questionably, the biggest pro to adding soy to the diet is its effect on cholesterol levels. In 1999, the FDA endorsed soy as a means to lower cholesterol. However, according to the American Heart Association's, eating 50 grams of soy each day lowers LDL only about 3 percent. When you consider that 50 grams of soy protein is more than half the average person's daily protein requirement, that's

a lot of soy for a relatively insignificant decrease. You would need to drink eight 8-ounce glasses of soy milk a day!

Soy provides isoflavones and essential fatty acids. According to the Health Services Agency of Stanislaus County, CA, these isoflavones are phytoestrogens, weak estrogen-like substances made by plants. “They are similar enough to estrogen that they are able to bind to estrogen receptors, possibly explaining how soy might protect against breast cancer.”

Unfortunately, these same phytoestrogens, in large quantities, may also have a negative impact. The Harvard School of Public Health brings attention to a handful of unsettling reports that suggest that concentrated supplements of soy proteins may actually stimulate the growth of breast cancer cells. “On August 12, 2000, two senior US government scientists, Drs. Daniel Doerge and Daniel Sheehan, announced their belief that soy products could cause breast cancer in women, brain cancer in both genders, and infant birth defects. Their internal protest letter within the FDA cited 28 studies showing the dangers of soy products containing isoflavones.

Possible Risks

When we think of soy, many of us first think of tofu - and the Asians. Also known as textured vegetable protein, tofu is high on Mercola’s list of soy foods to be avoided. Why? It’s commercially made in large metal containers and thus contains high levels of aluminum. It’s also flavored with MSG…yuk! But above all, soy infant formula remains top of the worst soy foods list for Dr. Mercola. “Infants fed soy formula have up to 20,000 times the amount of estrogen circulating in their blood stream than infants who are not fed soy formula!”

So…Soy?

To conclude, there is no evidence to show that soy-based foods eaten in moderation as part of a varied diet, are harmful. If you do want to add soy to your diet, to take advantage of the possible cholesterol and cardiovascular benefits, you would be wise to consume soy in moderation and at best only eat fermented forms.

Roger Asmus entered a fitness competition and won the Mr. Teenage Colorado in 1991. He was later named Mr. Mile High in 1996 and achieved his dream when he was proudly awarded the title of Mr. Natural Colorado in 1998. Roger has been highly sought after as a model and authority in the fitness world, appearing in national news and magazines sources. Roger is currently one of the top personal trainers in the country and is president of Core Health Innovations™.

Managing Heart Risk After Menopause

The Heart Risk Challenge to Women

Heart attacks are sometimes thought of as man's disease. Nothing could be further from the truth. Women are equally at risk: heart attacks remain the leading cause of death among American women. Over 300,000 women will die of heart disease this year.

This is just the beginning of the challenge.

Most heart attacks are the result of cardiovascular diseases that affect the heath of the arteries. Diseased arteries are the cause of strokes --- over 100,000 American women will die of stroke this year. It also is the cause of congestive heart failure, peripheral arteries disease and vascular dementia. The restricted flow of blood also has been associated with weaker bones as we age.
So, why is heart disease still thought of as a man's disease?

Menopause "Changes"

Perhaps it is because heart attacks strike more men earlier in life. The female hormone, in fact, protects the arteries delaying the onset of heart disease. After menopause, women find themselves at increasing risk for cardiovascular disease. Moving through their sixties, women and men of the same age are about at equal risk for a heart attack or stroke.

Researchers are not sure as to how the female hormones protect the heart. One thing is clear: high-density lipoproteins, the good cholesterol, drop after menopause. Similarly, low-density lipoproteins – the artery damaging cholesterol – have been found to rise through menopause.

As the good cholesterol falls and the bad cholesterol rises, doctors will to seek to address the growing risk for heart disease. You may already know the recommendations - eat healthier, exercise more, loss some weight, stop smoking and if these measure fail to bring your blood cholesterol numbers to acceptable levels, you will likely be prescribed a cholesterol lowering medications.
But, should you be wait until your cholesterol level rises after menopause to act? Absolutely not!

New Cholesterol Equation for Success

While the risk of a heart attack or a stroke rises quickly after menopause, the underlying health of your arteries is partially defined earlier in life. Women who are concerned about their bone health

know this story. After menopause, bone density drops. To prevent the weakening of the bone to the extent that it causes osteoporosis, younger women are encouraged to build bone density. Bone density is built throughout the teen years into their twenties. After that, women are encouraged to preserve this density through the right diet and the right types of exercise.

The same thinking should apply to arterial health. Cholesterol can start to do its damage in early adolescence and sometimes during childhood. By our fifties and sixties, we simply have given the process enough time to reach concerning levels.

Mayo-clinic trained cardiologist, Dr Richard Collins suggests that to prevent heart disease, your total cholesterol needs to be "100 plus your age." Think about this. Dr Collins is suggesting a stricter standard for cholesterol when you are younger. Many doctors and most patients think differently. They are looking reduce target cholesterol levels as a woman ages.

"Cholesterol is a challenge associated not with growing old," says Dr Collins, "It is a problem of living long with elevated levels. We need to be more mindful of bringing these levels into line earlier before we give them the time to do their damage."

If you are already have gone through menopause, there is still much you can do. Researchers like Dr. Collins, Dr. Dean Ornish of Preventive Medicine Research Institute and Dr. Caldwell Esselstyn of the Cleveland Clinic have shown how a structured plant-based diet can reverse the damage done to the arteries.

Studies on the Mediterranean diet and Asian diets also have shown how delicious styles of eating can support significant and measurable improvements in not only cholesterol levels, but also in blood pressure, blood sugar and inflammatory levels, especially in menopausal women.

Start acting now. To learn more about delicious, heart healthy nutrition read Dr. Collins, latest book, The Kardea Gourmet: Smart & Delicious Eating for a Healthy Heart.

100 is the New 50

Don't you just love results? Nothing feels better than having a deal come together after months, or even years of hard brain-sweating work... or having your mirror show you proof that physical training works... or positive feedback from your scale well into your weight-loss program... or seeing your latest blood work which confirms the fact that your new diet, supplement program, added fiber and lifestyle changes are reversing your former sub-par condition. How about biomarkers that tell you, you are in fact growing biologically younger?

Do you know what makes me feel just about as good? When someone profits from my advice. Here's a longevity letter that I got from one of my subscribers, Michael Eaves:

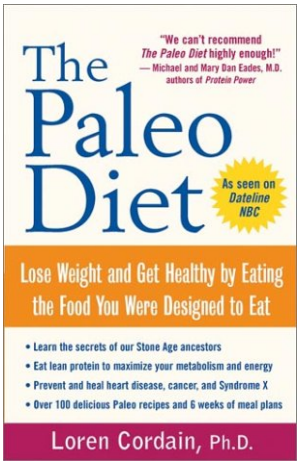
> *"Hi David, Just an update on my conversion to the Paleo diet.*
>
> *Over the past 4 months, I have gone from 130 kgs to 105 kgs. I don't count calories and don't go hungry. My health has dramatically improved, e.g. sinus headaches gone, arthritis pain in my knee gone, swelling almost gone, general health very good.*
>
> *I have a target weight of 85 kgs. That's what I weighed when Donna and I married 30 years ago. Although reaching my target may prove impossible, as I have noticeably more muscle now, and it continues to increase even as I lose weight. Donna, after seeing the changes I'm making, has started cutting out wheat and corn based foods as well. She is 52 and going through menopause and had put on a fair bit of weight, most noticeably, abdominal fat. Since dropping wheat and corn, she has lost 2 dress sizes, most of the belly fat and over 10kgs in weight. Her muscle mass has increased and overall figure is much more pleasing, not only to me but to herself as well."*

We are on our way to making 100 the new 50. But in order for it to happen for you, you will need to take action. Michael and Donna made some simple changes to their diet, and look at their amazing results. And without pain! The best part is, they are almost certainly helping ensure their longevity.

If you're not familiar with the Paleo diet, the beneficial Paleolithic diet is mainly based on lean meat, fish, root vegetables, vegetables, eggs, fruits, berries and nuts. Paleo food contains a lot of water, fiber

and protein, which makes it filling at low calorie intake. According to Dr. Loren Cordain in his best selling user-friendly book, *The Paleo Diet*, (available in our Amazon store) there are seven keys to the diet.

1. Eat a relatively high amount of animal protein. Author's note: What if you are a vegetarian? You can eliminate the meat if you can get adequate protein from eggs or plant sources. As many as 30% of us can do well on a vegetarian diet, but most can't.
2. Eat fewer carbohydrates than most modern diets, but eat good carbs from fruits and veggies.
3. Eat a large amount of fiber from non-starchy fruits and veggies.
4. Eat a moderate amount of fat with more monounsaturated and polyunsaturated fats than saturated fats, and nearly equal amounts of omega 3 and omega 6 fats.
5. Eat foods with a high potassium content and a low sodium content, and do not add salt to your food.
6. Eat a diet with a net alkaline load.
7. Eat foods rich in plant phytochemicals, vitamins, minerals and antioxidants.



Again, no grains, dairy and legumes to optimize your results. If total adherence takes too much fun out of your life, indulge once a week or more. Adhere as closely as you are comfortable.

Going Paleo is only one way to reverse aspects of aging. A Paleolithic diet positions you and me better to take advantage of the emerging age-reversal and repair technologies by extending our average lifespan. We have a long way to go before we can reverse the aging process itself. There is so much to learn. While we are doing that, why not put what we do know to work for you? After all, we have learned more in the past ten years than we have in all prior time. If you apply just part of what we have learned so far, I see no reason why you could not add ten to fifteen years to your lifespan if you are average. By doing so, you would dramatically reduce your odds of decline, agony, expense, dependence and immobility that most experience in their later years.

Another bonus will be your increased odds of surviving, in fact thriving, until we will truly be able to offer you rejuvenation and open-ended youthfulness.

Michael and Donna are on their way. Won't you join them? Share with Home Cures That Work your progress and encourage others to take the same anti-aging steps toward longevity and good health!

David Kekich (Living Healthy to 120: Anti-Aging Breakthroughs) is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. Visit MaxLife.org fore more information. David is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

Cybill Shepherd: Singing the Menopause Blues

CELEBRITY HEALTH WATCH

"The Menopause Blues" is a catchy and hilarious song written and sung by Cybill Shepherd. Cybill was one of the first to bring personal lamentations about menopause to the airwaves in her television sitcom "Cybill" during the mid 1990s.

To take women's issues one step further, Cybill used music to come out loud and proud about menopause.

After Cybill began speaking publicly about menopause, floods of normal and herbal formulas packaged from all over the world became available to remedy symptoms of menopause. Like for so many other women, doctor subscribed estrogen was not the only prescription for navigating menopause. Cybill Shepherd started substituting with natural approach to help remedy hot flashes.

The standardized red cover extract, a phytoestrogen-rich plant extract, helped her manage the mood swings, decreased libido and memory loss. Phytoestrogen content may even help support healthy bone density and circulation.

There are a lot of natural different approaches to forage your individual pathway through menopause. Black cohosh, natural progesterone, calcium, vitamin E and D, and more from nature's pharmacy can offer safer choices than your doctor ever could. Most self-care menopause treatments provide the best results due to education, knowledge and trial and error.

In the end, Cybill's sense of humor and laughter – even in song - has gotten her through the tough times hormonal times. Today, with so many natural options available, the fifties, sixes and beyond can open up whole new passages leading to stages of life.

"It is not easy, but it is also another exciting stage. It can be explored. You can learn from it."
~ Cybill Shepherd

Product Review: Progesterone Cream

Progesterone Cream Uses

Progesterone creams are used to supplement or replace naturally occurring progestin. Although the evidence is mixed, use of progesterone cream can help to minimize some of the symptoms associated with menopause:

- Hot flashes
- Cold chills
- Insomnia
- Night sweats
- Fatigue
- Depression
- Anxiety
- Irritability

A deficiency of progestin causes a number of other symptoms, including:

- Fatigue
- Headaches
- Muscle and joint pain
- Back pain
- Belly-centric weight gain
- Mood swings
- Low libido

Progesterone Cream Benefits

Progesterone can be absorbed to some extent through the skin, which is why it is sold as a cream. Using a progesterone cream in accordance with the product's instructions or a practitioner's directions provides many benefits. Within the first two to eight weeks of use, many women report improved sleep and reduced fatigue. This is because the cream corrects a deficiency that triggers insomnia and hinders the action of thyroid hormone, a key player in maintaining healthy energy levels.

Other benefits of restoring progesterone with the help of a cream include regularized periods, a healthier libido and increased odds of a successful pregnancy. Also, women may note fewer PMS symptoms such as bloat, cravings and moodiness, or less severe perimenopausal or menopausal symptoms, such as hot flashes, brain fog, memory lapses and irritability. Since low progesterone has been linked with increased storage of abdominal fat and chronic constipation, many women also enjoy a trimmer waistline and improved bowel movements when they use a progesterone cream. Other positive effects include reduced facial hair growth and reduced acne, since the progesterone evens out the hormonal imbalances that trigger these problems.

Progesterone Cream Results

Progesterone is synthesized from chemicals found in soy or Mexican yam *(Dioscorea villosa)* (although neither contain nor can directly provide you with progesterone). Because progesterone in creams is synthetic, improperly manufactured products could potentially contain manufacturing by-products, such as a related compound, androstenedione.

In an independent testing lab, 3 progesterone creams were analyzed for their claimed amounts of progesterone. All three progesterone creams passed and are considered safe for usage. The three recommended reliable and effective progesterone creams are:

- Balance™ Progesterone Naturally (20 mg progesterone per pump)
- Life-flo Organic Living™ Progesta-Care®
- Kevala® PureGest™

Life-flo Organic Living™ Progesta-Care® is available for purchase in our Amazon store.

Progesterone is very well absorbed transdermally (through the skin) where it is stored in the fatty tissues for use as needed. For those women who are especially deficient in progesterone during menopause, it may take three to twelve months to restore optimal levels.

The usual dose of progesterone cream is 20 mg daily.

Product Recommendation:
Dong Quai: Natural Menopause Treatment

How to Balance Low Female Hormone Levels during Menopause. Dong Quai is a Natural Herbal Remedy to Increase Estrogen and Progesterone.

Benefits of Dong Quai

Over its million years of existence Dong Quai root has had a variety of medicinal uses. Ancient Chinese civilization used to use it as a sedative, aphrodisiac, anti-inflammatory, analgesic and antispasmodic and is often referred to as the “female ginseng.”

Dong Quai root contains phytoestrogens, which have been proven to have a biological structure, which is chemically similar to estrogen. This component of many phytoestrogenic plants is capable of regenerating diminished estrogen levels. Estrogen is a key part of the body and an imbalance can cause a number of painful or embarrassing menopause symptoms for women approaching middle age.

Chinese herbalists usually soak the root in wine or boil it in water, discard the root and drink the liquid as a tonic. Apart from being helpful in soothing menstrual issues, Dong Quai root is also used to combat high blood pressure and anemia.

Dong Quai Root is also known for being able to treat the following effectively:

- Sleep disturbances
- Relief from menstrual disorders such as irregular bleeding
- The relaxing of peripheral blood vessels
- Spasms
- Relief from menopausal symptoms

Advantages of Dong Quai

- *Dong Quai root as a viable option to female hormone replacement therapy:* Dong Quai is useful for treating hot flashes, night sweats and sleeplessness, the latter usually occurs as a result of night sweats and sometimes itching. For maximum effect Dong Quai should be taken with black cohosh.
- *Dong Quai root as treatment for other conditions:* Dong Quai is also used for effectively treating PMS, arthritis, and lowering blood pressure.
- *Dong Quai root is an efficient treatment method for menopause symptoms*: This herb aids in regulating the levels of estrogen in your body, which also assists in relieving menopause symptoms. Moreover, Dong Quai is a mild sedative that will help reduce mood swings and stress related to menopause.

Cautions

If you are taking an anticoagulant (blood-thinning) medication or a nonsteroidal anti-inflammatory drug (such as ibuprofen), check with your doctor before trying Dong Quai as it will have additive blood thinning and anti-inflammatory properties. Dong Quai also contains substances called psoralens that can react to sunlight, especially in fair-skinned people. Dong Quai may have a mild laxative effect, and menstrual bleeding may increase when taking Dong Quai. Stop taking Dong Quai if a skin rash or photosensivity develops. Don't take Dong Quai if you are pregnant or nursing. Dong Quai root has also been linked to aggravate the spread of breast cancer cells. As with all herbal and dietary supplements, you should always inform your physician about what you are taking in order to avoid potentially dangerous drug interactions.

The Natural Way

Traditional Chinese medicine refers to Dong Quai as the Queen of female herbs because of its beneficial effects on the female reproductive system in much the same way as ginseng is popular for increasing potency of men. In fact, Dong Quai ranks only next to licorice in frequency of use in Chinese herbal medicine. Its optimizing effect on female hormones, its healing properties for uterine disorders and its richness in nutritional supplements make it valuable as an aphrodisiac for women.
Dong Quai:

- May be used as a general woman's tonic for female reproductive health
- Promotes hormonal balance
- Helps maintain healthy estrogen and progesterone levels in menopause symptoms
- Promotes emotional balance to address PMS "blues"
- Provides long-term benefits for female health

Order Dong Quai HERE.

Free Remedy Report: Urinary Tract Infection

Our UTI Report is a step-by-step 12-hour guide to treating your urinary tract infection. This fast-acting action plan will relieve your pain and discomfort in the comfort of your own home. Educate yourself with our preventative strategies laid out in this report and avoid the uncomfortable and dangerous affects of UTIs for the rest of your life! Change from the common casualty to the never needed outbreak. In 12 hours, you can be UTI-free!

Become UTI-Free TODAY and download your Complimentary Copy of the **UTI Remedy Report HERE:**

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