

# Menopause

Peri-menopause typically begins in mid 40`s. It is associated with hormonal decline or imbalance, which felt as hot flushes, mood swings, decreased libido ,etc. Menopause typically starts few years after. However, it is an individual process and different form women to women. Today, woman have more choices to live good quality life while going through the

## MENOPAUSE

- ALLOW THE PROCESS TO OCCUR WITH NOTHING MORE THAN NUTRITIONAL SUPPLEMENTS
- USE HERBAL/HOMEOPATHIC SOURCES
- START SUPPLEMENTING WITH NATURAL BIO-IDENTICAL HORMONES (BHRT).

BHRT have less side effects an support women`s heart, bones, optimal cholesterol levels and normal lubricating secretions.

Common symptoms when patients seek treatment with BHRT:

- Hot flushes
- Abdominal weight gain
- Fatigue
- Insomnia
- Mood Irritability
- Anxiety
- Depression
- Abnormal weight gain
- Palpitations
- Vaginal dryness
- Lack of libido
- Skin changes
- Headaches
- Sense of urgency in urination
- Rashes
- food intolerance

- Frequent yeast infections
- GERD
- Hunger cravings