

Menopause

Harmony & Health

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Quality Products for Health

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Menopause typically occurs between ages 45 and 60. Age-related changes in the ovaries and adrenal glands cause a gradual decline in hormone production. The type and severity of menopause symptoms vary among women and may be influenced by multiple factors, such as ethnicity, lifestyle, & stress. Many women sail through this change of life without any symptoms at all. Others experience a wide range of discomforts, such as: hot flashes, night sweats, mood swings, insomnia, vaginal dryness, fatigue, water retention, & weight gain.

Menopause need not be a time of pain and suffering. You can manage symptoms of menopause by following a few key tips, including getting enough of the right kinds of nutrients in your daily diet. One of the simplest and most effective ways to combat vaginal dryness is to drink enough water each day; aim for at least eight glasses of water per day, and increase your intake when it's hot out or if you engage in physical activity. Exercising regularly, even short daily walks or yoga stretches, can help reduce symptoms. Another often-overlooked way to manage menopause is finding time for relaxation. Practice relaxation techniques such as: deep breathing, prayer, & mindfulness, such techniques can help reduce hot flashes and relieve other menopausal symptoms including anxiety, insomnia, and fatigue.

Some Products that may help:

- **Black Cohosh** is noted for providing relief from hot flashes, night sweats, and vaginal atrophy. Its balancing properties provide a calming effect for anxiety, nervousness, and muscle spasms.
- **NSP's Flash Ease** is an extract of Black Cohosh w/ Dong Quai to focus on relieving hot flashes and easing menopausal symptoms. (Time-released formula for maximum effectiveness.)
- **Dong Quai** provides relief from hot flashes & vaginal dryness. It acts as a tonic to promote good health, digestion, strengthen the blood & uterus; helps to offset mood swings & promote relaxation.
- **Wild Yam & Chaste Tree** (Vitex) diminishes cramps & uterine discomfort; indirectly helping to nourish bones. Sterols in wild yam can be effectively utilized by the body to produce mild progesterone-like effects, which reduces estrogen dominance.
- **DHEA-F** is a base hormone used by the adrenals to produce cortisol, aldosterone and sex hormones. It supports the production of estrogen and aids with menopausal symptoms. Low levels are associated with aging.
- **Natural Changes** is a monthly prepackaged program with nutritional supplements for mature women to nourish the body and help maintain balanced hormone levels. Each packet contains: two **C-X** (for glandular support), one **Skeletal Strength** (structural support), one **Wild Yam w/Chaste tree**, one **Flax Seed oil** (EFA's) and one **NutriCalm** (an excellent source of B vitamins & herbs for stress & tension) in convenient twice a day packets for convenience & increase compliance.
- **Essential Oils**, such as **Changes**--a blend which can be misted or applied to pulse points and **Clary Sage** which has a side benefit of balancing and lifting mood. Both can be helpful in relieving change in life symptoms.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

