

Approaching the Change

Janet Maccaro, Ph.D., CNC, recommends the following steps for coping with symptoms of peri-menopause or menopause:

1. Manage your stress. Forgive past hurts and apologize to those you may have wronged in the past. Make sure to get enough sleep. Exercise daily. Eliminate sugar as much as possible. Fellowship daily.

2. Take a good multivitamin along with a B complex formula containing at least 500 milligrams of pantothenic acid. This will help nourish the adrenal glands. These glands help your body handle stress, but at menopause, they assist the ovaries when their hormone production diminishes. Some women benefit from an adrenal glandular supplement.

3. Flaxseed oil is wonderful for eliminating hot flashes and night sweats. Evening Primrose Oil helps with vaginal dryness, breast tenderness, mood swings and irritability.

4. Natural progesterone cream can help balance the ratio of estrogen to progesterone during these years, which lessens the symptoms mentioned earlier. It also helps to build bones and create a sense of well-being.