

**Useful Information: Menopause**

**Resources**

Australian Menopause Centre - 1300 883 405

[info@menopausecentre.com.au](mailto:info@menopausecentre.com.au)

<https://www.menopause.org.au/hp/management/treatment-options>

<https://draxe.com/5-natural-remedies-menopause-relief/>

<https://au.pipingrock.com/wild-yam/wild-yam-cream-2180?prd=1fe97ae9&gclid=EAIaIQobChMIzKrPi6no2wIVggsrCh2vVQJrEAQYAiABEgK4-PD_BwE>

**Essential Oils (Doterra)**

Clary Sage

Clary Calm

Germanium

Roman Chamomile

Thyme

Sandalwood

To order, go to <https://www.mydoterra.com/ritagordon>

**SYMPTOMS that even women do not talk about (You are not alone!)**

Vaginal dryness (ask your doctor about Vagifem)

Skin becomes thin so you are more prone to tearing

Prone to UTI and thrush and vaginosis

Needing to run to the loo very quickly!

Intercourse can become a bit more uncomfortable

Pelvic Floor weakness – we sell an amazing product called Yoni eggs at our clinic. What else can it help with? https://yoniegg.com/what-are-yoni-eggs/

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| AnxietyBloatingBreast Pain & TendernessBurning TongueDepressionDigestive ProblemsDizzinessFatigueJoint Pain | Hair LossHeadachesHeart PalpitationsHot FlushesIncontinenceIrregular PeriodsIrritabilityItchy SkinLack of concentration | Low LibidoMemory lossMood SwingsMuscle TensionNight SweatsOsteoporosisPanic DisorderSleep DisordersTingling Extremities |

### **Foods to Help with Menopause**

Maca - It is especially known for its benefit in balancing hormones. Due to an over-abundance of environmental estrogens, most people's hormones are a bit out of whack.  Maca stimulates and nourishes the hypothalamus and pituitary glands which are the “master glands” of the body.

Maca significantly reduces both the frequency and severity of hot flushes and night sweats. As such, Maca tends to treat menopausal symptoms as a whole; it doesn't treat any one specific symptom of menopause (such as hot flashes) alone.

Maca may be the ultimate natural HRT. Unlike some herbs and phytoestrogens such as soy, maca does not try to mimic estrogen in your body. It can actually increase the body's production of estrogen if your levels are too low and may increase appetite.

Black cohosh - Black cohosh is among the most popular and longest-studied natural hot flash remedies for women who don't want to turn to hormone replacement or antidepressants to treat their menopause symptoms. Black cohosh is derived from a plant in the buttercup family, and it has been used for centuries

Cacoa - Raw cacao has been proven to relieve emotional stress, lower blood pressure, improve blood flow, lower cholesterol and improve cardiovascular health. It lowers the risk of stroke and heart attacks, so it’s very important for midlife women.

Flax Seed - Flax seeds are high in omega-3 fatty acids. These good fats regulate our brains, lower risk of heart disease, arthritis and cancer. They even help fight wrinkles and may block the formation of fat cells.

Flaxseeds offer the highest amount of lignans in commercial available food, so they are a great choice for menopausal women looking to reduce the side effects of this stage in their life. Other foods that are high in lignans include:

* Sesame seeds
* Whole grains
* Kale
* Broccoli
* Cashews
* Sunflower seeds
* Berries
* Pumpkin seeds

**Supplements Recommended By Other Clients**

Remifemin