



WOMEN'S HEALTH

Reprioritizing Your Health A Guide To Menopause Wellness

(NAPSA)—Did you know that most women begin feeling the effects of menopause around the age of 47—and sometimes as early as 35? There are, however, things you can do now to make yourself feel better.

Symptoms of estrogen loss run the gamut from irregular periods, vaginal dryness or irritation and urinary tract symptoms to mood swings, short-term memory loss and hot flashes.

Instead of grinning and bearing it, there are a host of simple approaches—such as dietary change, exercise and herbal remedies—that can help ensure your health leading up to and through your menopausal years.

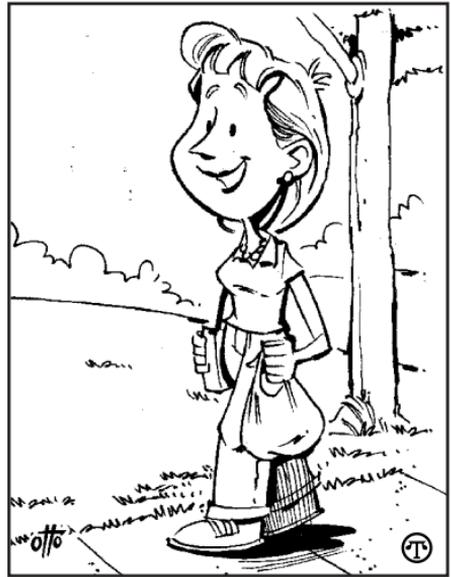
- Exercise regularly. Make it a priority. Focus on weight-bearing exercise such as jogging, playing tennis, dancing or walking, which can increase bone mineral density.

- Consume 1,200 to 1,500 mg. of calcium per day with calcium-rich foods or a calcium supplement. In addition to building bone mass, calcium may decrease heart palpitations, blood pressure, risk of stroke and the risk of colon cancer.

- Quit smoking and if you must drink alcohol, do so in moderation. Smoking decreases the amount of estrogen available to your body and alcohol can have negative effects on the bones.

- Get check-ups. Even the most minor symptoms are worth investigating. See your doctor regularly for check-ups and monitor your blood pressure, skin health and cholesterol.

- Consider herbal remedies for the relief of peri- and menopausal symptoms. Safe and effective natural treatment options can provide menopause symptom relief without the worry of estrogen side effects possible from prescription medicines.



Menopause can be an opportunity to reprioritize and refocus on your health.

The most well studied brand of natural, estrogen-free menopause products is RemiFemin® Menopause, which contains an exclusive extract of black cohosh. Numerous clinical studies have determined the safety and efficacy of RemiFemin.

One recent study published in the *Journal of Women's Health and Gender-Based Medicine* confirmed that the herbal remedy relieves menopausal symptoms without affecting hormone levels, suggesting that it can be used safely by women looking for alternatives to hormone replacement therapy (HRT).

- Use your support network. Stay close to friends and relatives going through the same situation. You can also sign up for a free support program and get information about menopause symptoms and other mid-life health issues at www.womenswellnessmatters.com.

Following this advice may help you stay on the road to aging gracefully.