



How To Use Nutrition To Make It Through Menopause

(NAPSA)—If you or someone you care about is among the approximately 65 million American women between 40 and 70 who are approaching menopause, in active phase or postmenopausal, a few facts about your nutritional health may prove helpful.

For example, you should know the symptoms associated with menopause. These can include hot flashes, night sweats, sleep disturbance, mood swings, bone density issues, hormonal imbalance, low libido and thinning hair.

The gradual depletion of estrogen production associated with aging is behind most menopausal symptoms. Lack of estrogen may also affect the brain, contributing to negative emotional well-being, and skin, reducing thickness and elasticity, and may increase your risk of heart disease and stroke.

Natural Options

Certain nutritional deficiencies may accompany the demands that menopause places on the female body, suggesting to many scientists that addressing nutritional needs at the cellular level is vital to effectively treating all phases of menopause.

The process of aging diminishes the body's ability to activate vitamin D. This lowers calcium absorption rates, which increases the risk of osteoporosis. Magnesium deficiency can contribute to insomnia. B vitamins can play a key role in reducing menopausal stress. Thiamine, niacin, B-12 and folic acid are often referred to as the "stress vitamins." Although the ovaries stop producing estrogen, adrenal glands and fat cells will continue to produce the hormone. B-3 and folic acid help support this.

Doctor's Opinion

Explains Mildred Seeling, M.D., in the *Journal of the American College of Nutrition*: "Estrogen enhances magnesium utilization and uptake by soft tissues and bone, and may explain the resistance of young women to heart disease and osteoporosis—as well as the increased prevalence of these diseases when estrogen production ceases."

Superfoods To The Rescue

Fortunately, the right diet and dietary supplements can help.

- Dark green leafy vegetables such as kale, collard greens and broccoli, as well as beans and superfoods, are low-calorie sources of phytoestrogens, which the National Institutes of Health defines as plant-derived compounds found in a wide variety of foods. Such health benefits as a lowered risk of osteoporosis, heart disease, breast cancer, and menopausal symptoms are attributed to phytoestrogens.



Many women—and their doctors—have found a natural way to ease some of the distressing symptoms that occur with age.

- These foods are also rich in important nutrients such as iron, calcium, folate and B vitamins, which support healthy management of menopausal symptoms.
- Red clover flower extract, which contains at least nine isoflavones, helps reduce menopausal hot flashes.
- Pantothenic acid, or vitamin B-5, is found in salmon, sunflower seeds and avocados. It can reduce hot flashes and help mood stabilization.
- Royal jelly is loaded with minerals, vitamins, protein and pheromones.
- Phyto-active compounds found in fruits, vegetables and herbs mimic the body's natural hormones to help alleviate stress, reduce hot flashes and fight fatigue.
- Many women find plant-based supplements that contain flower pollen extract, Guggul Gum, *Cnidium monnieri* and Moringa leaf, which have vitamin D and calcium for bone health and a bounty of other phytonutrients, help regulate mood swings, reduce hot flashes and night sweats, and increase libido.

As Seth Herbst, M.D., founder of the Institute for Women's Health and Body, put it: "Seeing the demand in my own practice and talking with colleagues, I found more women are inquiring about natural options from their doctors to treat the debilitating symptoms of menopause. Recommending professional-grade supplements that contain high-quality organic sources of these phyto-active compounds has proven to be useful with my patients in treating the symptoms associated with menopause without any negative ramifications."

All these ingredients can be found in a supplement recommended by doctors called Greens First Female Menopause Formula. It's an approach to wellness that can reduce risks of side effects and empower women to take more control of their own unique health needs holistically and naturally.

Learn More

For further facts, go to www.greensfirstfemale.com or call (866) 410-1818.