



WOMEN'S HEALTH

Ten Tips To Thrive Through Menopause

(NAPSA)—Health experts say women can do much in their daily lives to manage the discomforts associated with menopause and perimenopause, and protect and support their heart and bone health.

Recent research findings and discussions on Hormone Replacement Therapy (HRT), however, reveal that many women have a critical lack of knowledge and understanding about the symptoms of menopause and perimenopause.

Menopause is not a disease; it is a natural transition during which time hormonal changes affect women in various ways. These many and fluctuating discomforts—some lasting three to 10 years prior to menopause—and the health risks associated with changing hormone levels can be managed and often alleviated through lifestyle changes.

Menopause experts say healthy eating, exercise and stress control help alleviate discomfort associated with menopause and perimenopause and contribute greatly to overall health and vitality.

The experts' advice include these top 10 tips:

1. **Get informed.** Learn about menopause and perimenopause, the years leading up to menopause.

2. **Keep track.** Keep a journal of your life habits and symptoms.

3. **Choose nourishing foods.** Enjoy plenty of fresh fruits and vegetables. Eat less sugar and more fiber. Avoid fats. Drink plenty of water.

4. **Move more.** Exercise regularly, for a healthy heart, strong bones, weight management and

more balanced moods.

5. **Give it up.** If you smoke, stop.

6. **Ease up on alcohol.** Limit or eliminate alcohol to improve sleep and ease symptoms.

7. **Limit caffeine.** Like alcohol, it can affect sleep and moods.

8. **Let it go.** Learn to recognize stress factors and don't let them get to you. Consider yoga, meditation and other mind/body practices to help you find balance.

9. **Don't panic.** If you're on Hormone Replacement Therapy, talk to your healthcare provider before making any changes.

10. **Supplement thoughtfully.** Talk to your doctor about any supplements you take. Choose those formulated for women in menopause and based on research. One such recommended supplement is Natrol's Complete Balance AM PM Formula for Menopause, a day and nighttime hormonal balance supplement with soy, black cohosh, calcium and vitamins. The PM formula also contains melatonin to help with occasional sleep problems so common with menopausal women. The capsules contain no hormones or allergens. You can find the supplement at health and natural food stores, mass merchandisers and drug stores.

For more information, see the Web sites: www.natrol.com/cb/menopause; www.menopause.org; www.nlm.nih.gov/medlineplus/menopause.html; www.focusonmenopause.com/Script/Main/hp.asp; www.wholehealthmd.com; and www.yourmenopausetype.com.