

Riding the Wave of Hormonal Transition: Menses to Menopause **Dr. Colleen Hart, N.D.**

Menopause is a natural transition in every woman's life when she goes from menstruating to meno pause

Some women experience problematic symptoms which call for change in 'life as we know it':

- Hot flashes that appear without warning at the most inconvenient times.
 - Wakefulness when we should not be.
 - Loss of memory.
 - Loss of hair, but gaining weight.
 - Erratic moods: new depression/anxiety, etc.
 - Less skin elasticity
 - Intolerance for things that were previously acceptable.
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- Etc.

Do all women have problematic symptoms?.....no

Are hormones needed to replace hormones depleted?.....no

Is there a 'natural' treatment that works?.....yes (maybe)

Paradigm shift.

Meno pause is a hormonal call to self care.

The basics of Naturopathic Medicine

- Good food
- Good sleep
- Good exercise
- Good light
- Good relaxation
- Good fun

Obstacles to attaining the 'basics'

- Stress
- Stress
- Modern life
- Toxic environment, internal mimics external and vies versa
- Cultural Milieu/ monetary and social priorities
- Stress

Physical/mental/emotional/social challenges

- Genetic manifestation
- Liver
- Adrenal
- Digestion
- Nervous system
- Memory
- Foggy thinking
- Interests change
- Bone Health
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To the rescue
follow the muse

- Dance
- Art
- Music
- Writing
- Nutrition: Balance of good quality, organic protein, carbohydrate, oils (fat)
Fish oil
B-complex
Calcium/Magnesium/Vit. D/Boron/Strontium
Vitamin D
Vitamin E
Antioxidants
Amino Acids (phosphotidal serine,etc.)
- Herbs: Black Cohosh
Vitex
Motherwort
Licorice Root
- Homeopathic medicine: vary according to individual
- Physical Medicine: Craniosacral therapy, feldenkreis
- Acupuncture and oriental medicine
- Exercise: aerobic, strengthening, kegels
- Yoga and Tai chi
- Feldendreis (especially pelvic floor)
- Biofeedback, counseling, psychotherapy, journaling
- Meditation

Natural hormone replacement therapy is very helpful when needed.

At Federal Way Naturopathy we offer all of the above. Individualized health care is what we do. Nothing could be more to the point for menopausal transition.

