

# Let's talk Menopause

## Did you know?

Women can experience symptoms of the Menopause years before it officially begins...

## Introducing \_\_\_\_\_

### The Perimenopause

The average length of the Perimenopause is around 4 years, however for a handful of women it can last up to a decade before the Menopause itself.

Common symptoms of the Perimenopause include:

- Period changes

(Menstrual cycles may lengthen or shorten, and you may begin having menstrual cycles in which the ovaries don't release an egg)

- Hot flashes

(Research suggests that these occur when decreased oestrogen levels cause your body's thermostat to become more sensitive to slight changes in temperature. Your body may think its too warm and starts a chain of events – a hot flash- to cool you down)

- Mood changes

(Lower oestrogen levels may lead to irritability and anxiety, hormonal changes may also affect levels of serotonin and norepinephrine which may have links with depression)

- *Night sweats*

*(Lower oestrogen levels affect how the brain regulates temperature, meaning small changes in body temperature are more likely to cause sweating or shivering)*

- *Vaginal dryness*

*(Oestrogen helps maintain the vaginas lubrication, elasticity and thickness, lower levels of oestrogen can cause thinning, drying and inflammation of vaginal walls. This is called vaginal atrophy)*

- *Sleep problems*

*(The decline of oestrogen contributes to disrupted sleep by causing menopausal symptoms from hot flashes and sweats to anxiety and depressed mood. Anxiety can lead to difficulty getting to sleep and depression leading to non-restorative sleep and early morning wakening)*

- *Weight changes*

*(You may experience weight gain particularly around the abdomen, contributors to weight gain during the menopause include declining oestrogen levels, age related changes in body composition and fat distribution, loss of muscle tissue and lifestyle factors such as diet and exercise)*

*Here's the question though... How much do you know about the perimenopause?*

*For a lot of people, the answer is not much... which is why it can be confusing for women going through it in their late 20's because that's exactly when it could start.*

The Perimenopause is a natural process caused when your ovaries gradually stop working, ovulation can become erratic and then stop, the menstrual cycle lengthens, and periods become irregular before your final period.

These symptoms are caused by the changing level of hormones in the body, and can last from a few months to a few years, the Menopause is officially diagnosed after you've gone 12 months without a menstrual period.

The menopause usually lasts for around 7 years, but it can be as long as 14 years.

Common symptoms of the Menopause are like symptoms of Perimenopause and include:

- Low mood or anxiety
- Skin changes
- Hot flashes
- Night sweats
- Vaginal dryness and discomfort during sex
- Difficulty sleeping
- Reduced sex drive (libido)
- Problems with memory and concentration

Reduced oestrogen levels play a major roll in the reason these symptoms occur.

Some women have hormone replacement therapy to treat the symptoms of the Menopause and Perimenopause this is probably the most common treatment, and it has its benefits, the main one being that it can help relieve most Menopause and Perimenopause symptoms.

It's a combination of oestrogen and progesterone that makes up combined HRT, otherwise there is oestrogen-only HRT usually only recommended if the womb has been removed during a hysterectomy. Usually, the benefits

of HRT outweigh the risks but it's always worth doing your research and discussing different options with a medical professional.

Alongside researching treatment options for the Menopause and Perimenopause there are more holistic treatments such as vitamin supplements.

One of the top supplements that stands out over others for those going through menopausal symptoms is Advanced Nutrition's Pro-Vitality Formula.

This is a broad-spectrum food supplement system containing 6 expert supplements formulated to support the wellbeing of your skin, body and mind. This supplement pack is formulated with specific ratio to provide an all-in-one solution for energy, heart, brain and wellbeing in daily dose supplement strips.

The reason this supplement box stands out for women experiencing the Menopause and Perimenopause is because along with 5 individual amazing supplements, it also contains a brain capsule containing brain specific nutrients to help support cognitive function and combat signs of brain fog and fatigue (common symptoms of the Menopause and Perimenopause).

- Vitamins B1, B2, B3, B5, B6, B12 contribute to normal energy yielding metabolism
- Vitamins C, B2, B3, B5, B6, B12 contribute to the reduction of tiredness and fatigue
- Vitamin B5 contributes to normal mental performance
- Vitamin C contributes to normal collagen formation (collagen and elastin reduces during the reduction of oestrogen)

This supplement is our top pick to help reduce the effects of Menopause and Perimenopause symptoms.

Things to note about this supplement:

- Not suitable for Vegans or vegetarians (as it contains fish)
- Not suitable for pregnancy or those planning a pregnancy
- Not suitable for children (as it contains Iron, which in excess can be harmful to young children)
- If under medical supervision consult a doctor before taking
- Recommended to be taken in the morning (as it contains a supplement that supports energy production)

Hormones have a major effect on how our bodies function from our skin to our brain, so going through this stage of life for many people can be a difficult time. Having little to no understanding can make it even harder, but as more people become aware of the effects of the Menopause and Perimenopause through 'Menopause Awareness' there will be more knowledge and support available making the process more bearable.

And giving women the confidence to feel empowered during this time of their life and reassurance that this natural process doesn't have to take away from who they are, means that the stigma behind going through the Menopause and Perimenopause can hopefully one day be almost non-existent.

*#Menopause Awareness*

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