

Menopausal Problems

The menopause or a woman's change of life is a perfectly normal event which occurs in the mid or late forties. It signifies the end of the female reproductive period of life which commenced at adolescence in the early teens.

Symptoms

Hot flashes, night sweats, nervous tension, menstrual disturbances, insomnia, diminished interest in sex, irritability and depression are the typical symptoms of menopause. Other symptoms are chilly feelings, fatigue, palpitation, dizziness, headaches and numbness. Not every women will get these severe reactions. The severity or otherwise of the symptoms depend on a variety of factors such as general health, previous surgery and radiation. Menopause and its problems are usually over when menstruation stops.

Treatment

Diet is of utmost importance in such a scheme of treatment. In fact the problems at menopause are often much more severe than that at puberty largely because the diet has been deficient for many years prior to its onset, in many nutrients such as protein, calcium, magnesium, vitamins D, E and pantothenic acid.

The diet should be made up from three basic food groups, namely (i) seeds, nuts and grains (ii) vegetables and (iii) fruits. The emphasis should be on vitamin E-rich raw and sprouted seeds and nuts, un-pasteurized high quality milk and home-made cottage cheese and an abundance of raw, organically grown fruits and vegetables. Plenty of freshly made juices of fruits and vegetables in season should also be included in this diet.

All processed, refined and denatured foods, such as white sugar, white flour and all articles made with them, should be completely eliminated. Take special supplements such as vitamins C, B6 and pantothenic acid, which have a specific property of stimulating the body's own production of estrogen or enhancing the effect of the existing estrogen.

During menopause, the lack of ovarian hormones can result in a severe calcium deficiency. For this reason, a larger than usual intake of calcium may help greatly. Vitamins D and F are also essential for assimilation of calcium. Any woman having difficulty at this time should supplement her daily diet with 1,000 units of natural vitamin D, 5000 milligrams of magnesium and two grams of calcium daily, which can be supplied by one quart of milk.

During the menopause, the need for vitamin E soars 10 to 50 times over that previously required. Hot flashes, night sweats and other symptoms of menopause often disappear when 50 to 100 units of vitamin E are taken daily. The symptoms recur quickly if the vitamin is discontinued.

Menopausal Problems

Of late, it has become popular to take estrogen to prevent or postpone menopausal symptoms. Although hormone therapy is apparently successful and will, in many cases, help the patient to feel and act younger, it cannot be recommended in all cases because of its carcinogenic effect. If, however, estrogen therapy is undertaken, it should never be administered at the same time as vitamin E therapy. Ingestion of estrogen and vitamin E should be separated by several hours.

Beet juice has been found very useful in menopausal disorders. It should be taken in small quantities of 60 to 90 ml at a time thrice a day. It has proved much more permanently helpful than the degenerative effects of drugs or synthetic hormones.

Carrot seeds have also been found valuable in menopausal tension. A teaspoonful of the seeds should be boiled in a glassful of cow's milk for about 10 minutes and taken daily as a medicine in this condition.

Plenty of outdoor exercise, such as walking, jogging, swimming, horse-riding or cycling, is imperative to postpone menopause. Other helpful measures in this direction are avoiding mental and emotional stress and worries especially worry about growing old, sufficient sleep and relaxation and following all general rules of maintaining a high level of health. The healthier a woman is, the fewer menopausal symptoms she will experience.

Reference

Shri H.K. Bakhru. (1999). Natures Cure.