A Guide For This Stage Of Your Life

A GOOD MENOPAUSE

A FREE PDF Download
with support and advice for
Menopausal Women with an
A-Z Guide of symptoms and Essential Oils

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A Good Menopause

A good Menopause will derive greatly from your attitude and possibly determine how you arrive at this stage of life. It isn't a once size fits all, your experience is personal to you. It is a time though to get some support from other women, to seek out advice and connect with others, if you haven't already done so.

Give gratitude to the older women who is spirited and courageous and sharing her lessons on life. Let her valuable insight and wisdom help you realize you should never lose to touch with who you are at any stage of your life.

Some of the best advice would be to get your lifestyle in shape before you approach it, with a healthier approach you might just be fortunate to sail through. If you are looking for balance in life in mind and body to maintain your Yin and Yang you need to balance Estrogen and Progesterone.

Conquering Menopause

The arrival of Menopause may inspire you to feel like you are ready to take on the World, looking at Personal Growth and explore a new sense of Freedom. This is a time of life when you are more accepting of yourself. Your life experiences have shaped you. Don't become a victim to the array of symptoms Menopause can bring.

> "The best time for new beginning is now."

Useful Essential Oils For A-Z Menopausal Symptoms

A list of often seen Menopausal Symptoms and Essential Oils that can be useful support.

Acne	Cedarwood, Geranium, Lavender, Patchouli, Tea Tree
Adrenal Support	Cedarwood, Citrus Oils, Clove, Nutmeg, Pine, Rosemary, Spruce
Ageing Skin	Sagging/Wrinkles – Frankincense, Helichrysum, Lavender, Myrrh, Patchouli, Sandalwood, Ylang Ylang
Agitation	Clary Sage, Frankincense, Lavender, Myrrh, Orange, Roman Chamomile, Sandalwood, Rose
Anger	Bergamot, Cedarwood, Frankincense, Lavender, Lemon, Myrrh, Orange, Roman Chamomile, Rose, Sandalwood, Ylang Ylang
Allergies	Lavender, Roman Chamomile
Anxiety	Lavender, Orange, Roman Chamomile, Ylang Ylang
Bone Loss	Cypress, Peppermint, Idaho Balasam Fir, Wintergreen, Marjoram, Rosemary, Thyme,
Bone Pain	Balsam Fir, Helichrysum, Wintergreen,
Confusion	Basil, Cedarwood, Frankincense, Geranium, Jasmine, Marjoram, Rose, Rosemary, Sandalwood, Ylang Ylang,
Constipation	Fennel, Ginger, Peppermint
Depression	Grapefruit, Frankincense, Lavender, Lemon, Mandarin, Melissa, Orange, Roman Chamomile, Sandalwood, Ylang Ylang
Despondency	Clary Sage, Rose, Sandalwood, Ylang Ylang
Edema/Water Retention	Clary Sage, Fennel, Juniper, Lemongrass
Facial Hair Growth	Clary Sage, Dragon Time
Fatigue	Ginger, Peppermint
Fear	Clary Sage, Cypress, Roman Chamomile, Rose, Sandalwood, Ylang Ylang
Foggy Thinking/Lack of Concentration/Forgetfulness	Basil, Clary Sage, Frankincense, Peppermint, Roman Chamomile, Rosemary, Sandalwood, Ylang Ylang
Hair Loss (Head)	Cedarwood, Lavender, Rosemary

Headaches	Lavender, Peppermint, Roman Chamomile
Heart Palpitations	Lavender, Ylang Ylang
Heavy Bleeding	Cypress, Geranium, Rose
High Blood Pressure	Clary Sage, Citrus Fresh, Marjoram, Melissa, Lavender, Ylang Ylang
Hot Flashes	Basil, Clary Sage, Geranium, Lemon, Peppermint, Thyme
Indigestion	Fennel, Ginger, Peppermint, Wintergreen
Insomnia	Lavender, Orange, Roman Chamomile, Tangerine,
Irritability	Grounding & Balancing oils such as Cedarwood, Balsam Fir, Cedarwood. Sedative oils such as Orange, Lavender, Vetiver, Valerian
Itchy Skin	Lavender, Patchouli, Peppermint
Mood Swings	Ground & Balancing oils such as Cedarwood, Balsam Fir, Cedarwood. Soothing oils, Clary Sage, Lavender, Rose, Sandalwood, Ylang Ylang
Night Sweats	Basil, Clary Sage, Thyme
Panic Attacks	Clary Sage, Frankincense, Joy, Lavender, Marjoram, Myrrh,, Rosemary, Thyme, Sandalwood, Ylang Ylang,
Patience (lack of)	Bergamot, Lavender, Orange, Roman Chamomile, Vetiver
Poor Memory	Ginger, Peppermint, Rosemary
Sadness	Bergamot, Lavender, Roman Chamomile, Ylang Ylang
Stress	**Depressing feelings:** Basil, Chamomile, Clary Sage, Geranium, Jasmine, Lavender, Lemon, Patchouli, Peppermint, Sandalwood, Rose, Rosemary, Thyme, Ylang Ylang **Anxiety:** Chamomile, Clary Sage, Cypress, Frankincense, Geranium, Jasmine, Juniper, Lavender, Lemon, Rose, Sandalwood, Vetiver, Ylang Ylang **Chemical Stress (food, coffee, smoke, pollution, etc):** Clary Sage, Grapefruit, Geranium, Lemon, Lavender, Rosemary **Emotional Stress:** Geranium, Rose, Sandalwood, Vetiver **Environmental Stress:** Basil, Cedarwood, Chamomile, Cypress, Geranium

	Mental Stress: Basil, Geranium, Grapefruit, Lavender, Patchouli, Sandalwood **Physical Stress:** Chamomile, Fennel, Geranium, Lavender, Marjoram, Rosemary, Thyme **Sleep:** Chamomile, Clary Sage, Lavender, Marjoram, Orange, Vetiver, Ylang Ylang
Weight Gain/Cravings	Grapefruit, Orange, Patchouli, Peppermint, Tangerine, Ylang Ylang

Cycles of Life

Awareness of the cycles a woman goes through can help with the arrival of a good Menopause. Observe each of these stages and how a child develops and makes the transition to a good Menopause and beyond.

Puberty and the development of the body reaching the **Reproductive Cycle, her body is physically changing,** it is vital time to ensure the young emerging woman feels empowered, confident in her own skin and develops a positive self-image. This may well be a time when she will make food choices for herself, ensure they are healthy and balanced.

Pregnancy again **her body is physically changing,** there may be lasting changes. This is a time for respect and to ensure a women feels strong and confident as she becomes a Mother, yet does not lose her own sense of self. She still has to nurture herself, as well as her child. Good, healthy nutrition is vital for Mother and Baby.

Perimenopause again **her body is physically changing** her body composition and fat distribution may change and there can be a list of seen or unseen symptoms that are emotionally difficult to cope with. This is a time of patience and understanding, ensure she connects with techniques to balance Mind, Body, Spirit and Soul.

Menopause can be accompanied with an A-Z list of symptoms (see below) it is demonstrative again of how **her body is physically changing.** This is a time to connect with other women to support one another. Ensure a women transitions with strength and courage, keeps her spirit alive and embraces life and all that has to come. Shine Your Light!

Not only does the body change physically, it changes emotionally as well and both these changes can be supported with Natural Solutions. Developing good practice early in life, fostering a healthy and positive lifestyle may lead the way to a good Menopause.

"

Every new day is a chance to change your life.

"

PMS – Pre-Menstrual Symptoms

If you experienced painful, heavy periods, water retention, headaches, sore breasts and mood swings chances are you will enter Menopause with some unpleasant symptoms, if left unchecked. You were already experiencing fluctuations in hormones and your Estrogen levels were too high. When the Estrogen levels are low the likelihood was you had scant, irregular periods, low mood and poor self-esteem.

So, going through PMS and then having the next stages of Perimenopause and Menopause can be a bit daunting.

Perimenopause is the stage prior to Menopause, after 12 months absence of your menstrual cycle (periods) you are considered to be in the Menopause stage of life.

You can experience 3-5 years of Perimenopause, generally starting in your 40's. It isn't always the case though and not every women will have the same symptoms or experience, likewise the ways of treating are individual as well.

Many Essential Oils, Herbs & Nutritional Supplements can be very effective for many women in the treatment of symptoms.

Estrogen and Hormone Replacement Therapy have been linked with many risks and side effects, before considering them talk to your Doctor if you have concerns. If you have had certain medical conditions prior or on-going you probably won't be offered them.

Natural Remedies

If you are already taking medication consult your Doctor before introducing Natural Remedies as you don't want anything to react with your current medication. Going the natural route is becoming the choice of women today who want to claim back the control of their mind and body. See more information on Natural Remedies in the Essential Oil Section.

Not everyone will have Menopause symptoms, for some you might only experience some of the symptoms and hopefully you will not experience them all! The average women experiences Menopause from her late 40's to early 50's.

Lifestyle Choices

Entering into the Menopause stage of life is determined by your medical history, family history and how many eggs you have left in you ovaries. You can help yourself with a number of Lifestyle Choices that lessen symptoms. Aiming for a healthy lifestyle is a very positive step you can take toward controlling symptoms and managing menopause.

- Regular Exercise
- Walk in the fresh air
- Healthy food choices
- Alcohol in moderation
- Stop Smoking
- Meditation
- Yoga
- Complementary Therapies
- Essential Oils & Herbs

A lifestyle of poor choices can actually speed up the arrival of Menopause, poor diet, sedentary lifestyle, no exercise, nutritional deficiencies, alongside chronic illnesses. Medical conditions can factor as well.

Medical Intervention

- A Hysterectomy
- An Oophorectomy – removal of Ovaries
- Premature Ovarian Failure (POF), the ovaries stop functioning properly

*Your Doctor should discuss the possible outcomes of each.

Menopause Symptoms with some solutions to try

Acne - sometimes called microcystic acne. Omega-3 has been found to lower Testosterone levels, look at increasing increase Progesterone levels. Lower saturated fats, increase fibre, more alkaline foods, lower stress levels. Stress produces stress hormones and the Kidneys convert Progesterone to Cortisol.

Aching Joints – low Estrogen levels dehydrate the body and thus inflammation can build around joints, take calcium and magnesium supplements, (calcium requires magnesium to absorb). Calcium supports the bones and Magnesium relaxes muscles. Yoga and swimming for less load bearing exercise to strengthen joints.

Bone Loss/Increased risk of Osteoporosis - Calcium and Vitamin D, which in turn can help the Heart.

Brain Fog/Memory or Concentration - Vitamins B-1, B-3, and B-12, as well as iron. Diffusing/Inhaling Essential Oils and Herbal Remedies. Meditation.

Changes in Breast Tissue - always check your breasts and consult your Doctor if you have changes. It is natural to see changes in size, firmness and develop abnormal lumps. Breast tissue becomes fattier and less glandular as you age, the changes in estrogen make the tissue less elastin and dehydrated. Self-massage with oils, exercise, weights and yoga increased blood flow stimulates muscle growth and cell repair.

Fatigue - an on-going and persistent lack of energy, feelings of tiredness and weakness, feeling exhausted. Less attention span, mental fuzziness, irritability and memory lapses. Estrogen, Progesterone, Thyroid and Adrenal Hormones are all involved in regulating cellular energy in the body. Try Essential Oils, a healthy diet, regulate your sleep pattern, relaxation techniques snd breathing exercises.

Elevated Heart Rate - Anxiety and stress reducing measures, relaxation techniques and therapies. Avoid stimulants. Replace salt with Himalayan Salt. Reduce elevated levels of LDL Cholesterol.

Hot Flashes - the hypothalamus in the brain detects body change temperature as the Estrogen level decreases it is thought it releases hormones to help lower body heat. Your heart rate rise, blood vessels dilate to allow more blood to flow through to cool the body.

Low Libido – Testosterone and Estrogen levels both decrease, which may make it more difficult for you to get aroused. It can be the result of other Menopause symptoms. Vaginal Dryness or discomfort during sexual intercourse, drop in Estrogen and blood supply to the vagina. Also combined with the thinning of the vaginal wall-atrophy. Lubricants, exercise to release endorphins, partner intimacy and Kegel exercises.

Mood Swings/Irritability/Anxiety/Depression - Exercise can be beneficial, Complementary Therapies, Aromatherapy.

Skin Changes - Loss of Skin Elasticity/Dry Skin/Itchy Skin. The decrease of Estrogen reduces the skins ability to retain moisture, oils and collagen.

Thinning of Scalp Hair/Increase of Body Hair - Iron, Protein, Vitamin C, and Vitamin B, Essential Oils

Sleep Disturbances/ Insomnia - Exercise regularly, try yoga and meditation, keep your bedroom cool and wear loose fitting nightwear. Limit spicy food and caffeine, especially before bedtime. Diffuse essential oils in your room and apply them to the soles of your feet and temples.

Weight Gain & Muscle Loss - the body loses muscle mass as you age, metabolism slows down and fat increases. As you age you need less calories and need to have regular exercise. Weight training helps with metabolism and muscle loss.

Urinary Incontinence – stress incontinence, in which there is leakage from pressure on the weakened bladder, or urge incontinence, in which the bladder muscles "squeeze" at the wrong times. Try Kegel style exercise and exercise in general. Cut down on caffeine.

Increase of Urinary Tract Infections – changes in hormones can change the vaginal bacteria. Drink lots of water and sugar free Cranberry juice, use lubricants during sex if needed, urinate afterwards, wipe front to back, wear cotton underwear, avoid tight fitting clothes, avoid chemicals and perfume based products.

"

There will become a time
when you think everything is finished...
That will be the beginning.

"

Are You Too Acidic?

When the body becomes too acidic, dis-ease happens. Everything in the body becomes effected, ideally a pH of 7.4 is optimal.

General acidic symptoms can include: bone loss, hormone imbalance, fatigue, muscle aches and pains, allergies, Candida, parasites, urinary tract infections, indigestion, mood swings amongst other conditions.

Introduce foods to balance the acid/alkaline levels – lemons, limes, apple cider vinegar and fermented foods. These enter the body as acidic foods and absorb as alkaline in the body because they are full of calcium, magnesium and potassium.

If your body is too acidic you may become deficient in certain nutrients and calcium, potassium and sodium is absorbed from your bones to neutralize the acid.

You can test your saliva or urine with pH strips, if it is below 6.5 you are too acidic.

Self Help May Support Menopause

There are some self-help ways that may help with a good Menopause.

Cognitive Behavioural Therapy (CBT)

Herbal treatments

Acupuncture

Essential Oils

Massage

Yoga

Meditation

Exercise

Healthy Food Choices

Healthy Fats

How to Test For Menopause?

Tests typically aren't needed to diagnose menopause. But under certain circumstances, your doctor may recommend blood tests to check your level of:

- Follicle-stimulating hormone (FSH) and estrogen (estradiol), because your FSH levels increase and estradiol levels decrease as menopause occurs
- Thyroid-stimulating hormone (TSH), because an underactive thyroid (hypothyroidism) can cause symptoms similar to those of menopause.

  Blood Tests – TSH, T3 & T4, Reverse T3 (rT3) an inactive form of triiodothyronine which can inhibit the action of the active form (T3) in the body's cells.

  Thyroid disease can be auto-immune disorders and alone can mimic Perimenopause and Menopause.

However, blood tests will not determine what your cell receptors will actually utilize, a saliva test is more accurate.

The Endocrine System

The Endocrine System is composed of glands that secrete hormones into the blood to promote homeostasis (balance within the body) Here is a breakdown to understand what role each plays. It plays its part in mood regulation, growth and development, tissue function, metabolism, sexual function and reproductive processes. Other body processes that require a faster response such as breathing and body movements are controlled by the nervous system.

PITUITARY ADH, HGH, TSH, ACTH

- ADH (antidiuretic) regulates re-absorption of **water** and affects **blood pressure**
- HGH (Human Growth Hormone) affects **growth** and **ageing**
- TSH (Thyroid Stimulating Hormone) **stimulates thyroid** to make hormones; stimulates uptake of **iodine**; controls **release of thyroid hormones**
- ACTH supports adrenals
- Considered the "Master Gland" as it has such an effect upon the other endocrine glands

THYROID

Thyroxine, Calcitonin, Triiodothyronine

- Thyroxine (T3) increase rate of metabolism, increase energy levels
- Triiodothyronine (T4) increases rate of metabolism in cells
- Calcitonin increases **calcium in bone**

NOTE: Iodine must be present in the diet in order for thyroxin to be made and selenium is needed by the enzymes that produce thyroid hormones.

PARATHYROID

Increases **calcium in blood** (which decreases calcium in bones)

Why do we need calcium in blood? To regulate SUGAR. **Calcium is acid-binding.**

PANCREAS

Both digestive functions and hormone functions

Insulin, Glucogon

- Digestive function is to produce enzymes
- Hormone function is to **regulate sugar** (through insulin production)

ADRENALS

Epinephrine and norepinephrine ("fight or flight" hormones)

- Mineral balance
- Energy balance
- Reproductive functions of body

OVARIES

- Estrogen
- Progesterone

TESTES

- Testosterone

PINEAL

- Regulates secretions of other hormones

THYMUS

- Immune function

HYPOTHALAMUS

- Master "switchboard"

Estrogen & Progesterone Levels

The body produces three types of Estrogen :

1. Estradiol,(main Estrogen during child-bearing years)
2. Estriol, (main Estrogen during pregnancy)
3. Estrone (main Estrogen after menopause)

When the ratio of progesterone to E2 is too low we do not produce enough progesterone and the E2 estrogen becomes too dominant.

When progesterone levels drop, estrogen levels are left unchecked and can lead to estrogen dominance. Symptoms of estrogen dominance include:

- Bloating
- Cellulite
- Irregular Periods
- Endometriosis
- Weight Gain
- Tender Breasts/Breast Lumps
- Water Retention
- Headaches
- Depression
- Uterine Fibroids
- Ovarian Cysts
- Thyroid Nodules
- Hypothyroidism
- Mood Swings/Anxiety/Irritability
- Candida Infections
- PMS

Some causes of Estrogen Dominance

- Food with high level pesticides and fertilizers, growth hormones and antibiotics fed to animals are Endocrine disruptors
- Poor diet choices
- Digestive issues, inhibit the detoxification of Estrogen via the liver and cortisol release blocks Progesterone receptors.
- Exposure to environmental Xenoestrogens, chemicals found in products, household use and personal use.
- Synthetic Estrogens – birth control pill and HRT
- Lifestyle choices that stress the body and create dis-ease, alcohol, smoking, prescriptions and recreational drugs.
- Stress level untreated puts stress on the adrenals and thyroid.
- Burying Emotions alive, pushing them aside and not dealing with them.

Boost Progesterone

Vitamin C

Zinc

Magnesium

Vitamin E

Vitamin B6

Sulfur

Fibre

L-Arginine

CONTACT ME
for advice and support on essential oils

This information is NOT intended to replace consultation
with your own one to one health care providers and not intended as medical advice.