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5 **Mistakes** That Make The **Menopause Worse**

Every woman dreads *that* time of the month rolling around, but what they dread even more is the end of that unpleasant little fact of life. Yet, that too is a fact of life as a woman. Before they have even gotten past the embarrassment of starting their period, girls are told there is an end in sight.

Then they are told of all the horrors that come with that change: facial hair, hot flashes, uncontrollable weight gain, and mood swings to make the teen years look like a walk in the park. Is it any wonder that women approaching that magical age of 40 do so with an exorbitant amount of hesitation and even dread?

It does not have to be like that though. Studies have shown that the way we take care of our bodies in our 20s and 30s can affect how menopause is experienced. Further, there are some steps you can take once menopause has begun to make it easier ... or at the very least not make it more difficult.

1. Failing to Educate Yourself

There is nothing more terrifying to the human mind as the unknown and while every woman knows about menopause, few truly understand it. They know that at some point, probably between 40 and 50 years old, they will enter menopause. They know what their mothers, aunts, and older friends have told them, from the horror stories to the oversimplifications and everything in between. Yet, the majority of women have never truly thought too long about what will happen when it is their turn.

This is a mistake.

Without a clear knowledge of what menopause is and is not, women tend to focus too much on the symptoms. This adds stress that makes those symptoms worse.

While most women understand that the symptoms of menopause are simply a transitional phase, few understand that you can control those symptoms.

Worse, not having a clear understanding of what menopause is leaves you vulnerable to believing every health claim that is made. Many products out there claim to suppress or eliminate the signs of menopause yet produce little to no results. Reading labels carefully can help with that to some extent but the best option is to look into legitimate scientific studies. This is where you will find out what works and what does not.

Educating yourself before you turn 40 can help you avoid this pitfall. Knowing what to expect and what menopause really is can alleviate some of the anxiety surrounding it. It prepares you to deal with “the” change emotionally, mentally, and physically. It gives you an opportunity to plan for the inevitable and thus be prepared.

To that end, here are some facts to get you started.

Menopause is the permanent shut down of ovarian function that generally begins when women are between the ages of 40 and 50. This shut down creates a rapid decrease in estrogen responsible for the majority of symptoms.

Additionally, the hormone changes that occur with menopause are nothing like those that men go through. As men’s changes are often gradual and nearly unperceivable to them, menopause comes crashing through the door like a SWAT team leaving little doubt that it has arrived.

While it is a change that is caused by the same thing in every woman, how it affects women is as individualistic as they themselves are. What that means is that even though your aunt may tell you about the horrible hot flashes she endured; it

does not mean that every woman has horrible hot flashes. Likewise, that friend who characterized menopause as an era of bad sex – with all the unasked for details – is speaking only of her experience. Simply because she chose to settle for subpar sex after menopause does not mean you have to.

So, what are the symptoms of menopause? So glad that you asked. The first is probably the only one that is ever welcomed ... an end of your monthly period or menses.

With the rapid drop of estrogen, some women experience a darkening and thickening of some of the hair on their bodies. This doesn't mean that you will sprout a mustache, beard, and side burns overnight. However, if you already have darker body hair in those areas that you deal with you might have to step up your waxing or bleaching routine a notch.

This drop in estrogen can also affect mood and lead to irritability or swings in temperament. Not necessarily the Jekyll and Hyde personality that stereotypes women in menopause but some level of "touchiness" can be expected. Consider it as if you have reached your limit on nonsense and you simply cannot stomach any more.

The infamous "hot flash" has often been blown out of proportion as well. WebMD, infamous for predicting death for every symptom, describes hot flashes as "a quick feeling of heat and sometimes a red, flushed face and sweating." Sound familiar? This is the same feeling one gets when they are embarrassed only then it is called blushing. Or when you ride a roller coaster, then it is called an adrenaline rush.

Vaginal dryness is another common symptom attributed to the loss of estrogen. It is exactly what it sounds like; the body does not produce adequate lubrication in the vagina. Stop blushing, there is more. This can lead to uncomfortable itching

and painful sexual intercourse. Luckily, there are hormone replacement therapies and lubricants that can be used to combat vaginal dryness.

This is not a complete list of the possible symptoms you may encounter. Every woman is different and may have unique symptoms to add. However, those are the most common complaints of menopausal patients.

There are many different treatment options available for the symptoms of menopause. From hormone replacement therapy to simple lubricants to make sex more enjoyable, there is no end to the products and therapies which might help alleviate or lessen the signs that menopause is at your door. All it takes is the knowledge of what is available and talking with your doctor about them.

This brings us to mistake number two.

2. Failing to Consult Your Doctor



Yes, menopause is extremely personal. Yes, speaking of such a personal subject with somebody who you see only a few times a year, at most, can be uncomfortable. No, you are not going to die from embarrassment.

Are you thinking about simply toughing it out? After all, you are woman, you roar not whimper and mewl. Think again. On average, menopause symptoms last around seven years. SEVEN YEARS!

This is not to say that you are not a strong woman who can handle life on your own. Quite the opposite, as a strong woman you know when you need to ask for help and this is one of those times.

Now that we have all of that established, talk to your doctor. Doing so before menopause begins will allow you both to get a head start. A perfect example of this is getting a baseline of your hormone levels established to help determine treatment options once they change.

In addition, this can determine the level of alkaline in your system. High levels of this acid have been shown to contribute to the weight gain associated with menopause. If you have already begun menopause, speaking with your doctor is still an important part of your treatment of the symptoms.

However, no doctor is an expert in everything medical. Even gynecologists specialize. Thus, you may want to find a “certified menopause practitioner.

Even if you decide to work through menopause with your general practitioner or gynecologist, it is better than going it alone. Now that you have done your own research, you can discuss the newest treatment options even if your doctor has not

heard of them yet. The most important thing is to feel comfortable with your doctor and confident of their competence.

If you are taking herbal supplements to treat your symptoms, then your doctor should be told. Those supplements are not FDA regulated and may actually be doing more harm than good. Your doctor can recommend more reputable brands and suggest some that you might not have found.

If you are assuming that hormone therapy is not for you, this is definitely a decision that should be made after a discussion with your doctor. According to Prevention magazine, “if a woman is not interested in using estrogen or has contraindications, if the symptoms are bothersome, she should talk to a physician about the non-hormonal options out there.” A new non-hormonal medication for the treatment of menopause symptoms – Brisdelle – has recently been approved by the FDA. This may be the best option for you but you will not know for sure until you talk to your doctor.

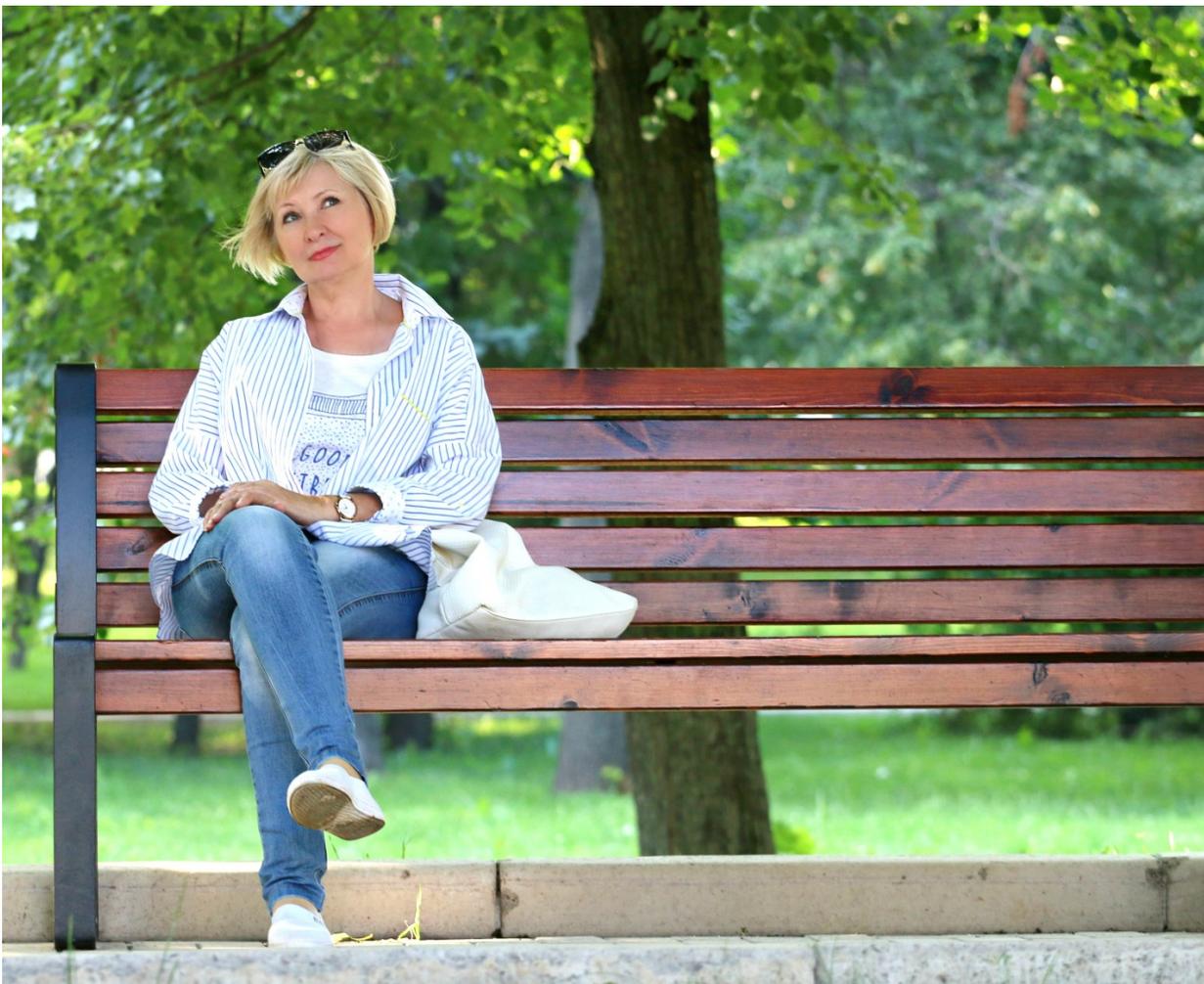
Not everything regarding your health is the responsibility of your doctor however. Some things you have to do yourself and if you do not you have only yourself to blame if your menopause symptoms are extreme.

3. Your Skill at Dealing with Stress is Nonexistent

According to Doctor Diana Bitner, medical director of Midlife & Menopause Health Services at Spectrum Medical Group in Grand Rapids, Michigan, says “Menopause changes our sleep patterns and can affect our brain chemicals (namely, serotonin levels), therefore derailing our ability to stay out of fight or

flight mode.” In other words, if you do not learn to deal with stress before menopause starts, it will be even harder to do afterwards.

Many do not realize that stress and anxiety do not merely affect your mental state. The body responds to the excess of stimuli caused by stress just as the mind does. As American author and wellness advocate Kris Carr said, “If you don’t think your anxiety, depression, sadness, and stress impact your physical health, think again. All of these trigger chemical reactions in your body, which can lead to inflammation and a weakened immune system. Learn how to cope, sweet friend.



There will always be dark days.” Finding stress management techniques that work for you now will help ease your symptoms later.

Again, if you have already begun your trip through menopause, do not fear. It is not too late to learn to manage the stressors in your life. It might be a little more difficult for you than it would have been had you learned these techniques in your 20s or 30s, but it is not impossible.

There are several ways to reduce the effect stress has on you and you should keep trying them until you find ones that work for you. Meditation is one of these techniques which have shown promise for many women. In addition, a soothing bath, calming music, and strenuous exercise have all been cited as sources that help people relax.

The key is to find a way to take your mind off the stressors in your life and reduce the anxiety caused by those stressors. It is not possible to make it through life without encountering stress but it is possible to control the effect that stress has on you.

As actress Valerie Bertinelli put it, “There’s going to be stress in life, but it’s your choice whether you let it affect you or not.”

4. You Have Atrocious Eating Habits

One of the top issues with poor eating habits is the yo-yo dieter. You know who you are. You have tried every diet out there and deemed them all useless. Your weight often follows suit and goes up and down repeatedly.

This kind of dieting is not only bad for your waist line; it can actually destabilize your biology. Doctor Sheryl Ross, ob-gyn and women’s health expert at Providence Saint John’s Health Center in Santa Monica California says, “Women who have long standing unhealthy habits in their younger years can make changes in their daily routine to avoid creating permanent hormonal imbalances that affect the onset of menopause.”

Even if the onset of menopause is behind you and you are in the throes of it now, changing how you eat and what you put in your body can help you. You can help lessen the symptoms you are already experiencing by changing your diet.

The big question is, how?

Doctor Mickey Harpaz, nutritionist and author has these tips. Limit your intake of refined sugars to less than ten grams a day. Instead, try fruits and veggies for more natural sugars. Limit or avoid foods high in carbs such as white bread, pasta, and rice which contribute to moodiness and fatigue. Also known to contribute to



fatigue and moodiness is alcohol consumption. The doctor says to cut that out too.

Cut out caffeine. While you may think it is giving you the energy menopause saps, it is actually counterproductive to sleep and thus adds to your fatigue. Dr. Harpaz suggests an herbal peppermint tea for a refreshing energizer. For hot flashes, the doctor recommends avoiding spicy and hot foods like soup. Both of these increase your internal temperature and could trigger or worsen hot flashes.

Other sources suggest that for a healthier you, self-control must be exercised to limit food portions and calorie intake. Although this type of micromanagement often leads to binges on the unhealthy simple carbs that many crave.

Further, all sources agree that drinking enough water is essential. As Doctor Bitner says, “Dehydration can increase hot flash intensity and frequency, as well as daytime fatigue, muscle exercise intolerance, and nighttime leg cramps that interfere with sleep.”

“The sooner you develop healthy and consistent eating habits, the more long term benefits you will experience,” says Dr. Ross. That pretty much says it all.

So now that you know how not to make menopause worse all that is left is for you to put it into action. Educate yourself in the facts of menopause. Talk to your doctor or another medical professional about menopause. Do not stress out about The Change or anything else and if you do, use relaxing techniques to squash your anxiety. Get up off your tush and get your body moving on a regular, consistent basis. Eat right, drink right, and treat your body right.

You cannot stop the inevitability of menopause, but you can be ready for it. You are a strong vibrant woman and no mere “change of life” is going to keep you down. Get up and roar in the face of this giant in your way.

5. Your Exercise Routine is Not Consistent or Non-Existent

Nobody expects you to run to the gym and begin a strenuous calisthenics routine. Nor do are you expected to dedicated hours every day to exercise. However, establishing a regular routine of exercise that you can stick to for years to come is definitely going to help you. If you have a pre-existing condition, then you should add this to number two above and speak with your doctor about what sort of routine would be appropriate.

It may shock you to know that exercise can help alleviate menopause symptoms. Dr Fitness USA, Founder of the International Institute of Body Design, explains that “Menopause is a complex process governed by the endocrine system, and the better it functions, the less symptomatic the process is going to be.”

The endocrine system is comprised of hormone producing glands, adrenal glands, which regulate metabolism, mood, and body temperature. According to Dr Fitness USA, if there are erratic fluctuations in one’s exercise routine can accelerate the burn out of these glands. This will lead to uncontrollable weight gain, mood swings, and difficulty regulating one’s body temperature.

Keeping to a regular routine of exercise can help keep the endocrine system working optimally and can help you keep weight gain due to menopause to a minimum. It can also help you maintain a healthy outlook during menopause rather than focusing on the possibility of weight gain due to hormonal fluctuations.

Furthermore, do not skimp on the strength training while planning out your exercise routine. Dr Fitness USA suggests you do work on this two to three times a week and remember you are working to increase your strength so if it becomes easy you need to step it up. This can help you avoid muscle loss that is common in menopausal women.

The journal Menopause endorses exercise as well. According to them, “sedentary middle-aged women had significantly worse menopause symptoms than active women.” It cannot be any plainer than that.

They go further to recommend stretching or walking every hour or so at work, exercising during favorite TV shows, and walking rather than driving when feasible. Essentially, they are telling women everywhere to get off their butts and exercise. However not all types of exercises are created equal, educate yourself and chose wisely about your options. Dr Fitness USA provides ample resources in this topic.

Taking Control Of The Change

During menopause, you are going to experience a wide variety of symptoms, and they can be on a day-to-day basis. One night you can be spending the night at the toilet because you can't seem to control your water retention, and then the next morning you step on the scale just to discover that you have gained weight from that episode!

Not only is it a little embarrassing to come across these sorts of problems, but it can make a woman feel like her life is out of control. In my program ***Sustainable Fitness For Women Over 40 – Lose the Fat and Flab of Menopause***, I cover a variety of natural, simple ways to modify your daily routine to keep your symptoms under YOUR control – no doctor visits absolutely necessary, no need for expensive medication, and no need to go completely out of your way with complete lifestyle changes that you just don't enjoy and can't stick with!

These symptoms do not last forever. It may be hard to understand in the midst of everything going on in your crazy life, but YOU are in control of your body and your health, and all you have to do is stick with it! I know that you can do it, and I am going to help make sure that you have the right tools TO do it. If taking the reins and driving yourself is a little intimidating, it's always good to have a passenger to help you get control back.

Be Proactive In Your Journey!

Just like you would research any major change in your life, from your schools to your next big purchase, you should become informed about how menopause can affect your life. With *Sustainable Fitness For Women Over 40 – Lose the Fat and Flab of Menopause*, you can research the most common symptoms of menopause, and even some of the more obscure symptoms that you may not have even heard of. Once you identify the symptoms you are feeling, you will learn what you can do about them.

This program is not just for the women who are already feeling the symptoms, though. If you are pre-menopausal, you can get just as much out of it. You can minimize the symptoms before they even start just by following my instructions. Since my remedies are mostly natural, the earlier you start a regimen, the more your body will be prepared for your menopause. The best part is that many of these remedies are not intrusive and can be incorporated into any lifestyle you might be living!

Don't put off learning what you might go through later for the future you. After all, you have no idea when your pre-menopausal symptoms might start rearing their ugly heads. By being proactive and learning as much as you can, you'll know just

what to do when those hot flashes begin or how to keep your motivation up when those invisible symptoms start trying to blindside you.

You Do NOT Have To Live With...

- Digestive Problems and Bloating
- Gum Disease
- Muscle Tension
- Debilitating Headaches
- Joint Pain
- Fatigue
- Trouble Sleeping
- Mood Swings
- Hair Loss
- ...and many more!

Start Taking Action Now!

While we don't know why some symptoms onset during menopause, the most life altering of the symptoms all have natural explanations and solutions. If you refuse to let these changes take control of your life and are focused on making sure you are prepared for one of the biggest changes your body can undergo, you need this book.

Think of your menopause like you would prepare for a road trip. Once you have selected your destination, you will look at the map and determine the route that is

right for you. After that, you will likely be trying to determine your stops to refuel your car and reload your supplies in order to optimize your chances of not coming across a sudden delay.

Of course, as is life, some stops are unavoidable, so you try to anticipate what might happen and take your preventative measurements for what you can and get yourself prepared for what you cannot. Your “Plan B,” you'll likely call it. Once you have managed to get this done, all you have to do is start packing your bags and drive on to your destination.

When you are prepared for any journey, you can sit back and enjoy the ride with as little bumps in the road and delays that you can manage. Your menopause is no exception to this rule. ***Sustainable Fitness For Women Over 40 – Lose the Fat and Flab of Menopause*** will give you the map, and now it's up to you to plan your journey to a graceful aging and getting the most out of your life during this testing time with as few delays as possible.

Are you ready to crawl out of the back seat and take the wheel on your life instead of letting your menopause drive wherever it wants to go? If so, let's get rolling:

[**Click Here To Order Now!**](#)

You'll be happy that you did!

Sending you lots of love,

Batista Gremaud & Doc

DrFitnessUSA.com



