



I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



# Empower your Body, Mind & Soul

## Menopause★

### What is Menopause?

Menopause or the change of life indicates the end of fertility which is when a woman stops ovulating and menstruation ceases. When a woman stops ovulating, her ovaries largely stop producing the hormones estrogen and progesterone. It is completed when one full year has passed without a menstrual cycle. Estrogen is commonly known as a sex hormone tied to reproduction but it also acts on other organs in the body. Estrogen is essential for the following reasons: to keep the skin smooth and moist, to properly operate the body's internal thermostat, to unclog arteries and to promote proper bone formation.

Even though, estrogen levels decrease after menopause, it is still present in the body. The onset of menopause and duration varies for every woman but on average it starts around age 50 and lasts for up to 5 years. If a woman has a partial hysterectomy and keeps one ovary, she will stop menstruating after surgery but she will still experience menopause. However, if a woman has a complete hysterectomy, menopause will begin immediately and symptoms may be more severe.

*It is labor lost to teach people to look to God as a healer of their infirmities, unless they are taught also to lay aside unhealthy practices. In order to receive his blessing in answer to prayer, they must cease to do evil and learn to do well. Their surroundings must be sanitary, their habits of life correct. They must live in harmony with the laws of God, both natural and spiritual.*

**Counsel on Diet & Foods (Ellen G. White)**

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### What are the causes and symptoms of Menopause?

Decreasing levels of estrogen can cause many long-term health problems such as heart disease and osteoporosis. Menopause and its symptoms vary from female to female and in some cases, there may not be any noticeable symptoms. The acute ones range from hot flashes, night sweats, mood swings, fatigue, dizziness, headaches, anxiety, depression, poor libido, bladder problems, vaginal dryness, breast tenderness, shortness of breath, heart palpitations and insomnia.

*The most sacred place is not the church, it is the temple of your body. How are you treating your sacred place? Take a moment right now and give yourself an eternal uplift.*

### LET YOUR FOOD BE YOUR CURE.....

<p><b>BLACKSTRAP MOLASSES</b></p> <p>It is rich in calcium, magnesium and potassium. Strengthens the bones and teeth. Builds resistance and strengthens the heart. Helps to balance the fluid in the body and stabilize blood sugar.</p>	<p><b>GARLIC</b></p> <p>It may have developed a little stigma due to its aroma, it is a food with a number of cancer-fighting compounds. Garlic contains selenium, which can block early stage breast cancer and contains organosulphur compounds that have many health benefits, including inhibiting cancer.</p>
<p><b>BROCCOLI</b></p> <p>Much interest in prevention is focused on cruciferous vegetables like broccoli, cabbage, and cauliflower. Broccoli contains indoles, including sulphuraphane, an isothiocyanate that seems to inhibit breast tumors. By weight, fresh broccoli, boiled and drained, has 16% more vitamin C than an orange, roughly as much calcium as milk, and the stalk is high in fiber.</p>	<p><b>DANDELION GREENS</b></p> <p>A valuable survival food that contains all the nutritive salts necessary for the body to purify the blood. Rich in Calcium and Potassium for optimal bone health, and Vitamin B to combat depression and Vitamin C to boost the immune system.</p>
<p><b>SOY PRODUCTS</b></p> <p>These products provide the highest level of protein from plant sources and are unique because they provide the nutrient called genistein in addition to other nutrients needed for growth and tissue repair.</p>	<p><b>SOYBEANS</b></p> <p>They contain all the essential amino acids, plus vitamins and minerals. It is most nutritious of all beans and contains more protein than any other food. Regulates blood pressure and strengthens the nervous systems. Boost resistance to infections.</p> <p><b>TOFU</b></p> <p>It is curdled soy milk also known as bean curd. It provides essential protein needed for human growth and maintenance.</p>



## Drug

### Therapy

Estrogen Replacement Therapy(ERT)

Hormone Replacement Therapy(HRT)

Androgens

Progesterone



## Herbal

### Therapy

Aloe Vera

Slippery Elm

Elm

Damiana

Chickweed

Dandelion

Nettle

Red Raspberry

Black Cohosh

Wild Yam

Dong Quai

# Treatments - Diet, Drugs & Herbs

## HOW DOES ONE TREAT AND/OR PREVENT MENOPAUSE?

Since menopause is a normal part of the natural aging process, women should consider their current overall health not to mention their dietary habits which can have an impact on the severity of the symptoms related to menopause.

Women have the option to either choose drug versus herbal therapy to treat their symptoms. Two types of hormone therapy such as estrogen replacement therapy (ERT) and hormone replacement therapy (HRT) can be used treat and reduce long term symptoms. Several studies have shown that soy products may help to relieve some or all of these uncomfortable episodes related to menopause like hot flashes.

One study, published in the January 1998 issue of Obstetrics & Gynecology, found that women who took a soy supplement regularly or ate soy products had 45% fewer hot flashes than prior to consuming soy. If you choose to include soy in your diet, great food sources include tofu, tempeh, miso, soy milk, whole soybeans, texturized vegetable protein (TVP) and soy powder.

*Grains, nuts and vegetables constitute the diet chosen for us by our Creator. These foods prepared as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. Counsel on Diet & Foods (Ellen G. White)*

## RECIPES for Menopause

### SWEET CALCIUM SHAKE

1pint strawberries and 6oz silken tofu

**Method:** Juice strawberries and place juice and tofu in blender. Blend until smooth.

### SUPER EIGHT STRESS RELIEVER

1 kale leaf, 1 collard leaf, small handful parsley, 1 stalk celery, 1 carrot with greens removed, 1/2 red pepper, 1 tomato, 1 broccoli floweret

**Method:** Bunch up leaves and parsley and push through juicer with celery and carrot. Follow with red pepper, tomato and broccoli.

### SWEET MAGNESIUM SMOOTHIE

1 pint blackberries, 1 ripe banana, 2oz silken tofu, 1 tbsp brewers yeast

**Method:** Juice berries. Place juice, banana, tofu and yeast in blender and blend until smooth.

NB: Drink 1 hour before bedtime.

## HEALTH RECOMMENDATIONS



1. MAINTAIN A HEALTHY DIET, WEIGHT AND GET REGULAR MODERATE EXERCISE. BE STRESS FREE.
2. Eat a diet consisting of raw foods and take a protein supplement to help stabilize blood sugar.
3. DO NOT CONSUME ANY ANIMAL PRODUCTS INCLUDING DAIRY which tend to promote hot flashes and contribute to a loss of calcium from the bones.
4. AVOID caffeine, sugar and spicy foods which can trigger hot flashes, aggravate urinary incontinence and mood swings. These foods can also make the blood concentration more acidic and in an attempt to balance the acidity, the body will voluntarily release more calcium as a buffer which further depletes resources and leads to bone loss.
5. REPLACE DIETARY SALT with fresh garlic and onion when cooking to combat urinary / bladder problems.
6. CONSUME 8-10 glasses of WATER DAILY to alleviate dry skin and mucous membranes.

*Knowing the true character of God is the ultimate liberation. All freedom is present in the knowledge of His goodness and love. We tap in by believing. See with New Eyes by Ty Gibson*

## HELP IS HERE FOR YOU.....



In our effort to empower your health via your body, mind and soul, a nutrition consultant can answer your questions and/or concerns and make health recommendations that can last you and your family members a lifetime. For additional information, please give Shelly a call at (410) 872-0872. She would be delighted to serve you.