



## Maturing through the menopause!

The medical dictionary's definition of 'menopause' is, quite simply: the cessation of menstruation, which usually occurs between the ages of 45 and 55, and in direct relation to the reduction of estrogen production. It doesn't sound all that bad, does it? Well, the only problem is that it is often accompanied by any number of attendant symptoms, including: hot flashes, night sweats, anxiety, insomnia, constipation, involuntary stress incontinence, vaginal dryness and loss of libido, and to top it all – roller-coaster emotional swings!

Fortunately, there is a homeopathic remedy for each of a wide expression of menopausal symptom variations. Just taking **hot flashes** as one example, **please see the table on page 2 and 3, with just a few examples**. See which description *most closely* fits your own symptoms. (Bear in mind that in order to find an appropriate remedy, you do not have to be able to agree with ALL the criteria for that remedy). All the remedies listed are available on the high street.

In addition, a homeopath will aim to treat you constitutionally – in other words – considering you as a whole, unique individual. In a homeopathic consultation your emotions will be considered to be equally as important as your physical symptoms. Because homeopathy works by stimulating the body's self-regulating mechanisms, once this process has begun and improvement sets in, further medication should be unnecessary, unless your symptoms change in nature, or return. Let me remind you once again (I know how forgetful menopausal women can be!) that homeopathic remedies are 100% chemical free, gentle, harmless and non-toxic.

The trouble with HRT is that **synthetic** hormones are entering your body – preventing it from **naturally** going through an intelligent process (as I believe all body processes to be!) – and merely serving to **delay** the whole process. You cannot stay on HRT for ever, and when you stop, well, you may in any case find yourself doing your menopause then, when you could already be through it all! Why wait ... get it over with. And remember, menopause is neither a disease, nor an illness. Homeopathically, we can certainly reduce the uncomfortable side-effects, naturally! **P.S:** There is still much uncertainty about the role of HRT in possibly increasing the risks of ovarian cancer, heart disease and strokes.

**Homeopathic help for hot flushes and night sweats:**

| <b>Typical features</b>   | <b>General symptoms</b>   | <b>Better for ...</b>   | <b>Worse from ...</b>   | <b>Remedy</b> |
|---|---|---|---|---------------|
| Hot flushes that occur at night, or on waking; night sweats cause wet sheets; person is, in any case, a 'hot' person; | Negative reaction to temperature change: head feels hot, lower half of body feels cold; waves of heat surge through body; tense, agitated, talkative with anxiety; finds any pressure around neck, e.g. scarf unbearable; finds pressure or constriction of clothes or bedding irritating; may be outbursts of anger; | Fresh air<br>Movement<br>Cool places<br>Peace and quiet<br>Onset of period<br>Cold drinks | Stuffy rooms<br>Exposure to sunlight<br>Rapid temperature changes or oppressive weather<br>Tight clothing<br>At night, or after sleep | Lachesis      |
| Lack of stamina with tendency to sweat on least exertion  | Flushes on even slight physical exertion or when under emotional strain. Internal sensation of heat, and skin feels clammy and sweaty. Feels cold and chilly as soon as activity stops. Becomes anxious and insecure easily, especially when observed.  | Moderate warmth<br>Resting  | Becoming chilled or damp<br>Cold draughts<br>Sudden weather changes<br>Before a period  | Calc. Carb.   |
| Easy flushing with craving for fresh air  | Distressed and feels on the verge of collapse with flushes of heat. Although skin feels ice-cold and clammy to the touch, internal sensations of burning heat. Flushes may be brought on by eating spicy food or drinking wine.   | Cool, fresh air<br>Being fanned   | Hot, stuffy rooms<br>After eating<br>Alcohol<br>Movement  | Carbo. Veg    |
| Flushing with bright red, dry skin  | Violent flushes start suddenly, with skin that is characteristically bright red and dry to the touch. Skin is so hot it radiates heat. Sweats on parts of body that are   | Resting<br>Keeping still<br>Moderate warmth   | Exposure to cold air<br>Draughts<br>Movement<br>Sensory stimulation   | Belladonna    |

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|  | covered. Irritable and oversensitive to sensory stimulation  |  |  |             |  |
| Flashes of heat with marked anxiety  | Hot flushes often follow eating or drinking hot food or drinks. Feels as though whole body has been dipped in hot water. Burning sensations with hot sweats on head and hands.   | Reassurance<br>Being touched<br>Moderate warmth                                    | Being alone<br>Putting hands in cold water<br>Evenings   | Phosphorous |  |
| Alternating hot and cold sweats with marked depression; has 'had enough!'; extremities may be cold;    | Easily exhausted and worn out from slight effort. Flushes move upwards with dizziness on waking. Sweats are very heavy at night resulting in exhaustion through the day. Very apathetic, lethargic and depressed; often workaholics; usually very 'sexual' but may be completely turned off; May have prolapses; | Fresh air<br>Brisk walking<br>Eating a little<br>Being alone for a while           | Before a period<br>Sitting still<br>Emotional demands  | Sepia       |  |
| Heat or burning with dry, or moist skin; may have cold feet during daytime but burning soles at night; | Severe hot flushes with flushed, dry skin. Flushes feel much worse for warm covering, especially when in bed. Must put feet outside bedcovers or kick covers right off, to get comfortable; nightly suffocative attacks;   | Avoiding exposure to extreme heat or cold<br>Open air<br>Resting or gentle walking | Warm, stuffy rooms<br>After bathing<br>Standing too long<br>Waking from sleep<br>Late afternoon<br>Alcohol | Sulphur     |  |

Sources: 'Remedy Notes' by John Wallace and 'Homeopathy and the Menopause' by Beth MacEoin

Please don't suffer in silence. The menopause need not be an uncomfortable trial! There are also so many other things that can be going on: often older mums are finding that as they're going through menopause, their teenage daughters may be starting puberty. Younger mums may find that at this time of their lives – children are leaving home which can also be far more emotionally challenging than we give credit for!