



Coping well with Menopause using Natural Remedies

By Roisin O'Kelly Nurse/Midwife, Complementary Therapist, Naturopath,
Herbalist, Reflexologist, Lecturer. Breath of Life Clinic Portmarnock,
bolhealing.com

Introduction

Menopause signifies the end of reproductive capacity due to declining ovarian function.

It is a normal phase of a woman's life and it passes! Some women have very severe symptoms but there are simple and safe steps that can quickly make a substantial difference to health and well-being.

Naturopathy is the application of many natural healing tools which encourage the body to heal itself and also includes attention to diet and lifestyle.

Herbal medicine contains nutritious phytochemicals that support the body's healing power.



MOOD SWINGS



HOT FLASHES



SLEEP DISORDERS



IRRITABILITY



HEADACHES



CONCENTRATING PROBLEM



JOINT PAIN



INSOMNIA

Common symptoms & Herb used

Anxiety, Fear, Over thinking
-Skullcap

Hot flushes, Night Sweats -Sage

Poor Sleep -Dong quoi

Irritability, Loss of temper
- Ladies mantle

Missed Periods -Rehmannia

Irregular Periods -Trifolium

Heavy Periods -Shepherd's purse

Fatigue, Exhaustion -Astragalus

Low blood sugars -Gymnema

Aches and pains -Black cohosh

Headache -Dandelion root

Dry skin, Dry Vagina -Marshmallow

Low Libido -Shatavari

Brain Fog, Memory Loss -Skullcap

Weight gain -Atractylodes

Weight around the middle
-Dandelion root

High Histamine, eg Hayfever -Nettle



Red Clover



Passion Flower



Angelica Sinensis



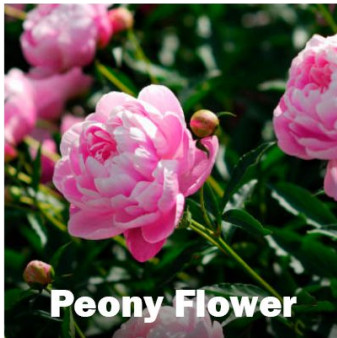
Motherwort



Red Clover



St. Johns Worth



Peony Flower



Ashwagandha



Skulicap

Most Commonly Used Herbs in Menopause

Black cohosh

Normalises reproductive system, hot flushes, anxiety, depression, poor sleep, weight loss, aches and pains, contains salicylic acid.

Red clover

General endocrine boost, bone strengthener, contains phyto-oestrogens isoflavones.

Shatavari

Important Ayurveda herb, rejuvenation of reproductive system, general all over female tonic, contains steroidal saponins.

Dong quoi

Important Chinese herb, blood nourisher, fatigue, pallor, dryness, very light periods, anaemia.

Ashwagandha

Indian Ginseng An adaptogen, reduces cortisol, helps the body cope with/and recover from stress, used for 1,000s of years, helps sleep, balances blood sugar, aids athletic performance.

St John's Wort

Mood Enhancer, PMDD, contains hypericin which can effectively raise serotonin levels (similar to SSRIS) We do not use it, if on any medication as it passes through P450 pathway and can affect absorption of the drugs. Lemon balm used in place of John's wort if on medication.

Sage

Staple food herb world-wide, nutritious, cooling herb, stops sweating, contains anti-oxidants, triterpene glycosides.

Skullcap

Anxiety, stress, feeling of fear, poor sleep, PMT. Works in a similar way to anti-anxiety meds. Named after European soldier's helmets. Very calming. Contains phytochemical, scutellarin.

Shepherd's purse

Useful herb, Heavy periods, reduces blood loss gently thus helping anaemia. Contains fumaric acid.

Rehmannia

Good yin tonic in TCM. In menopause, there is declining Yin and much more over all dryness. Helps replace moisture and reduce inflammation, osteoporosis.

A collection of various health and wellness products, including bottles of Elave Shampoo, Ground Turmeric, Goodall's Mixed Berries, and various supplements like Magnesium Citrate, Ethos Good Oil, and others, arranged on a wooden surface next to potted herbs.

10 Lifestyle Tips

1. Diet

Reduce spicy/heavy foods, coffee and alcohol. Increase cool/ raw foods, large salads, veg. green juices, fruit, legumes. Drink cold water from fridge or camomile tea if flushes are bad.

2. Exercise

Keep active. Walk, run, swim, cycle, dance or go to gym every day. Weight bearing exercise is important to maintain bone density and to prevent fat around the middle.

3. Reduce commitments

You are not 29 anymore, you need to carve out quality time to look after yourself well. Plan ahead. Delegate.

4. Reduce stress

Cortisol in flight or fight diverts blood and glucose from non-essential functions e.g. from the digestive system to muscles in arms and legs. Declining oestrogen, age related loss of abdominal tissue plus sluggish digestion leads to distension and weight gain.

5. Keep positive

Be aware of how you are feeling and try not to be negative in your words, thoughts or actions. Wearing bright colours or playing your favourite music can help.

6. Improve sleep

Avoid sleeping during the day, stop stimulants after 4pm, reduce technology exposure, take magnesium 200mgs before bed. Sleep herbs can help Passionflower, Oats, Skullcap, Camomile, Lavender, Valerian.

7. Maintain relationships

Keep relationships in good repair. Let go and forgive easily. In menopause, it is so easy to fly off the handle. It takes a big person to say 'Sorry'

8. Have daily quiet time

Have a quiet time every day. In a fast-paced world, it is essential to slow down in order to cool down and heal. A 10 min power nap during the day can work wonders. bolhealing.com has a relaxing meditation and info on the power nap.

9. Pray

Find a way of prayer you can connect with and enjoy. Scripture or Rosary or Mass or Meditation can bring great peace.

10. Take supplements

Take some personalised herbs and supplements to balance your symptoms.

Breath of Life

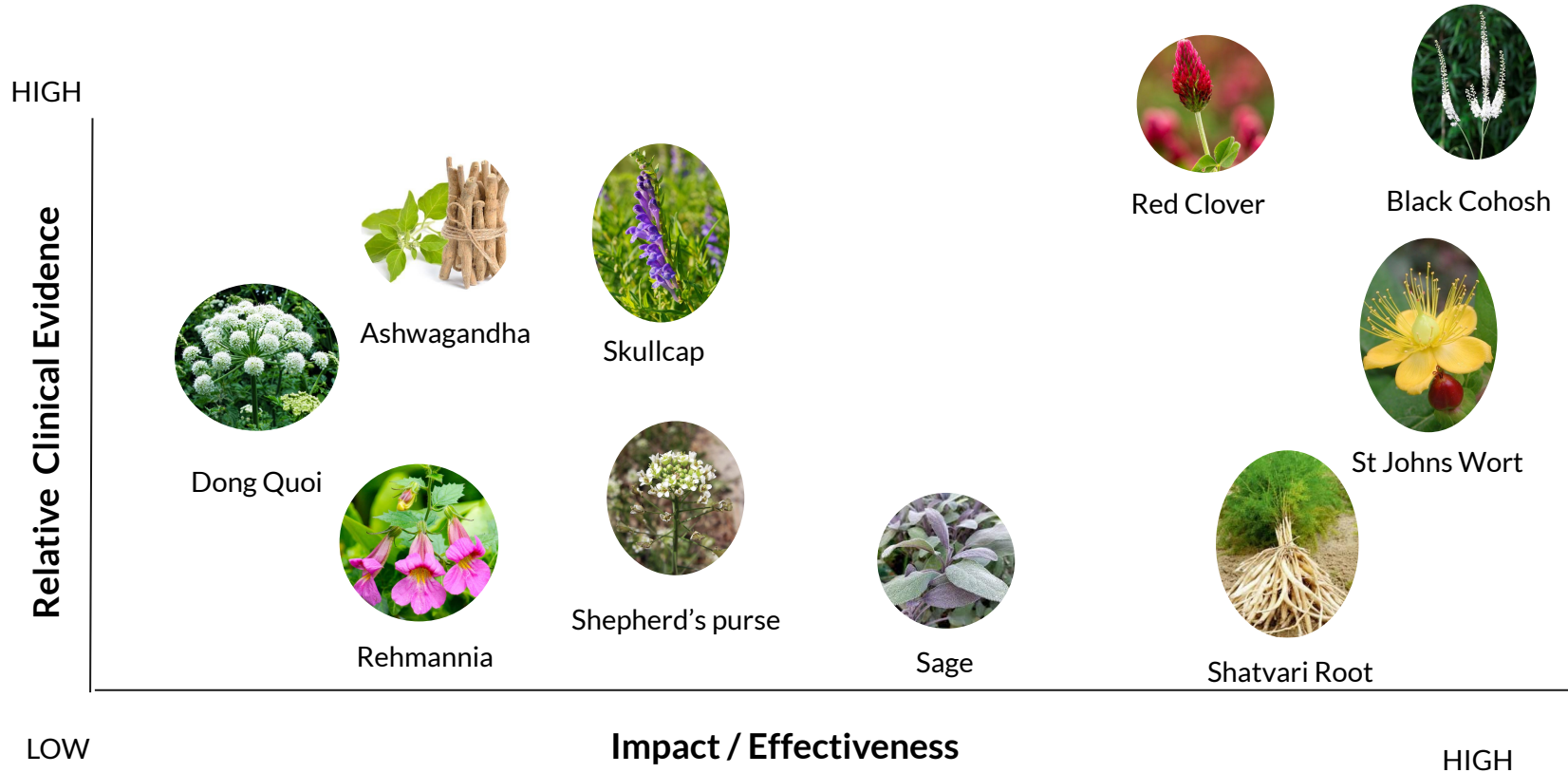
NATURAL HEALING CLINIC

In Breath of Life Clinic, a full consultation takes 45 mins via whatsapp, Zoom or in person, it costs 85 euro. A detailed questionnaire is filled in, in advance and a healing plan is designed. A herbal tonic phone consultation to obtain personalised menopause herbs takes 20 mins and is 45 euro if case is straight forward.

Individualised, personalised Herbal tinctures and 1 or 2 supplements eg Vit B complex and a good probiotic Merlak are usually recommended. The herbs cost 40 euro for 3-4 weeks.

Herbs can be repeated and a new symptom not initially addressed, can be added if needed, without another consultation.





Reflexology is an effective therapy in Menopause, reduces stress, improves sleep, balances hormones

