

# Menopause

## What is Menopause?

Menopause is the permanent end of menstruation and fertility. It is defined as occurring 12 months after your last menstrual period. Menopause usually happens between the ages of 40 and 55 years of age.

## Signs and Symptoms

The monthly periods have stopped or has become increasingly irregular; hot flashes and night sweats; headaches; heart palpitations; dizziness; mood swings; anxiety; depressed mood; insomnia; irritability; dry skin; frequent urination; dryness of the vagina, with discomfort and painful intercourse; physical and mental fatigue; noticeable decrease interest in sex, or reduced libido; breast tenderness; a reduced 'zest for life', with little enthusiasm for exercise, hobbies, social events, etc.

## Complications

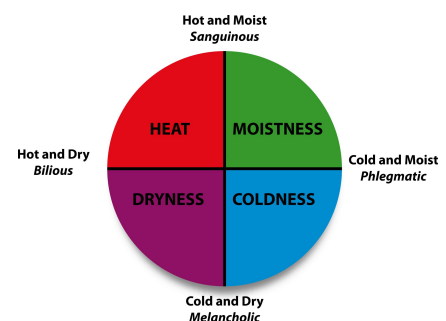
After menopause, the risk of certain medical disorders increases. Examples include: heart and blood vessel disease; urinary incontinence; osteoporosis; weight gain

## What Causes Menopause?

Once a woman reaches a certain age, usually between 40 and 55 years, major changes to her hormones begin. These result in the ovaries failing to produce eggs every four weeks or so. The monthly periods stop, and hormone levels in the body fluctuate markedly. These changes may occur suddenly, or develop slowly over several months. Many of the symptoms of the menopause are the direct result of these hormonal changes.

## The Tibb View of Menopause

According to Tibb, menopausal symptoms are associated with **qualities of heat with dryness**. Women are innately **moist**, but as women get older they lose moistness and progress towards dryness. This is evident when the levels of estrogens decrease in preparation of cessation of ovulation. This results in hot flashes, dry skin, vaginal dryness and increased anxiety, amongst other. Women with a bilious dominant/sub-dominant temperament will most likely suffer with more severe symptoms of menopause due to their innate qualities of **heat and dryness**.



## Management of Menopause

Treatment and management is aimed at **reducing the excess heat with dryness** associated with menopause, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and moistness**. This assists Physis in addressing both the symptoms and the causes of menopausal.

## **Tibb Lifestyle Factors**

### **Food and Drink**

- Eat mostly **Cold & Moist foods** - such as cucumber, milk, soybeans, carrots and watermelon, followed by **Cold & Dry foods** - like yogurt, beans, and citrus fruit.
- Eat less **Hot & Moist foods** - such as dates, mangoes, mutton and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onion.
- Consume more fresh fruits, vegetables, and high fibre, whole grain products. Eat alfalfa, soybeans, soy sprouts, crushed flaxseeds, green beans, sesame seeds, wheat, pumpkin seeds, cucumbers, corn, apples, anise seeds, cabbage, beets, olive oil, olives, papaya, oats, peas, and sunflower seeds. These are all important sources of natural estrogen.
- Avoid red meats (beef, pork, liver etc.), fatty foods as well as processed foods (sausage, bacon, etc.).
- Cut down on chocolate, fried foods, caffeine beverages, cold drinks, and alcohol intake.

### **Other Lifestyle Advice**

- **Breathing exercises:** Tibb deep breathing exercises lower irritability and anxiety, and dampen mood swings
- **Physical exercise:** Any form of regular light/moderate exercise, such as walking in the morning or evenings, helps to alleviate symptoms. It boosts mood, reduces emotional stress, helps control appetite and regulate blood sugar levels. Strenuous physical activity should be avoided.
- **Sleep:** Active measures should be taken to ensure a regular good night sleep.
- **Relaxation:** Emotions like anger and excitement should be avoided, and any niggling worries resolved. A journal should be kept in which the events and activities of the day are recorded, including worries and stressors.
- **Meditation:** Tibb meditation exercises should be practiced for at least five minutes early morning daily, and at bedtime.
- **Detox:** A short monthly fruit or vegetable fast is advised.

### **Herbal Remedy**

- **Vaginal Dryness lotion:** Mix 30ml of almond oil, two drops of geranium essential oil, one capsule (1,000 IU) of Vitamin E. Apply inside and outside the vagina twice a day.



