

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

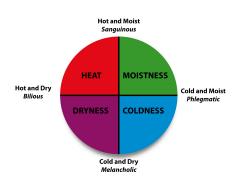
After menopause, the risk of certain medical disorders increases. Examples include: heart and blood vessel disease; urinary incontinence; osteoporosis; weight gain

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 recoded, 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.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

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duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

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buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						