

menopause support for weight gain and vaginal wellness

Menopause Support for Weight Gain and Vaginal Wellness: A Holistic Approach

Navigating menopause can feel like a rollercoaster. Hot flashes, mood swings, sleep disturbances – we've all heard the stories. But what often gets overlooked are the significant changes affecting weight management and vaginal health. This comprehensive guide delves into the connection between menopause, weight gain, and vaginal wellness, offering practical strategies and holistic approaches to support you through this transition. We'll explore the underlying reasons for these changes, and provide actionable steps to regain control and improve your overall well-being.

Understanding the Menopause-Weight Gain Connection

The hormonal shifts during menopause are a major contributor to weight gain. The decrease in estrogen levels impacts metabolism, slowing it down and making it harder to shed pounds. This, combined with potential changes in body composition (more fat, less muscle), can lead to frustrating weight gain, often concentrated around the abdomen. Furthermore, decreased muscle mass reduces your body's ability to burn calories efficiently. While genetics and lifestyle play a role, understanding the hormonal influence is crucial for effective weight management during this phase of life.

What can you do?

Prioritize strength training: Building muscle mass boosts your metabolism and helps burn more calories at rest. Aim for at least two sessions of strength training per week.

Focus on mindful eating: Pay attention to your hunger cues and avoid emotional eating. Keep a food diary to identify potential triggers and patterns.

Choose nutrient-rich foods: Focus on whole, unprocessed foods like fruits, vegetables, lean proteins, and whole grains. These provide essential nutrients for hormonal balance and overall health.

Manage stress: Chronic stress can contribute to weight gain. Incorporate stress-reducing activities like yoga, meditation, or spending time in nature.

Get enough sleep: Lack of sleep disrupts hormones, leading to increased appetite and cravings. Aim for 7-8 hours of quality sleep each night.

Consult a professional: A registered dietitian or nutritionist can create a personalized meal plan tailored to your needs and preferences.

Addressing Vaginal Wellness During Menopause

As estrogen levels decline, the vaginal tissues become thinner, drier, and less elastic. This can lead to discomfort, dryness, itching, and painful intercourse (dyspareunia). These changes are common and are not a sign of poor health, but addressing them is essential for maintaining a positive quality of life.

Strategies for Vaginal Wellness:

Lubricants and moisturizers: Over-the-counter vaginal lubricants can alleviate dryness and discomfort during intercourse. Vaginal moisturizers provide long-term hydration for the vaginal tissues.

Hormone therapy (HT): In some cases, hormone therapy can effectively relieve vaginal dryness and other symptoms. It's crucial to discuss the risks and benefits with your doctor to determine if it's the right choice for you.

Pelvic floor exercises (Kegels): Strengthening the pelvic floor muscles can improve vaginal tone and reduce urinary incontinence, a common issue during menopause.

Healthy lifestyle choices: Maintaining a healthy weight, eating a balanced diet, and managing stress can contribute to overall vaginal health.

Consider alternative therapies: Some women find relief through natural remedies such as herbal supplements (always consult your doctor before starting any new supplements) and acupuncture.

The Interplay Between Weight and Vaginal Health

It's important to recognize that weight management and vaginal health are interconnected. Excess weight can exacerbate vaginal dryness and discomfort, while conversely, discomfort from vaginal dryness might discourage physical activity, contributing to weight gain. Addressing both concerns simultaneously is often crucial for optimal well-being.

Combining Lifestyle Changes for Comprehensive Menopause Support

A holistic approach that encompasses both weight management and vaginal wellness is often the most effective. This means adopting a healthy lifestyle that includes regular exercise, a balanced diet, stress management techniques, and open communication with your healthcare provider. Don't hesitate to seek professional help from doctors, therapists, or registered dietitians. They can provide tailored guidance and support to meet your specific needs.

Choosing the Right Support System

Navigating menopause can be challenging, and having a strong support system

is vital. Talk to your friends, family, or a support group. Sharing experiences and finding empathy can make a significant difference in your emotional and physical well-being.

Conclusion:

Menopause presents unique challenges, but with the right understanding and proactive strategies, you can effectively manage weight gain and maintain vaginal wellness. By combining lifestyle modifications, medical interventions when necessary, and a supportive network, you can navigate this transition with grace, confidence, and improved quality of life. Remember that you are not alone, and seeking help is a sign of strength, not weakness.

FAQs:

1. Is weight gain during menopause inevitable? No, while hormonal changes make weight management more challenging, it's not inevitable. Lifestyle changes and a healthy approach can significantly impact your weight.
1. Are there any natural remedies for vaginal dryness? Yes, lubricants, moisturizers, and some herbal remedies (always consult your doctor first) can provide relief. Pelvic floor exercises can also improve vaginal tone.
1. When should I see a doctor about menopause symptoms? If your symptoms significantly impact your quality of life, or if you have concerns about your health, schedule an appointment with your doctor.
1. Can hormone replacement therapy (HRT) help with weight gain? HRT may help with some menopausal symptoms, but its effect on weight gain is complex and varies among individuals. Discuss the risks and benefits with your doctor.
1. What role does stress play in menopause symptoms? Stress can exacerbate many menopausal symptoms, including weight gain and vaginal dryness. Practicing stress-reduction techniques is highly recommended.

menopause support for weight gain and vaginal wellness: The Menopause Diet Plan

Hillary Wright, M.Ed., RDN, Elizabeth M. Ward M.S., R.D., 2020-09-08 Minimize the symptoms of perimenopause and menopause naturally through a sustainable, enjoyable eating plan, physical activity, and other beneficial lifestyle habits "My friends and well-respected colleagues have written The Menopause Diet Plan to help you feel healthier, happier, and more confident during this change in your life."—Maye Musk, MS, RDN, and author of A Woman Makes a Plan Menopause is uncharted territory for women, and it can be difficult to know how to ease the effects of hormonal changes that can often start in your 40s. With honesty and optimism, The Menopause Diet Plan encourages a positive, fad-free approach to managing your physical and emotional health during perimenopause and menopause. It highlights current scientific knowledge about the best diet and lifestyle choices to manage your weight; keep your heart, brain, and bones healthy; and decrease the risk for cancer and other chronic conditions. It also offers natural strategies to help diminish hot flashes, manage sleep difficulties and mood swings, improve energy, and more. The Menopause Diet Plan takes a unique approach to eating before, during, and after menopause. Registered dietitians Hillary Wright and Elizabeth Ward provide a customizable, plant-based eating plan that is rich in protein, fiber, and other beneficial nutrients, moderate in carbohydrates, and low in saturated fat, sodium, and added sugars. Balancing evidence-based advice with real-life circumstances and personal experience, it combines the best of the world's healthiest diets with the latest nutrition research for women in the menopause transition. Recipes such as Peanut Butter Smoothie, Chicken Italiano, and Chocolate Oatmeal Energy Balls make it easier to eat delicious, satisfying foods that nourish your body. With a comprehensive approach to better health, The Menopause Diet Plan helps women take charge of their well-being and live life to the fullest.

menopause support for weight gain and vaginal wellness: Mayo Clinic The Menopause

Solution Stephanie S. Faubion, 2016-04-26 **Confront menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source.**
Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options.
Unlike other books, *Mayo Clinic The Menopause Solution* is comprehensive, easy to navigate, and authoritative.
Features include:

- A complete look at what happens to your body before, during, and after menopause.
- Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy
- Sidebars, lists, and summaries to make finding information a cinch

 Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health.
Professional, accessible, and essential for any woman entering menopause, *Mayo Clinic The Menopause Solution* offers everything you need to take charge of your own health and get the best care from your doctor.

menopause support for weight gain and vaginal wellness: Menopause Dr. Louise Newson, 2019-09-24 This new Concise Manual takes a straightforward look at menopause. What is it? When does it occur? What can be expected? How can it be managed? Dr Louise Newson is a well-known specialist in menopause and saw the need for a fact-based manual for women and their families. Menopause is a natural condition that affects all women at some stage of their life. At least one in four women have severe symptoms, which detrimentally affect their family, home and work life. This book will explain and clarify the stages and symptoms, and detail what treatments are safe and effective for particular needs. Migraines, depression, anxiety, osteoporosis, low libido, relationships, diet and HRT are just some of the areas covered in this new concise manual.

menopause support for weight gain and vaginal wellness: Integrative Women's Health Victoria Maizes, Tieraona Low Dog, 2010-02-26 Women have made it clear that they desire a

broader, integrative approach to their care. Here, for the first time, Integrative Women's Health weaves together the best of conventional treatments with mind-body interventions, nutritional strategies, herbal therapies, dietary supplements, acupuncture, and manual medicine, providing clinicians with a roadmap for practicing comprehensive integrative care. Presenting the best evidence in a concise, accessible format, and written exclusively by female clinicians, this text addresses many aspects of women's health, including feminine perspectives on aging, spirituality and sexuality, specific recommendations for the treatment of cardiovascular disease, rheumatoid arthritis, HIV, headaches, multiple sclerosis, depression, anxiety, and cancer, as well as integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis. Homeopathic, Ayurvedic and traditional Chinese medicine practitioners provide insight into the ways in which these systems manage reproductive conditions. As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, but they also go beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing.

menopause support for weight gain and vaginal wellness: What to Eat When Michael Crupain, Michael F. Roizen, Ted Spiker, 2019 This guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot--

menopause support for weight gain and vaginal wellness: The Menopause Manifesto Dr. Jennifer Gunter, 2021-05-25 'A guide to counteract medical misogyny' New Scientist 'The world's most famous - and outspoken - gynaecologist' Guardian In The Menopause Manifesto internationally renowned, New York Times bestselling author Dr Jen Gunter brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective and expert advice. The only thing predictable about menopause is its unpredictability. Factor in widespread misinformation, a lack of research, and the culture of shame around women's bodies, and it's no wonder women are unsure what to expect during the menopause transition and beyond. Menopause is not a disease - it's a planned change, like puberty. And just like puberty, we should be educated on what's to come years in advance, rather than the current practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why and what to do about it is both empowering and reassuring. Frank and funny, Dr Jen debunks misogynistic attitudes and challenges the over-mystification of menopause to reveal everything you really need to know about: * Perimenopause * Hot flashes * Sleep disruption * Sex and libido * Depression and mood changes * Skin and hair issues * Outdated therapies * Breast health * Weight and muscle mass * Health maintenance screening * And much more Filled with practical, reassuring information, this essential guide will revolutionise how women experience menopause - including how their lives can be even better for it!

menopause support for weight gain and vaginal wellness: Menopause Confidential Tara Allmen, 2016-09-20 An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field. The physical changes that occur after women turn forty are unavoidable—and can be unnerving. Menopause affects every aspect of life—from sex and sleep to mood and mental clarity to weight and body temperature. While there are a number of resources available, many are confusing and contradictory. Now, Manhattan gynecologist Dr. Tara Allmen, an experienced, nationally board-certified menopause practitioner and the recipient of the 2015 Doctor's Choice National Award for Obstetrics & Gynecology, shares her knowledge to help women be their happiest and healthiest, and turn this challenging time into an exciting one. Written in her effervescent yet assured voice, Menopause Confidential provides simple strategies and cutting-edge information on: hormonal changes and the symptoms of perimenopause and menopause; the health risks associated with midlife—from cutting through the conflicting opinions and advice about health screenings (Do I really need a colonoscopy? How often should I get a mammogram?) to common medical conditions, such as osteoporosis; various remedies, both allopathic and natural, to combat symptoms and

empower women to make the best choices for their individual needs; practical tips and resources for mitigating the effects of menopause. Fifty-one-year-old Dr. Allmen knows firsthand what women are going through, and shares stories of her own personal travails and solutions. Women can't turn back the clock, but they can take control of their health and flourish in midlife. Menopause Confidential encourages them to be informed, be proactive, and be their greatest selves.

menopause support for weight gain and vaginal wellness: Clinical Reproductive Medicine and Surgery Tommaso Falcone, William W. Hurd, 2007-01-01 Clinical Reproductive Medicine and Surgery is the new, definitive resource in reproductive medicine. This unique text offers detailed discussion on both the medical and surgical management of reproductive disorders, as well as coverage of associated imaging modalities. Included are chapters on Reproductive Genetics, Management of Endometriosis (including interventional radiology), Ultrasonography and Sonohysterography, Preservation of Fertility, and Recurrent Pregnancy Loss. The book also features an accompanying DVD with additional images and video loops. A resource every practitioner interested in Reproductive Endocrinology and Infertility needs! Offers detailed discussion of medical and surgical management of reproductive disorders ... No other text offers coverage of both medical and surgical management in one resource. Covers gynecologic disorders that impact fertility--an important aspect of identifying fertility issues, not included in major competition Section on basic reproductive biology ... Not overly detailed -- Written for a clinician to understand how to practice reproductive medicine Section on reproductive imaging ... Unique to this text - includes US and MRI of the reproductive organs Algorithm in each chapter ... 4-color throughout ... Demonstrates the appropriate clinical investigation and management ... Offers attractive layout and best views of surgical procedures Perform reproductive surgery procedures with step-by-step guidance on intrauterine device insertion and laparoscopic surgery with detailed images and videos on the accompanying dvd

menopause support for weight gain and vaginal wellness: The Whole Body Reset Stephen Perrine, Heidi Skolnik, AARP, 2022-03 The first-ever weight-loss plan specifically designed to stop-and reverse-age-related weight gain and muscle loss, while shrinking your belly, extending your life, and creating your healthiest self at mid-life and beyond--

menopause support for weight gain and vaginal wellness: *Better Than I Ever Expected* Joan Price, 2005-12-13 *Better Than I Ever Expected* is a warm, witty, and honest book that contends with the challenges and celebrates the delights of older-life sexuality. It asserts that women over sixty are at the top of their game when it comes to enjoying sex. Joan Price's woman-to-woman straight talk transcends the self-help style of other books in this field. Yes, there are challenges to sex after menopause and beyond, says Price, but there are also creative solutions. She is on a mission to let women her age and older know that they can, in fact, have the best sex of their lives. Price gets personal and stays positive, combining her own story with candid comments, tips, and sassy tales from sexually seasoned women. She acknowledges the gritty issues that older women confront in their sexual lives, noting that it's not easy, but it certainly isn't over. At age 61, Price is newly engaged to the man she's been looking for her whole life. Her discovery of how great well-seasoned sex can be was the inspiration for this book. Sidebars present candid and friendly sex tips; fitness, exercise, and lifestyle information; and women's erotic vignettes (both real-life experiences and fantasies).

menopause support for weight gain and vaginal wellness: From Taboo to Wellness: The Facts behind Menopause Peter Hollands, 2023-03-24

menopause support for weight gain and vaginal wellness: The Happy Menopause Jackie Lynch, 2020-10-13 As no two menopause journeys are identical, this highly practical and accessible nutrition and lifestyle guide enables women to build a bespoke menopause diet that specifically targets their symptoms, with the minimum of fuss and effort. This practical nutrition and lifestyle guide provides women with the tools to build their own menopause diet which specifically targets the symptoms that are relevant to them. There are so many ways that nutrition can support a healthy and happy menopause, but a one-size-fits-all approach simply won't work. The reality is that

there are many different menopausal symptoms and no two women have the same experience. Jackie explains how the menopause and perimenopause can change your body and how your diet can make a tangible difference to the way that you feel, whether you're using HRT or not. Each symptom section provides a range of targeted nutritional solutions, practical lifestyle advice and simple recipe tips that you can incorporate into your daily routine. A highly experienced clinician, Jackie specialises in providing real-world guidance to busy women. This book is designed to make the key information as easily accessible as possible and reflects her trademark practical style, which makes it the ideal one-stop solution for anyone juggling their menopause with the demands of a busy job and a hectic family life.

menopause support for weight gain and vaginal wellness: The Menopause Risto Erkkola, 2006-01-01 EUROPEAN PRACTICE IN GYNAECOLOGY AND OBSTETRICT is a series of books conceived and endorsed by the European Board and College of Obstetrics and Gynaecology (EBCOG). Its aim is to provide up-to-date, evidence-based information that represents the consensus of opinion among leading European experts in the field, as part of the overall aim of standardising training and practice in order to ensure quality care and facilitate exchange among physicians in all parts of Europe and the rest of the world.

menopause support for weight gain and vaginal wellness: Research on the Menopause in the 1990s, 1996 This report reviews current research on the menopause, including studies on its symptoms and their treatment, and its effects on the cardiovascular and skeletal systems. It also assesses the relevance of existing data to women in developing countries.

menopause support for weight gain and vaginal wellness: The Hormone Secret Tami Meraglia, 2015-04-14 Tami offers [a] ... thirty-day plan to restore healthy levels of testosterone and balance the relative levels of other hormones, based on lifestyle modifications such as supplements and nutritional adjustments. She also offers her Mediterranean Diet-based meal plan and low-impact exercise ideas that [may help] boost your energy--Amazon.com.

menopause support for weight gain and vaginal wellness: The Soy Solution for Menopause Machele Seibel, 2002-10-01 If you're looking for a safe, natural way to treat symptoms of menopause, The Soy Solution for Menopause is for you! Based on his groundbreaking work in the field of fertility and menopause, Machele Seibel, M.D., reveals how the soybean and its by-products afford new hope to menopausal women. Alleviating symptoms ranging from hot flashes and sleeplessness to vaginal dryness and weight gain, and reducing the risk of osteoporosis, heart disease, and diabetes, soy provides a natural and safe alternative to commonly recommended treatments. For the millions of women concerned that hormone replacement therapy may increase the risk of blood clotting and breast and uterine cancer, soy provides a superb alternative. Here Seibel explains how the female body processes soy, how soy products naturally restore hormonal balance by behaving like estrogen, and how to add soy to your diet for maximum effect. For the 1.5 million American women who turn fifty each year, The Soy Solution for Menopause is an invaluable companion -- a striking breakthrough in the quest to ease a natural but difficult transition.

menopause support for weight gain and vaginal wellness: The Menopausal Transition Claudio N. Soares, Michelle P. Warren, 2009-01-01 The interplay of hormones, health and behavior across the female life cycle, especially during the menopausal transition, poses a special challenge to health care professionals. Written by experts, this book brings together the knowledge gained on the menopausal transition from clinical experience and medical research. Topics like 'what to expect' from the menopausal transition, sexuality, sociocultural changes, impact of life stressors, and emergence of depression are discussed. The physiology of thermoregulation and the occurrence of hot flashes are reviewed for a better understanding of vasomotor complaints. Another chapter offers an update on hormonal and nonhormonal treatment strategies by presenting an overview of the management of mood and anxiety during the menopausal transition. The emergence of psychotic symptoms associated with peri- and postmenopausal changes in sex hormone levels is also addressed. Lastly, the book includes an excellent review on the pros and cons of hormonal therapy in the post-Women's Health Initiative era. This book is a must for gynecologists, psychiatrists,

endocrinologists, epidemiologists involved in the clinical care of mature women as well as researchers and students interested in obtaining an up-to-date overview of this topic.

menopause support for weight gain and vaginal wellness: *I Want to Age Like That* Diana Bitner, 2014-09-01 Finally, a book that answers my questions, gives me an action plan, and arms me with the power of knowledge and choices. I have always dreaded menopause thinking it was the end of any youthfulness and the beginning of feeling and looking physically old. Dr. Bitner's book is full of possibilities of how I want to age. ~ Eva Aguirre Cooper, Community Affairs Director, WOOD/WOTV/WXSP

menopause support for weight gain and vaginal wellness: The Hormone Shift Dawn M. Cutillo, 2012 Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman's symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause. CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have shifted a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures? Learn the ONE MAIN hormonal shift that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal shift so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancers...and slowing the aging process as an extra benefit! If you are one of the many women saying.... These constant hot flashes are driving me crazy! Is everyone around me trying to get on my last nerve? I'm counting FLOCKS of sheep and still can't sleep! I'm working out, eating like a bird and can't lose a single pound! Sex? Are you kidding? I'd rather be sleeping or eating. My thyroid medicine just doesn't seem like it's helping me lose weight. Depressed? That's an understatement, nothing is really fun anymore. This book is a must-read!

menopause support for weight gain and vaginal wellness: The Hormone Diet Natasha Turner, 2010-07-06 Outlines a three-step program designed to correct hormonal imbalances for potential health benefits, explaining how to identify problem areas in order to address such challenges as weight gain, insomnia, and mood disorders.

menopause support for weight gain and vaginal wellness: CURRENT Diagnosis & Treatment Obstetrics & Gynecology, Tenth Edition Alan DeCherney, Lauren Nathan, T. Murphy Goodwin, Neri Laufer, 2006-09-22 The leading single-source book in women's health care, reproductive medicine, and pelvic surgery A Doody's Core Title! Thorough review of all of obstetrics & gynecology Covers more than 1,000 diseases and disorders The latest screening and management guidelines More than 450 clear clinical photos and illustrations in two colors Formatted to facilitate

quick retrieval of information Concise, current coverage of treatments for common gynecologic infections Extensively revised throughout Covers underlying pathophysiology when relevant to diagnosis and treatment Helpful references to classic and important new sources

menopause support for weight gain and vaginal wellness: *Natural Solutions to Menopause* Marilyn Glenville, 2011-05-01 This complete guide to menopause offers effective advice on diet, exercise and lifestyle to keep you in optimum health before, during and after this change in your life. With entirely natural solutions, free from the side effects that are common to hormone replacement drug therapies, this sensitive and informative guide includes: a 12-Step Hormone Balancing Diet, relief from symptoms such as hot flushes, night sweats and weight gain, the truth about HRT, to help you make an informed decision if you consider it, and much more.

menopause support for weight gain and vaginal wellness: *Natural Menopause* , 2021-03-02 Your go-to guide to understanding the changes and challenges of menopause Together with a team of experts, this comprehensive handbook will equip you with mindful practices and treatments to help alleviate menopause symptoms in a mindful, positive way, either alongside or without prescription medication. Coping with menopause can be tough, draining, and sometimes utterly debilitating for women. For years it has been seen as an illness that needed to be cured. Natural Menopause takes a different approach. Throughout the pages of this calm, authoritative, beautiful reference book, you'll find that menopause is a normal, natural process that does not need to be over-medicalized. Your journey is unique. This insightful book about menopause will help you find the right combination of resources that work for you. It includes: • Specialist expert writers for each section of the book - HRT, Natural Remedies, Exercise, Nutrition, and Mental Wellness • Practical strategies on how to manage menopause naturally and make it a more positive, empowering experience • A Symptom Finder in the introductory pages to help direct you to the correct section in the book Explore an extensive collection of natural remedies and complements to hormone replacement therapy. Adopt yoga poses to reduce stress and help you sleep. Use essential oils to manage mood swings and soothe headaches. Discover detoxifying foods that aid weight management and regulate hormones. Find the best exercises to boost your mood and energy levels. Finally, use CBT and mindfulness to relieve anxiety and calm hot flashes. Embrace the Change Filled with a wealth of invaluable information, this book will help you stay physically, mentally, and spiritually well throughout your menopause journey. It's perfect for women over 40 who are already invested in natural wellness and want to apply the same principles to their menopause.

menopause support for weight gain and vaginal wellness: *Juices for Total Wellness* Juicing Tutorials, 2023-06-06 Fresh Fruit and Veggie Juices To Soothe Digestion, Clear Skin, Boost Energy and Fight Infections Take control of your health the delicious way, with this one-of-a-kind collection of wellness juices. These 60+ recipes are packed with powerful antioxidant and immune-boosting properties, uniquely formulated to target common ailments and infections. Each refreshing drink will provide you with natural relief while increasing your daily intake of essential vitamins and minerals. Look better, feel better and help your body and mind operate at its peak, with tasty recipes like: • Watermelon Basil Blast to reduce bloating • Papaya Glow Up to clear acne • Minty Migraine Mocktail for migraine relief • Blueberry Brain Boost to clear brain fog • Cherry Patch for increased metabolism • Blackberry Basil Serenity to calm anxiety • Sprout It Out to burn fat • Pineapple Parsley Sex-Aid for increased libido • Honey Dew to fight chronic infections • Sweet Onion Growth Strategy to promote hair growth With these creative fruit, veggie and herb pairings, you'll have everything you need to heal from within!

menopause support for weight gain and vaginal wellness: *Care of the Postmenopausal Patient* Frederick J. Hofmeister, 1985

menopause support for weight gain and vaginal wellness: *The Bulletproof Diet* Dave Asprey, 2014-12-02 In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same

hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional diet thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

menopause support for weight gain and vaginal wellness: Fat Around the Middle Marilyn Glenville, 2006-01-01 Women who are apple-shaped need to know this is dangerous and why their previous diets didn't work. This groundbreaking book explains the psychology and genetics of the problem and gives practical food plans that work with the body to improve health and appearance.

menopause support for weight gain and vaginal wellness: Bone Health and Osteoporosis United States Public Health Service, Surgeon General of the United States, 2004-12 This first-ever Surgeon General's Report on bone health and osteoporosis illustrates the large burden that bone disease places on our Nation and its citizens. Like other chronic diseases that disproportionately affect the elderly, the prevalence of bone disease and fractures is projected to increase markedly as the population ages. If these predictions come true, bone disease and fractures will have a tremendous negative impact on the future well-being of Americans. But as this report makes clear, they need not come true: by working together we can change the picture of aging in America. Osteoporosis, fractures, and other chronic diseases no longer should be thought of as an inevitable part of growing old. By focusing on prevention and lifestyle changes, including physical activity and nutrition, as well as early diagnosis and appropriate treatment, Americans can avoid much of the damaging impact of bone disease and other chronic diseases. This Surgeon General's Report brings together for the first time the scientific evidence related to the prevention, assessment, diagnosis, and treatment of bone disease. More importantly, it provides a framework for moving forward. The report will be another effective tool in educating Americans about how they can promote bone health throughout their lives. This first-ever Surgeon General's Report on bone health and osteoporosis provides much needed information on bone health, an often overlooked aspect of physical health. This report follows in the tradition of previous Surgeon Generals' reports by identifying the relevant scientific data, rigorously evaluating and summarizing the evidence, and determining conclusions.

menopause support for weight gain and vaginal wellness: Ferri's Clinical Advisor 2021 Fred F. Ferri, 2020-06-10 Find fast answers to inform your daily diagnosis and treatment decisions! Ferri's Clinical Advisor 2021 uses the popular 5 books in 1 format to deliver vast amounts of information in a clinically relevant, user-friendly manner. This bestselling reference has been significantly updated to provide you with easy access to answers on 1,000 common medical conditions, including diseases and disorders, differential diagnoses, clinical algorithms, laboratory tests, and clinical practice guidelines—all carefully reviewed by experts in key clinical fields. Extensive algorithms, along with hundreds of new figures and tables, ensure that you stay current with today's medical practice. Contains significant updates throughout, covering all aspects of current diagnosis and treatment. Features 27 all-new topics including chronic rhinosinusitis, subclinical brain infarction, reflux-cough syndrome, radiation pneumonitis, catatonia, end-stage renal disease, and genitourinary syndrome of menopause, among others. Includes new appendices covering common herbs in integrated medicine and herbal activities against pain and chronic diseases; palliative care; and preoperative evaluation. Offers online access to Patient Teaching Guides in both English and Spanish.

menopause support for weight gain and vaginal wellness: The Wisdom of Menopause

Christiane Northrup, M.D., 2012-01-03 Dr. Christiane Northrup's #1 New York Times bestseller *The Wisdom of Menopause* has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the change is not simply a collection of physical symptoms to be fixed, but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes: • a new section on sex after 50—and how, if need be, you can rejuvenate your sex life; • updated mammogram guidelines—and how thermography improves breast health; • the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes; • dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity; • all you need to know about perimenopause and why it's critical to your well-being; • a vital program for ensuring pelvic health during and after menopause; • strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

menopause support for weight gain and vaginal wellness: ME & MY MENOPAUSAL

VAGINA Jane Lewis, 2018

menopause support for weight gain and vaginal wellness: The Menopause Makeover

Staness Jonekos, 2010-02-01 Hot flashes and sleepless nights? Feeling anxious and irritable? Feel like you're losing your mind? Frustrated with weight gain? It's time for a makeover—a menopause makeover! Staness Jonekos knows all too well how you feel. Leading up to her wedding day at the age of forty-seven, she was sporting a not-so-sexy belly bulge, suffering from hot flashes and feeling in no mood for a honeymoon. Jonekos took drastic action and created the first-ever menopause makeover to get back into that little white dress and feel sexy again in just twelve weeks. Now she joins forces with leading menopause expert Dr. Wendy Klein to give you the relief you need, fast! Based on the latest scientific research, and designed for both pre- and post-menopausal women, *The Menopause Makeover* is a proven, eight-step program to help you reclaim your health—and your life.

- Evaluate if hormone therapy is right for you
- Beat belly bulge with *The Menopause Makeover* food pyramid and recipes
- Tone up and trim down with *The Menopause Makeover* fitness formula
- Boost your libido and learn to love intimacy again
- Regain your vibrant, youthful glow with essential beauty tips
- Manage stress and get off the mood-swing roller coaster
- Stay motivated with self-assessments and tools to track your progress

menopause support for weight gain and vaginal wellness: *Hormone Deception* Lindsey

Berkson, 2001-12 Easy-to-follow steps to improve your health and well-being by reducing your exposure to damaging hormone disruptors; select the safest foods and products; safeguard your home, room by room; protect your children's health and intelligence; choose which hormone replacement therapy is best for you.--Cover.

menopause support for weight gain and vaginal wellness: *Female Sexual Function and*

Dysfunction Elisabetta Costantini, Donata Villari, Maria Teresa Filocamo, 2017-06-19 This book discusses all aspects of sexuality in women and in particular explores sexual function and dysfunction in a variety of settings, including the different stages of life and a wide range of major diseases and local conditions. The aim is to refocus attention on the needs and sexual realities of women, providing a fresh point of view that will assist gynecologists, sexual medicine physicians, and urologists in delivery of high-quality care and help women themselves to understand and address sexual problems relating to desire, arousal, orgasm, and sexual pain. Psychological aspects of female sexuality and the impacts of the aging process, pregnancy, and childbirth are carefully examined. Extensive consideration is then given to the effects on sexual function of such conditions as cardiovascular disease, cancer, diabetes, neurological disease, endometriosis, pelvic organ

prolapse, urinary incontinence, reproductive disorders, sexual abuse, and drug abuse. Issues of sexual identity and female dysmorphophobia are also considered. The authors are all experts in the field and have a deep understanding of the complexities of female sexuality.

menopause support for weight gain and vaginal wellness: *The Body Shape Solution to Weight Loss and Wellness* Marie Savard, 2013-02-19 When it comes to your health, body shape really does matter! No matter what your current weight or how well you take care of yourself, whether you're a teenager or postmenopausal, this book will change the way you relate to your body forever. That's the power of body shape -- and it's as easy as knowing the difference between apples and pears! If you tend to gain weight in your belly and back, you're an apple. If your thighs and derriere are where you bear extra baggage, you're a pear. But do you know that your fruit IQ is the single most powerful predictor of future health? Body type directly affects your likelihood for obesity, heart disease, osteoporosis, diabetes, stroke, varicose veins, and certain cancers. But, as medical pioneer and ABC's women's health expert Marie Savard, M.D., explains in this ground-breaking book, there are things you can do to prevent or even reverse the risks of body shape. *The Body Shape Solution to Weight Loss and Wellness* can help you: • understand what body shape means, and how it relates to your health • learn how to distinguish between subcutaneous and visceral fat -- butt or gut! -- and discover why all fat is not created equal • discover the Elite foods that help protect against disease and improve your odds of shedding fat • acquire the tools you need to make conscious, informed, healthy choices about food • throw away your scale and get out of the cycle of diet failure -- for good! Work with your body -- not against it -- to achieve maximum health and look your best!

menopause support for weight gain and vaginal wellness: *Complete Wellness* Neal's Yard Remedies, 2018-09-18 Enjoy long-lasting holistic health and prepare natural health remedies for common ailments with essential oils, herbal remedies, and pure foods. *Complete Wellness* delivers a head-to-toe guide to healing for every part of your body. Targeted instructions allow you to tap into the restorative powers of herbs and plants and their therapeutic essential oils and use tried-and-true, centuries-old herbal remedies to treat a host of common ailments. In addition to healing remedies, the book explores the key building blocks for optimizing health and well-being in each part of the body, pointing you to the top herbs, nutrients, and essential oils each area needs not only to stay well, but to reach the very peak of wellness--whether to boost circulation, enjoy glowing skin, balance gut flora, or maximize energy levels. Guidance is given on incorporating ingredients into everyday regimens, helping you to stay in optimal health. Follow step-by-step demonstrations on how to blend your own teas and tinctures; concoct all-natural-ingredient creams; create therapeutic aromatherapy oil blends; discover delicious recipes for wellness; and master a variety of other practical techniques and tips for lifelong well-being. Make the most of nature's resources with *Complete Wellness*.

menopause support for weight gain and vaginal wellness: *Menopause* Lorilee Schoenbeck, 2002-05 Accompanied by worksheets, a glossary of terms, and detailed lists of health and provider organizations, a groundbreaking guide explores a wealth of treatment options for menopause, covering such topics as herbal therapies, hormones, natural remedies, sexuality, and much more. Original. 15,000 first printing.

menopause support for weight gain and vaginal wellness: *Menopausal: The positive roadmap to your second spring* Davina McCall, Dr. Naomi Potter, 2022-09-15 Winner of The British Book Awards 2023 Overall Book of the Year 'We can't wait for this.' RedMenopausal is more than just a book, it's a movement. An uprising.

menopause support for weight gain and vaginal wellness: *The Hormone Fix* Anna Cabeca, DO, OBGYN, FACOG, 2023-08-29 NATIONAL BESTSELLER • For women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, better sleep, diminished hot flashes, a clearer head, and a rejuvenated sex drive. "Hormone balance is within reach, and this is the definitive guide for reaching that goal."—David Perlmutter, MD, author of *Grain Brain* As women approach menopause, many start to experience the physical and emotional

indignities of hormonal fluctuation: metabolic stall and weight gain, hot flashes and night sweats, insomnia, memory loss or brain fog, irritability, low libido, and painful sex. Too often, doctors tell us that these discomforts are to be expected and that we will have to wait them out during “the change”; some of us even agree to be unnecessarily medicated. But Dr. Anna Cabeca’s research and experience with thousands of her patients show that there is a fast-acting and nonpharmaceutical way to dramatically and permanently alleviate these symptoms. The Hormone Fix introduces Dr. Cabeca’s unique Keto-Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body’s cellular pH to a healthy alkaline level. The proven result: balanced cortisol and reduced output of insulin, the hormones most responsible for belly fat and weight gain, plus an increase in oxytocin, the “love and happiness” hormone. Whether you are perimenopausal, menopausal, or postmenopausal, The Hormone Fix offers an easy-to-follow program, including • a 10-day quick-start detox diet to jump-start weight loss and reduce symptoms immediately • daily meal plans and weekly shopping lists to take the guesswork out of a month’s worth of Keto-Green eating • 65 delicious and easy-to-make recipes for breakfast, lunch, dinner, smoothies, and soups • detailed information on vitamin and mineral supplementation that optimizes hormone balance • simple self-assessments and recommended optional lab testing for a better understanding of your hormonal status • tested and trusted stress-reduction and oxytocin-amplifying advice and techniques With The Hormone Fix you can expect to trim down, tap into new and unexpected energy levels, enhance intimacy, and completely revitalize your life! Ready for your fix? “The Hormone Fix is a treasure trove of accurate and user-friendly information that all women who are suffering during menopause need to know and apply.”—Christiane Northrup, MD, author of The Wisdom of Menopause

menopause support for weight gain and vaginal wellness: Hair Like a Fox Danny Roddy, 2013 While it is often stated with great confidence that pattern baldness is the result of defective genes and male androgenic hormones (e.g., testosterone, DHT), the theory is physiologically unsound. In fact, after 60 years of research the genetic-androgen doctrine has produced a single FDA-approved therapy that works less than 50% the time and can result in permanent chemical castration. ...Standing on the shoulders of giants (e.g., Otto Warburg, Albert Szent-Györgyi, Gilbert Ling, Ray Peat and others), Hair Like a Fox sets up an alternative bioenergetic model of pattern hair loss with a focus on the smallest unit of life, the cell. This same context elucidates simple yet effective therapies for halting and perhaps reversing pattern hair loss in a way that harmonizes with our unique physiology--Amazon.com.

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