

## **Menopause: 5 Strategies to Survive the Change of Life**

Menopause, commonly referred to as The Change of Life, is a natural phase of a woman's life... it happens to all women from about the age of 40 onwards and can last for many years. This phase is characterised by many symptoms which can be very disruptive not only for the woman experiencing them but also for those around her. Many women wonder how they going to get through this phase.

Menopause is an inevitable phase of a woman's life... it usually begins around 40 years of age (give or take a few years) and can last for many years, and is characterised by many disruptive symptoms and changes.

Although this phase cannot be avoided, much can be done to survive this period of your life. Here are 5 suggestions to consider:

- **Get informed:** this period of your life is characterised by many different symptoms including moodiness, hot flushes, sleeplessness, fatigue, weight changes, changes in libido, aches and pains just to name a few. Some of these symptoms can play havoc with you and many can be relieved with diet, medication, natural remedies, lifestyle changes. Read books, search the Internet, talk to your Dr or naturopath to inform yourself about the symptoms of menopause and how they can be relieved. You don't have to do it tough... there are things that you can do. Be in control of your symptoms... not the other way around!
- **Talk to someone:** many women find this period of their life difficult to manage and it is extremely useful to talk it through with someone you trust. Talking things through has many advantages including getting it out of the system, helping you find solutions to problems you're experiencing, help you gain perspective and help you deal with things.

- Accept it will happen: Menopause is inevitable... it will happen! Whether it happens as a natural part of ageing or whether it's been brought on earlier because of surgery (for example, hysterectomy) or some treatments (for example, radiotherapy), it will happen.
- Listen to your body: changes take place in your body as a result of ageing let alone as a result of menopause. The key is to listen to your body. If you get tired, don't over push yourself. If you feel unwell, get it checked out. If you feel frumpy, start to do something about it and perhaps make changes to your diet and exercise routine.
- Have a positive perspective: Many women dread this period of life because they see it as the beginning of the end... it can, in fact, mark the beginning of renewed energy and more time to do what you truly want to do. See it as the beginning of a new chapter in your life where you are not bogged down so much with responsibilities and commitments (e.g. with your young children) as you perhaps had when you were younger.

Jeanne May of <http://www.aspirationsplus.com> works with spiritually minded people providing them information, inspiration, guidance and support to achieve their goals and dreams. If you are menopausal, or approaching menopause I invite you to learn more about menopause and discover practical and natural techniques to deal with the symptoms of menopause at <http://www.naturalrelief4menopause.com>