

Peri-menopause can cause physical and emotional upheaval

Marie was 47 had been happily married, enjoyed life and then peri-menopause hit hard. Her mood swings were unbearable, her weight gain unacceptable and her libido hit rock bottom.

Peri-menopause is a normal, natural process that all women will experience. Our hormone balance begins to shift between our mid-30s to late 40s. This balance is directly influenced by stress levels, poor nutrition, environmental toxins and general well-being. Some women will go through peri-menopause for a number of years.

It is important to understand that no two women's experience will be the same. While some women will have little or no symptoms, others will experience severe warnings that will markedly disrupt their ability to carry out day to day living. For many women, peri-menopause brings both a physical and emotional upheaval linked to the transitional changes in our body.

During this phase the ovaries become very unstable characterized by fluctuations in hormone levels. Most women will begin to experience Anovulatory Cycles, meaning no ovulation. This is a cycle absent of progesterone and dominated by estrogen. Symptoms experienced are actually comparable to menopause:

- Erratic bleeding
- Mood swings
- Weight gain
- Decreased sex drive

- Foggy thinking
- Headaches
- Infertility
- Irritability
- Memory loss
- Osteoporosis
- PMS
- Thyroid dysfunction

• Uterine fibroids
• Sleep disturbances
• Water retention
• Sleep disturbances
Of course dietary issues need to be addressed. Our diets directly affect our hormone production. Not only is it the excess of calories (fat stores estrogen) but also the nutritional quality of our food.

Each women's experience of peri-menopause will be unique depending on a variety of factors. The beginning of this phase is directly linked to our ovarian age and our history of PMS. Women begin to have new body sensations and increased severity of PMS. The following is a list of common changes indicating peri-menopause.

It is important to understand that not every woman will experience every symptom and will vary in degree and intensity.

- Change in menstrual flow
- Shorter or longer periods
- Menstrual flow between cycles



- Periodic hot flashes
- Decrease in vaginal lubrication
- Increase in vaginal infections
- Increase in urinary tract infections
- Change in sexual desire and responsiveness
- Increased anxiety, depression, and irritability
- Decreased energy
- Sleep disturbances
- Lessened ability to concentrate

- Change in bone-mineral content and strength
- Change in skin texture and tone
- Increased sensitivity to criticism
- Increased negative emotional response to others

Peri-menopause is simply a symptom of a body out of balance, a transition in every women's life.

In educating ourselves women will be armed with the tools to make informed choices.

Detoxification provides one of the tools to improving our symptoms of hormone imbalance. Detoxification will enhance our body's ability to effectively manage and resolve symptoms of peri-menopause. Programs need to be customized and targeted

at a number of areas of our hormone system.

For other women their best choice of treatment is a customized treatment using bio-identical hormones. Bio-identical hormones are prescriptions creams using natural powders identical in structure to our own endogenous hormones. Our bodies will easily metabolize bio-identicals, minimizing side effects and improving outcome.

Dosages are customized per client depending on the results of a saliva hormone test (testing for estradiol, progesterone, testosterone, DHEa & morning Cortisol) & matched individually to each women's needs. Bio-identical creams are created by the on-site compounding pharmacy.

For other women, their best treatment choice may be a combination of both— bio-identicals and detoxification— depending on individual saliva hormone test results.

As women we need to learn to take a more proactive approach to our health and understand the different stages in our lives. Our focus should then be on sustaining and reinforcing our body in its regeneration of good hormonal health.

—Article provided by Kelly Nolan BSc.Pharm/Clinic Director Avita Integrative Health & Restoration Clinic 5A Conestoga Drive, Brampton, T: 905-455-0488 | Toll Free: 855-455-0488



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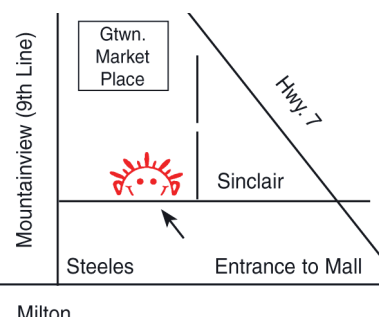
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