

# Alexandra Worsley's



## Health & Well-being Menopause Advice

**In Germany, 70% of physicians successfully prescribe herbal remedies for the menopause, instead of using hormone replacement drugs. This trend for herb use to support the menopause is an increasing one in Britain.**

The menopause is a topic which we are asked for advice on everyday! The ideal path through "the change" is one which uses the best of western medical knowledge concerning hormone metabolism, bone density and heart health combined with the complementary remedies of the East from individualised nutritional support to meditation, acupuncture or herbs.

Did you know? Vitamin E relieves hot flushes, vaginal dryness, palpitations, joint and muscle pain and is a hidden gem that gets overlooked. Essential Fatty Acids in general are important, our obsession with low-fat foods has left many women depleted in the "good fats" – fats that the body needs for everyday hormonal and other functions, including losing weight! Years of low-fat dieting can leave women with dry lifeless hair and skin, fatigue, depression, vaginal dryness and breast pain – all symptoms of the menopause, but also of EFA deficiency. There are vegan forms of these fatty acids such as linseed (flaxseed) and hemp, try a few teaspoons of ground linseed on your cereal in the morning.

Milk thistle is renowned for its detoxification abilities. It helps to speed up the removal of used and unwanted hormones and other toxins through the liver and out of the body. In general, if the detox systems in our body are processing better, most ailments will be alleviated. Spring/early summer and autumn/early winter are good times to detox.

During the menopause you need more B vitamins to support your adrenal energy; they also are essential for bone health and can help with stress tolerance. Try making a list of your most important activities, let everything else go and have a break, then ask yourself if doing this recharges your batteries, if the answer is no then don't do it!

This exercise has other benefits alongside helping you to feel good, because your cortisol and adrenal levels will stabilise and its these hormones that can cause us to gain weight around the mid rift, another great reason to learn to relax and take a step out of the hectic world we live in!

My staff and I can offer you expert advice and products for your well-being, come and visit us soon for the ultimate in complementary healthcare.

*Take care of yourself  
Alex x*



*This information is not intended to replace the guidance of your health practitioner. Consult your doctor if you are taking medication.*