

Voice of the Cape.....1st September 2014

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Good day listeners, today we are looking at Menopause and I would like to open the programme with a quote by Mr Bob Barker....."I think that age as a number is not nearly as important as health. You can be in poor health and be pretty miserable at 40 or 50. If you're in good health, you can enjoy things into your 80s."

So lets go right into the focus on Menopause

What Is Menopause?

Menopause is a normal condition that all women experience as they age. The term "menopause" can describe any of the changes a woman goes through either just before or after she stops menstruating, marking the end of her reproductive period.

What Causes Menopause?

A woman is born with a finite number of eggs, which are stored in the ovaries. The ovaries also make the hormones oestrogen and progesterone, which control menstruation and ovulation. Menopause happens when the ovaries no longer release an egg every month and menstruation stops.

Menopause is considered a normal part of aging when it happens after the age of 40. But some women can go through menopause early, either as a result of surgery, such as hysterectomy, or damage to the ovaries, such as from chemotherapy. Menopause that happens before 40, regardless of the cause, is called premature menopause.

How Does Natural Menopause Happen?

Natural menopause is not brought on by any type of medical or surgical treatment. The process is gradual and has three stages:

Perimenopause. This typically begins several years before menopause, when the ovaries gradually make less estrogen. Perimenopause lasts up until menopause, the point when the ovaries stop releasing eggs. In the last 1 to 2 years of perimenopause, the drop in oestrogen quickens. At this stage, many women have menopause symptoms.

Menopause. This is the point when it's been a year since a woman last had her last menstrual period. At this stage, the ovaries have stopped releasing eggs and making most of their oestrogen.

Postmenopause. These are the years after menopause. During this stage, menopausal symptoms such as hot flashes ease for most women. But health risks related to the loss of oestrogen rise as the woman ages.

What Are the Symptoms of Menopause?

Most women approaching menopause or who are postmenopausal will have hot flashes, a sudden feeling of warmth that spreads over the upper body, often with blushing and some sweating. The severity of hot flashes varies from mild in most women to severe in others.

Other common symptoms around the time of menopause include:

Irregular or skipped periods

Insomnia

Mood swings

Fatigue

Depression

Irritability

Racing heart

Headaches

Joint and muscle aches and pains

Changes in libido (sex drive)

Vaginal dryness

Bladder control problems

Not all women get all of these symptoms.

How Do you Know When you're Going Through Menopause?

Either you'll suspect the approach of menopause on your own, or your doctor will, based on your reported symptoms. To help figure it out, your doctor can do a certain blood test.

It also helps if you keep track of your periods and chart them as they become irregular. Your menstrual pattern will be an added clue to your doctor about whether you're premenopausal.

What Long-Term Health Problems Are Tied to Menopause?

The loss of oestrogen linked with menopause has been tied to a number of health problems that become more common as women age.

After menopause, women are more likely to have:

Osteoporosis

Heart disease

A poorly working bladder and bowel

Greater risk of Alzheimer's disease

Poor skin elasticity (increased wrinkling)

Poor muscle power and tone

Pigmentation marks- I just want to mention I make up a Bearberry cream specifically for pigmentation and I am having very good results with it.

Some weakening in vision, such as from cataracts (clouding of the lens of the eye) and macular degeneration (breakdown of the tiny spot in the center of the retina that is the center of vision).

What can you take and do:

Hormone formula- my formula that addresses hot flushes, night sweats,

Red clover- can also help for more mild symptoms

A good calcium supplement- not calcium carbonate, take one with calcium citrate this is a more easily absorbed form of calcium

Have a Live Blood Analysis-which helps us check calcium levels, your circulation, toxins build up, liver/gallbladder/kidney health and helps us see exactly what supplements you need

I also turned 40 a few weeks ago and I thought it would help us to look at what we can do to help the aging process.

Extract from *Webmd* and *Care 2 healthy living*....

1 Antioxidants and Aging

Eat foods rich in antioxidants to help fight free radicals -- unstable oxygen molecules that contribute to the aging process. Antioxidants can be found in colorful vegetables and fruits like berries, beets, and tomatoes. For a balanced diet and to help you reduce your risk of developing cancer and heart disease, add at least five to nine servings of fruits and vegetables to your diet each day

2. The Health Benefits of Olive Oil

Olive oil is a tasty monounsaturated fat that may positively affect memory. A compound in extra-virgin olive oil called oleocanthal is a natural anti-inflammatory and produces effects similar to ibuprofen and other NSAIDs. One study of men showed that olive oil, especially extra-virgin, increased HDL, the good cholesterol that clears fat from blood vessel walls -- a condition known as atherosclerosis.

3. Benefits of Berries

Berries are a great source of antioxidants. Strawberries, blueberries, and acai berries are just some examples of polyphenol-rich berries. These powerful compounds may help combat cancers and degenerative diseases of the brain. Frozen berries contain polyphenols, too. Check out the grocery store's freezer case and include berries in your diet year-round.

4. Fish Is Brain Food and heart food

Top your salad with tuna or salmon instead of chicken. Fish has been called "brain food" because its fatty acids, DHA and EPA, are important to brain and nervous system development. Eating fish one to two times a week may also lower the risk of dementia. Omega-3 fats found in fatty fish can lower cholesterol and triglycerides. It can also help ease the inflammation that leads to atherosclerosis.

5. Beans for Fiber

Add fiber-rich beans to your diet three to four times a week. Fiber may help lower blood pressure, improve cholesterol, prevent constipation, and help digestion. And because you feel full longer, eating a diet high in

fiber can help you lose weight. Top a salad with chickpeas or use beans in place of meat in soups. Beans contain complex carbohydrates to help regulate glucose levels, which is important for people with diabetes

6. The Value of Eating Vegetables

Veggies contain fiber, phytonutrients, and loads of vitamins and minerals that may protect you from chronic diseases. Dark, leafy greens contain vitamin K for strong bones. Sweet potatoes and carrots contain vitamin A, which helps keep eyes and skin healthy and protects against infection. Studies suggest having a serving of tomatoes or tomato products every day may prevent the DNA damage associated with the development of prostate cancer

7. Eat Like the Greeks

People living near the Mediterranean regularly incorporate olive oil, fish, vegetables, whole grains, and an occasional glass of red wine into their meals. Instead of salt, they rely on spices and herbs to flavour their foods. This "Mediterranean diet" can be beneficial to heart health, can reduce the risks of mild memory impairment, and may ward off certain cancers.

Research shows that red grape juice has the same benefits as red wine:

8. Nutrition in Nuts

Whether eaten whole or ground into paste, nuts are packed with cholesterol-free protein and other nutrients. Almonds are rich in vitamin E, an antioxidant that protects the body from cell damage and helps boost the immune system. Pecans contain antioxidants. The unsaturated fats in walnuts can help reduce LDL and raise HDL cholesterol. But nuts aren't fat-free. One ounce of almonds -- about 24 nuts -- contains 160 calories. So eat nuts in moderation.

9. What's Good About Dairy

Drinking vitamin D-fortified beverages like milk helps increase calcium absorption. That's especially important for bone health. Vitamin D may also help reduce the risk of colon, breast, and prostate cancers. Eat yogurt with live cultures to aid digestion

10. Whole-Grain Healthy

Eating whole grains can reduce your risk of certain cancers, type 2 diabetes, and heart disease. Choose whole-grain breads and pastas and brown or wild rice instead of white. Drop barley into soups or add plain oatmeal to meatloaf. Whole grains are minimally processed, so they retain more nutritional value. The fiber in whole grains helps prevent digestive problems such as constipation and diverticular disease.

11. Eat three meals a day, with healthy snacks in between. Try whole milk instead of skim but limit your overall saturated fat to avoid high cholesterol. It's all about making healthier choices for snacks and meals.

There's no magic bullet that can cure aging, no miracle restorative regimen that everyone can follow and never experience the symptoms of chronic disease.

But making small, simple lifestyle changes can improve your physical and mental wellbeing—no matter how many candles weigh down your birthday cake

One of the main Anti ageing focuses is to reduce acidity, blood acidity is what ages us, I always refer to acidity being like a rust and we know how rust caused deterioration . To understand how our air affects our cells cut an apple and leave it out for half an hour going back you will see how it browns and to think that is what is happening to our cells all the time.

Super Nutri greens is my alkalising formula to assist with anti ageing, also maintain good digestive health: take digestive enzymes if needed, psyllium husks, a good probiotic and if you do have gastric upsets like reflux- Siberian pine nut oil, DG liquorice these all heal the inflammation of the reflux condition

Live Blood Analysis: it is not able to diagnose specific illnesses or other health problems. No medical test by itself is usually considered diagnostic without corroborating lab tests, imaging studies or a physical examination, but it is very beneficial to assess overall health and see exactly what your body needs.

Hope everyone has a good week and something to chew on:

“Just because you’re not sick doesn’t mean you’re healthy” ~Author Unknown