

Menopause A Natural And Spiritual Journey

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It's disappointing that there's no convenient menu that lets you just browse freebies. Instead, you have to search for your preferred genre, plus the word 'free' (free science fiction, or free history, for example). It works well enough once you know about it, but it's not immediately obvious.

Menopause A Natural And Spiritual

She notes that information about the treatment options for erectile dysfunction is pervasive, whereas women are told that menopause is a natural process and they should "just deal." Because of the ...

The Mainstream Menopause Narrative Is Misleading Women

No. I mean gardening as a passion. Gardening as a restorative. Gardening as a need. Where I used

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to use any quiet moment to sit down with a book and a coffee, I am now out there deadheading, pulling ...

My latest menopause symptom? A new-found obsession with growing things in my garden

For the most part, menopause, the natural decline of sex hormones that happens to women most often in their 40s and 50s, is thought of in terms of its impact on the reproductive system.

From Increased Jaw Pain to Dry Eyes, These 5 Menopause Symptoms May Come as a Surprise

Menopause is one of those things that often feels as though it creeps up by surprise: one day you're menstruating as normal, going about your busy life and feeling as though, finally, you've got a ...

9 women share what they wish someone had told them about the menopause

A newlywed has shared her devastating diagnosis of premature menopause before the age of 30. Amy Fleming, now 29, from Guildford, Surrey, was just 27 when doctors gave her the heart-breaking news ...

Newlywed who went through menopause aged just 27 after her ovaries became twisted by a large cyst is left devastated because she 'took for granted' she'd be able to have children

After decades in the shadows, the menopause is finally starting to get the attention it merits. In general, women experience menopause between 45 and 55 years of age, with 51 the average age for ...

Menopause in Ireland: "One of the things people say after treatment is, 'Oh my God, I

got myself back”

who owns sustainable beauty brand lj-natural.com. “No more cramps or feeling rubbish for days each month.” She adds: “In the past, menopause was seen as a negative thing because women were ...

‘I’m 51, in the menopause and loving it’

The pain is real Painful intercourse is a common problem during the menopause because of the loss ... another common problem women faced following natural childbirth – a trauma to the birth ...

Sexual wellness during and after menopause

The average healthy woman begins menopause at 51, though some will begin in their 40s or in their late 50s. It’s a natural biological process that marks the time a woman ends her menstrual cycle.

Lifestyle changes can help menopause symptoms

“The most important thing I’ve learned from entering this space is how much more we need to learn, explicate and make room for the natural occurrence of menopause instead of not speaking about ...

Stacy London is Reclaiming the Midlife Crisis & She’s Here to Help You Do the Same

While most women report symptoms such as hot flashes and mood changes, menopause is different for everyone. For example, the average age of menopause — marked by 12 months since a woman’s last ...

6 important facts about menopause, according to experts

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Mayo Clinic Minute: How lifestyle changes may help manage menopause symptoms

HRT is on everyone's lips, but for many for many cancer patients, hormone replacement therapy isn't a straightforward option ...

If the menopause movement is to be truly revolutionary, it needs to start including women with cancer

concluded there was a tendency for “anything and everything women suffer [to be] perceived as a natural precursor to, part of, or a post-symptomatic phase of, the menopause”. As the taboo ...

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