

# Common Signs of the Menopause

*by Pamela Bailey*



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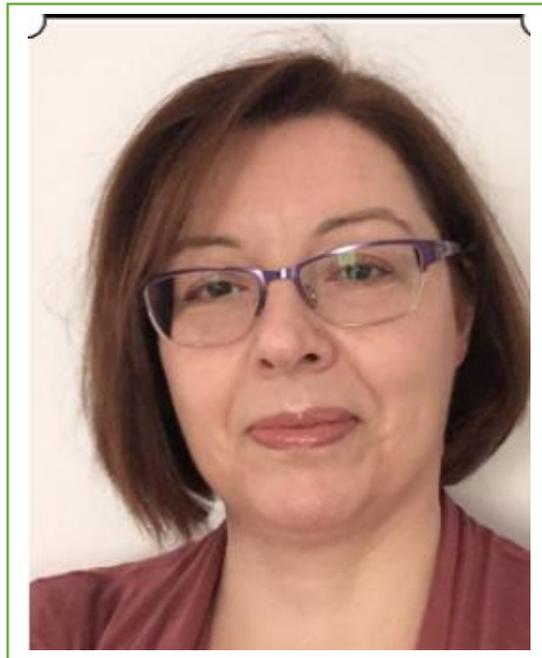
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## About The Author

As a Clinical Hypnotherapist and a Life Coach I love empowering women who are affected by major life events. Many things and people can affect our path through life, so whether you going through the Menopause, are facing redundancy, a divorce or significant relationship breakdown, your children have or are planning to leave home (university, travelling, moving for work) or a woman who are looking for a new direction in their life I can help.



### **Pam Bailey – Menopause Expert**

NLP Master Practitioner & Coach – Society of NLP  
Clinical Hypnotherapist – GHR & CNHC Accredited  
Reiki Level 2 Practitioner  
Colour Mirrors Therapist.

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### It's Arrived

I was only 38 years old, I shouldn't have had to be thinking about the Menopause for at least another 12 years, but here I was sitting across from my Doctor trying to take in the information he was telling me.

'You're premenopausal so you should be expecting symptoms like yours, no; a blood test won't be accurate, all women have to go through this at some stage, yes, I can give you medication to help with the Migraines'.

I left the surgery within 10 minutes with a prescription and nothing else. I felt cheated. I felt I was losing control of my body.

In the days that followed I began to get anxious that a hot flush could happen at any point and there is nothing worse than being at work, presenting an item in a meeting and feeling the flush start to erupt.

I wasn't sleeping very well, I was doing the duvet dance constantly, duvet off, duvet on, duvet off again and I was waking dripping with sweat.

These days there are lots of information you can source about the Menopause, but as women we still don't talk about what we all have to go through at some stage in our lives, whether that is naturally or because of cancer or other medical conditions.

Always, always consult your GP or physician with your symptoms.

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### ❖ Hot Flushes

This begins very suddenly, usually starting in one place, spreading to other parts of the body, increasing in temperature e.g. from the stomach up to the top of the head. For some this can be unbearable, like a volcano about to erupt. These tend to last from about 30 seconds to a few minutes or more in some cases. Either way, the effect is disrupting.

### ❖ Night Sweats

These behave just the same as the Hot Flushes in the day time. However, some women find that they are more frequent, more intense in heat and seem to last longer. Again, this will vary from woman to woman. Because sleep is disrupted, not just once but several times in the night, it has the knock on effect the following day. We have all experienced the odd night of poor sleep and felt a bit rough the next day. Can you remember a time when you had constant disturbances to your sleep, night after night? With Night Sweats it can go on for months and years in some cases.

### ❖ Mood Swings

One of the hardest things with mood swings is that you know you are doing it, but can't stop it. Relationships will get sorely tested! I suppose it's a bit like being a hormonal teenager again, but with experience.

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### ❖ **Anxiety**

This is quite often as a result of suffering with Hot Flashes. It generally comes from the “What if I have a hot flush while I’m out with friends, or I’m at work etc.” “What if I’m in a crowded shop and I can’t get out to the fresh air” kind of thinking, which can then lead into panic.

### ❖ **Panic Attacks**

These can often follow on from a build-up of anxiety, quite often around being away from home. I have known women to stop going out to the local town centre because they may have a panic attack.

### ❖ **Depression**

For some, it is quite an adjustment mentally to know that they can never have any more children that their child bearing years are over. Also, again we have to consider and take into account the knock on and compound effects of all the above-mentioned symptoms. Depression, is not just feeling low or sad, it goes deeper than that. It can feel like you are at the bottom of a deep, dark pit and can’t get out. It can feel hopeless, like there is no end to it all. People with depression often stop interacting with others and the world. They stop enjoying and appreciating the beautiful sunny day; they don’t see what they once took pleasure in. All they see, and feel is dark, heaviness and no light at the end of the tunnel.

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### ❖ **Low or no Libido**

Now, some of you may smile and say, been like that for years, since I had children. But for some women their sex drive, drives off somewhere else. One of the causes of this could be low levels of testosterone, the hormone connected to sex drive. Another cause could be painful intercourse, through vaginal dryness.

### ❖ **Vaginal Dryness**

Intercourse can be very painful, bleeding during or after sex, soreness, irritation, burning sensation, dryness or itching. Oestrogen, encourages the tissues of the vagina to produce a natural lubricant, which is acidic to help protect it from bacterial and fungal infections. When oestrogen levels fall it can affect the production of this natural lubricant, leading to dryness and loss of tissue strength and elasticity, becoming more sensitive. Therefore, intercourse can become an unpleasant experience for some women.

### ❖ **Weight Gain**

The average weight gain is about 5lbs, according to the National Heart, Lung and Blood Institute. Some studies in animals appear to suggest that oestrogen helps to control our weight. Less movement and more eating would have an impact no matter the age. However, in menopausal women, lower oestrogen levels may slow down the metabolic rate at which stored energy is converted to working energy. It is also thought that increased fat storage could again be due to lower oestrogen levels, which may cause the body to use its

blood sugars and starches less efficiently, making it harder to lose weight. As you get older your muscle mass declines,

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which lowers your resting metabolic rate, therefore increasing fat storage. It is very important to keep up exercise and activity as you get older.

For these women, having alternative and practical methods of coping and controlling these symptoms is a huge boost.

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### Methods of Management

These days, an increasing number of women are choosing alternative methods to manage their symptoms, rather than chemical intervention in the form of HRT.

This could be due to several reasons;

- ❖ Reports of side effects, which include an increased risk of developing cancer and dementia; alongside a possibility of provoking the very symptoms they are supposed to be reducing.
- ❖ The nature of one particular HRT drug , which uses **urine from pregnant mares** could in my opinion, be ethically questionable. If the thought of ingesting horse urine is not disturbing enough, you may find the method of urine collection particularly distressing, especially to the animal. There are however, other synthetic HRT tablets now available.
- ❖ Another reason is that for some ladies HRT is not an option. They may **not be able to take HRT** because of a female cancer, which may be oestrogen receptor positive. In these cases, it is not generally recommended that HRT or soya based products are used. Therefore, this group of ladies are prohibited from using chemical or food based interventions.

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### Summary

The menopause is a time of change for all women that some find more challenging than others. Evaluating your lifestyle and taking the decision to make some positive changes, you can take back control to manage and embrace this time in your life.

I hope you have found this information useful, of course there are other signs that you may feel are unique to you, but I would always urge you to see your GP to get a proper diagnosis.

Inspired by a study that reduced flushes and sweats by over 80% and in some cases eliminated them altogether, I have developed a variety of programs that can help you take control and get you feeling human again.

If you would like to learn ways to overcome your symptoms using natural support, then please get in touch.

If you know of another woman in your life who you believe would benefit from this information, please feel free to pass on this E-book or ask them to visit my program page.

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