

WEB INFORMATION

Menopause & Homoeopathy: Search on Internet

"Keep a watch also on the faults of the patients, which often make them lie about the taking of things prescribed".

– Hippocrates

The term 'menopause' is used in the technical sense to refer to the ending of menstruation, or monthly periods, but in general use it embraces a wide range of symptoms that accompany the climacteric, or change of life. This normally occurs in a woman's life between the early forties to the mid-fifties, and usually lasts two or three years. During the menopause, the ovaries reduce and eventually cease production of eggs and oestrogen, the hormone responsible for female reproductive function. Some oestrogen is still produced in other parts of the body, notably in the layers of fat beneath the skin; therefore plumper women often experience fewer effects.

Loss of oestrogen causes symptoms such as hot flashes, night sweats, a reduction in lubricating fluid in the vagina, and a need to pass urine more frequently. About 70% of women suffer these symptoms in varying degrees during menopause.

There is a gradual but progressive loss of bone mass, or 'osteoporosis', which leads to a greater risk of fractures in later life, particularly hip fractures. After the menopause, lower oestrogen levels cause a reduced protection against heart attacks.

This article will focus on the Internet for Homoeopathy Fraternity, which will cover a range of resources and include search techniques and evaluation criteria. The websites on Menopause and Homoeopathy are listed below for ready reference information:

- www.holisticonline.com/Remedies/hrt/hrt_homeopathy.htm

Homeopathy and Menopause. A comprehensive treatment of menopause, hot flashes, osteoporosis, and Hormone Replacement therapies. Homeopaths treat the menopausal symptoms by constitutional treatment. This is the process by which a homeopathic physician selects and administers a woman's own constitutional remedy based on the totality of her symptoms and her physical, mental and emotional state. This strengthens the body's vital defenses and restore a healthy balance and sense

of well-being. Most of the major homeopathic remedies may be used for the symptoms of menopause.

- www.abchomeopathy.com/c.php/94

Homeopathic remedies are prescribed by symptoms rather than conditions, as each case of a particular illness can manifest differently in different people. However, to make it quicker to find the symptoms related to Menopause, the symptoms experienced by a previous visitor to our homeopathic remedy finder have been grouped, by them, under the name of Menopause. There may be symptoms not related to Menopause, and this may not be an exhaustive list of symptoms.

- www.vitacost.com/Homeopathy/MenopauseRemedies

Hyland's Menopause is a traditional homeopathic formula for the relief of symptoms of hot flashes, moodiness and irritability from the onset of menopause. Working without contraindications or side effects, Hyland's Menopause stimulates your body's natural healing response to relieve symptoms. Hyland's Menopause can be used in conjunction with other medications.

- www.truestarhealth.com/Notes/2240002.html

Welcome to the Truestar Health Encyclopedia – the most comprehensive information database available on health, wellness, food, nutrition, vitamins and supplements. Use of our encyclopedia will enable you to make well-informed, responsible decisions for the promotion of your own health and wellness. When women reach the age of menopause, hormonal shifts can cause both physical and emotional stress. Because of the inevitable but sometimes disconcerting signs of aging, as well as transitions involved with children growing up, a woman's life may be undergoing major changes at this time.

- www.minimum.com/b.asp?a=menopause-homeopathy-ikenze

Menopause and Homeopathy. A Guide for Women in Midlife... As women grapple with the issue of whether hormone replacement therapy is necessary for them, they need a greater understanding of what the body is undergoing in menopause. Dr. Ifeoma Ikenze, both an M.D. and a homeopath, writes out of the experience of treating women daily in her Northern California practice. She explains the changes that begin to occur in the female body after thirty-five, and how homeopathy can help.

- www.drfeder.com/women/homeopathy-menopause.htm

At the onset of hormonal changes, a woman is often confronted with advice from friends and mothers including a prescription for hormones from the doctor. Currently, statistics show that 30 million women are either going through menopause or have already gone through it.

- www.womenshealthlondon.org.uk/leaflets/natmenopause/natmenoprint.html

The treatments, therapies and approaches in this leaflet acknowledge that the menopause is a natural change in every woman's life. They take a holistic approach to relieving symptoms. That is, they focus on the whole body, the whole person. They do not involve surgery or the use of pharmaceutical drugs. This leaflet introduces the main natural approaches to the menopause. Homeopathy aims to kick-start the body's own system into healing itself. It is based on the principle that like can cure like. For example, a homeopath may treat hay fever with allium cepa, made from onions.

- www.ehealthforum.com/health/topic6364.html

This site is an online health forum. It gives the reply of the medical questions. Dr. Venugopal has described: What is menopause? What are symptoms of menopause: * what can homeopathy do?

- www.vitaminuk.com/pages/articles/whatisthemopause.htm

Several psychological factors are related to the process of physical change. A woman may experience fear of losing her attractiveness, uncertainty about her purpose in life as a middle-aged woman, sadness at the passing of the fertile prime of life. These feelings may even outweigh the

physical discomfort caused by the complex hormonal changes.

- www.internethealthlibrary.com/Health-problems/Menopause.htm

The UK's largest Alternative Medicine, Complementary Therapy and Natural Health Care Resource The menopause literally means the last menstrual period. The average age at which women reach the menopause is 50-51, although it can happen earlier or later. There is a transitional phase leading up to the menopause, which is sometimes called the 'pre-menopause'. For the majority of women this starts around the age of 46-47 and lasts for two to three years.

- www.menstruation.com.au/menopause/menopausethoughts.html

Information on menstruation, fertility, infertility, charting cycles, conception, contraception and women's health. Menstruation has been a taboo subject for hundreds of years. Even in modern society, menstruation is still not considered polite conversation. So for many people the menstrual cycle and female fertility is still a mystery. An positive life affirming view of menopause putting value on the change of Life.

- www.holistic.ie/essays/homeo3.htm

These are real statements by real women who are going through a normal perimenopausal/menopausal growth stage. Most often menopause is only associated with the typical hot flashes, night sweats, irregular menstrual cycles, dry skin and wrinkles! Yet many women have none of these symptoms, only a variety of those described above.

- www.timecapsule.co.uk/Homeopathy-And-Menopause.html

Homeopathy And Menopause: and related resources from timecapsule.co.uk. Homeopathy And Menopause: We have listed a selection of UK advertisers. A selection of close matches to Homeopathy And Menopause are detailed.

- www.mirandacastro.com/articles/htmenopause.php

Menopause is one of life's great transitions and, like adolescence-that other great biological life transition-it is a change over which we have relatively little control. Menopause can pass by almost unnoticed-with very little fuss or trouble, with no hot flashes

and an unceremonious ending of the menstrual periods.

- www.thebody.com/wa/fall_winter00/menopause.html

Information compiled from Planned Parenthood and the WIHS, provided by our Promotora, Brenda Calderon

For many reasons some women think menopause will bring negativity into their lives. It believes that if we as women inform ourselves about menopause, a stage that our body will go through, and prepare our minds with the tools to deal with this part of life, menopause will have a different result after all. Some women are probably going through these stages. Here is some information that got from a very good pamphlet from Planned Parenthood titled: FACTS for Life.

- www.homeopathy-israel.co.il/_Uploads/96research_positive_outcome_Jan2005.pdf

This document contains a sample of brief summaries of homeopathy research, together with the full references. Additional information may be found in the document entitled 'Facts about homeopathy and other CAM therapies' (an ECCH document), and on the enclosed list of website addresses. Readers are recommended to read the full research articles in order to acquire a more profound knowledge base of research that has been undertaken.

- www.learnwhatsup.com/prc/health/adult/menopause.html

Whatever the cause or circumstance, the conditions women experience before and after menopause are very real and sometimes very serious. While 10-15 percent of American women experience no signs of menopause, another 10-15 percent become physically or emotionally disabled for various periods of time by these conditions.

- www.homeopathicwellness.com/articles/article7.htm

The well-publicized article announced the health benefits and risks of the most commonly used combined hormone preparation in the United States. This study involved over 16,000 women from 40 medical centers across the US. It was to continue for 8 years, however, the study was halted after 5 years due to the significant increased risk of breast cancer, stroke, heart disease and pulmonary embolus within the group of women taking the hormones. (not the placebo group).

- www.umm.edu/altmed/ConsConditions/Menopausecc.html

Today, an estimated 50 million women in the United States have reached menopause and most women will spend at least one-third of their lives in or beyond menopause. Menopause is the last stage of a gradual biological process in which the ovaries reduce their production of female sex hormones.