



A more youthful You

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Menopause from page A9

thermostat, quite simply, malfunctions. Perry and O'Hanlan suggest choosing clothing wisely, layering it for easy removal according to your body temperature. They also suggest new ways of cooling down, drinking cool beverages such as ice water or chilled fruit juice, and taking a cold shower.

Stop smoking (it constricts the blood vessels, intensifying a hot flash); watch your diet and eliminate caffeine, colas and chocolate. Alcohol dilates the blood vessels and spicy foods, especially salty ones, are also triggers. Both sugar and large meals seem to ignite flashes, as well.

The authors suggest keeping a hot flash diary in which you keep track of your personal triggers and eliminate them.

EAT YOUR TOFU

Many foods, notably soybeans, function like natural estrogens in the body. They contain phytoestrogens, which some scientists believe also help prevent breast cancer and heart disease and alleviate vaginal dryness. Other sources include soy sprouts, soy milk, carrots, green beans, oats, peas, red beans, rice and sesame seeds.

"Get more oil into your life," says Dr. Ira Strongin, a disciple of Deepak Chopra, who practices both ayurvedic and Western medicine at Pacific Beach Medical Clinic in San Diego.

"For menopause, I recommend the two classic ayurvedic herbs, shatavari, which comes in powder form, and aloe vera gel, taken orally.

"In combination they are considered in ayurveda to be soothing for menopausal symptoms and to enhance the feminine force inherent in women."

Strongin also recommends the center's blend of herbs called Opti-Woman, which is sold by mail order or at the center. It contains a classic ayurveda blend of several herbs, the main constituent of which is shatavari.

Ayurveda treats each woman individually, according to her body type.

"The treatment," said Strongin, "would include specific dietary recommendations, exercise, aromatherapy, color therapy, visualization, sound therapy, meditation and massage, typically with sesame oil."

As for the inside, Strongin is an advocate of ghee, a clarified butter without the milk solids.

Even without knowing their body type, women can incorporate ayurvedic practices such as meditation, wholesome diet and massage into their lives to relieve stress.

They may also avail themselves of Chopra's best seller, "Perfect Health," to learn more about their particular body type and ayurveda.

In addition to suggesting homeopathy, acupressure and acupuncture as efficacious, "Natural Menopause" lists herbal remedies women may find helpful, among them anise, which contains phytoestrogens; black cohosh, which is thought to produce estrogenlike effects

Please see MENOPAUSE, A11

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When was the last time you felt like this?



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Do you experience:

- Feelings of hopelessness and sadness
- Changes in appetite or weight
- Low energy
- Loss of interest or pleasure

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