

Menopause

What is menopause?

Menopause is the permanent end of menstruation and fertility. It is defined as occurring 12 months after your last menstrual period. Menopause usually happens between the ages of 40 and 55 years of age.

Signs and Symptoms

The monthly periods have stopped or has become increasingly irregular; hot flashes and night sweats; headaches; heart palpitations; dizziness; mood swings; anxiety; depressed mood; insomnia; irritability; dry skin; frequent urination; dryness of the vagina, with discomfort and painful intercourse; physical and mental fatigue; noticeable decrease interest in sex, or reduced libido; breast tenderness; a reduced 'zest for life', with little enthusiasm for exercise, hobbies, social events, etc.

Complications

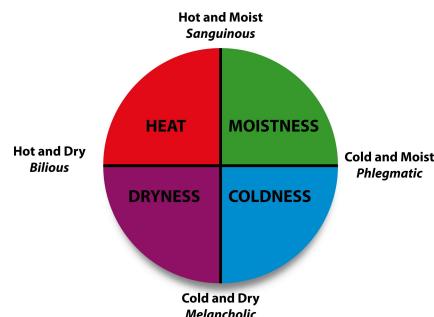
After menopause, the risk of certain medical disorders increases. Examples include: heart and blood vessel disease; urinary incontinence; osteoporosis; weight gain

What Causes Menopause?

Once a woman reaches a certain age, usually between 40 and 55 years, major changes to her hormones begin. These result in the ovaries failing to produce eggs every four weeks or so. The monthly periods stop, and hormone levels in the body fluctuate markedly. These changes may occur suddenly, or develop slowly over several months. Many of the symptoms of the menopause are the direct result of these hormonal changes.

The Tibb View of Menopause

According to Tibb, menopausal symptoms are associated with **qualities of heat with dryness**. Women are innately **moist**, but as women get older they lose moistness and progress towards dryness. This is evident when the levels of estrogens decrease in preparation of cessation of ovulation. This results in hot flashes, dry skin, vaginal dryness and increased anxiety, amongst other. Women with a bilious dominant/sub-dominant temperament will most likely suffer with more severe symptoms of menopause due to their innate qualities of **heat and dryness**.



Treatment and Management of Menopause

Treatment and management is aimed at **reducing the excess heat with dryness** associated with menopause, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and moistness**. This assists Physis in addressing both the symptoms and the causes of menopausal.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as cucumber, milk, soybeans, carrots and watermelon, **followed by Cold & Dry foods** - like yogurt, beans, and citrus fruit.
- Eat **less Hot & Moist foods** - such as dates, mangoes, mutton and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onion.
- Consume more fresh fruits, vegetables, and high fibre, whole grain products. Eat alfalfa, soybeans, soy sprouts, crushed flaxseeds, green beans, sesame seeds, wheat, pumpkin seeds, cucumbers, corn, apples, anise seeds, cabbage, beets, olive oil, olives, papaya, oats, peas, and sunflower seeds. These are all important sources of natural estrogen.
- Avoid red meats (beef, pork, liver etc.), fatty foods as well as processed foods (sausage, bacon, etc.).
- Cut down on chocolate, fried foods, caffeine beverages, cold drinks, and alcohol intake.

Other Lifestyle Factors

- **Breathing exercises:** Tibb deep breathing exercises lower irritability and anxiety, and dampen mood swings
- **Physical exercise:** Any form of regular light/moderate exercise, such as walking in the morning or evenings, helps to alleviate symptoms. It boosts mood, reduces emotional stress, helps control appetite and regulate blood sugar levels. Strenuous physical activity should be avoided.
- **Sleep:** Active measures should be taken to ensure a regular good night sleep.
- **Relaxation:** Emotions like anger and excitement should be avoided, and any niggling worries resolved. A journal should be kept in which the events and activities of the day are recoded, including worries and stressors.
- **Meditation:** Tibb meditation exercises should be practiced for at least five minutes early morning daily, and at bedtime.
- **Detox:** A short monthly fruit or vegetable fast is advised.

Medication

Herbal Remedies

- **Vaginal Dryness lotion:** Mix 30ml of almond oil, two drops of geranium essential oil, one capsule (1,000 IU) of Vitamin E. Apply inside and outside the vagina twice a day.

Tibb Medication

ProWoman capsule - This nutraceutical contains a wide range of vitamins, herb essences and minerals to help relieve the symptoms of the menopause.

Menoherb tablets - This herbal medicine alleviates the troublesome symptoms associated with menopause. Menoherb is associated with qualities of **coldness** assisting with the transition to dryness by menopausal women, while cooling off the heat associated with the symptoms of menopause, such as hot flashes.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

| | |
|--------------------------------------|--|
| MEATS | beef, biltong(beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal |
| VEGETABLES | brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes |
| FRUITS | (all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas |
| NUTS | peanuts |
| GRAINS & SEEDS | barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds |
| DAIRY PRODUCTS | egg white, sour milk, yogurt |
| OILS | coconut oil, corn oil, sesame oil |
| SPICES, HERBS & SEASONING | basil, prunes, poppy seeds, tamarind |
| DRINKS | sour fruit juices, tea (black), coffee, ice, sour milk |
| FLAVOURANTS | |
| CONDIMENTS & SPREADS | balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar |
| CONFECTIONARY & DESSERTS | |
| CEREALS | cornflakes, mielie meal, millet |

COLD & MOIST FOODS

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|--------------------------------------|---|
| MEATS | Duck, rabbit |
| VEGETABLES | Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian gourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini, |
| FRUITS | Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon |
| NUTS | Macadamia nuts |
| GRAINS & SEEDS | Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed |
| DAIRY PRODUCTS | Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine |
| OILS | |
| SPICES, HERBS & SEASONING | Cardamom, coriander, cumin, vanilla |
| BEVERAGES | Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos |
| SWEETENERS | Fructose, glucose, rose syrup |
| CONDIMENTS & SPREADS | |
| CONFECTIONARY & DESSERTS | Custard, ice cream, rose syrup, sago |
| CEREALS | Pronutro, rice crispies |

HOT & DRY FOODS

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|--------------------------------------|--|
| MEATS | Chicken, lobsters, prawns , all small bird meat, Oily fish |
| VEGETABLES | Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper |
| FRUITS | Avocado, Grapes |
| NUTS | Cashews, hazel nuts, pecan nut, walnuts |
| GRAINS & SEEDS | Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad |
| DAIRY PRODUCTS | Eggs |
| OILS | Mustard Oil |
| SPICES, HERBS & SEASONING | Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon, |
| BEVERAGES | Alcohol, Grape juice, Herbal teas |
| FLAVOURANTS | Pungent and bitter flavourants |
| CONDIMENTS & SPREADS | Chili sauce, mustard sauce, peri-peri sauce |
| CONFECTIONARY & DESSERTS | |
| CEREALS | |

HOT & MOIST FOODS

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|--------------------------------------|--|
| MEATS | Buck, goat, goose, lamb, liver, mutton, turkey, |
| VEGETABLES | Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips |
| FRUITS | Bananas, dates, guavas, mangoes, peaches, papaya, |
| NUTS | Almonds, brazil nuts, pistachios, apricot kernels |
| GRAINS & SEEDS | Bread, bulgar wheat, flour, pasta, rye bread, sunflower seeds, wheat |
| DAIRY PRODUCTS | Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin, |
| OILS | Castor oil, olive oil, sunflower oil |
| SPICES, HERBS & SEASONING | Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soy sauce, thyme, turmeric, watercress, white pepper |
| BEVERAGES | Green tea, hot water, juices (see fruit), Herbal Teas |
| FLAVOURANTS | Honey, molasses, sugar, salt |
| CONDIMENTS & SPREADS | Mayonnaise, |
| CONFECTIONARY & DESSERTS | Biscuits, cakes, chocolate, liquorice, vermicelli |
| CEREALS | All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix |