

## Menopause

Menopause is a natural part of the life process and we should honor it as a positive event in a women's life. Yet, medical opinion views menopause as a deficiency disease with primary treatment involving the use of hormone replacement therapy. The question is, "Is hormone replacement therapy necessary?"

In societies where advanced age is honored as a sign of blessing and great wisdom, studies have shown that women have less osteoporosis and fewer menopausal symptoms. Instead of manifesting disease and deficiency, look at menopause as a life transition with feelings of wholeness, wisdom, freedom and security.

A women's vitality, health and internal balance are the determining factors of menopausal and post-menopausal symptoms. Women do better with a diet rich in plant foods (especially soy) and low in animal fats and refined foods. Women that exercise prevent heart disease and are less likely to have hot-flashes, bone loss, stress, and depression.

I see and help many women travel through menopause without medication and without feeling bad. Medication is one of many choices. Unless you have a severe bone loss problem, research other options. With a healthy attitude, good lifestyle choices and natural support, menopause can be a breeze.

Yours in health,

Dr. Rick

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