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Another interesting study, published recently in Nutrition Journal, involved women aged 40-60, who had at least one menopausal symptom such as anxiety, irritability or hot flashes. Participants drank 200 mls of

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unsalted tomato juice twice a day
for eight weeks, and they were
monitored for heart rate, blood
pressure, cholesterol and
menopausal symptoms

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Tomatoes...a menopausal
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Around three-quarters of menopausal women suffer from mood swings, according to recent research by Healthspan. More than half say they've lost their self-confidence, too. The main reason behind this, of course, lies in those fluctuating hormones.

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observed that "insomnia is a

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frequently reported complaint in
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menopause affected her

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The menopause is a natural part of ageing that usually occurs between 45 and 55 years of age, as a woman's oestrogen levels decline. In the UK, the average age for a woman to reach the menopause is 51. But around 1 in 100 women experience the

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menopause before 40 years of age. This is known as premature menopause or premature ovarian insufficiency.

Menopause - NHS

Many of my friends and family members are going through

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Surviving Menopause: Not Yours, Your Grumpy Friend's ...

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The menopause refers to that time in every woman's life when her periods stop and her ovaries lose their reproductive function. Usually, this occurs between the ages of 45 and 55. In the UK the average age is 51. In a few exceptional cases women may

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become menopausal in their 30s, or even younger. This is then known as a premature menopause ...

The menopause | Women's Health Concern

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'It feels impossible to beat': how I

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was floored by menopause. She thinks the menopause has a profound effect on women because it forces them to accept they are entering an entirely new phase of life. "In a way, it's like drawing the line under your child

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Why all men should fear the
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months consecutively (and
possibly some of the side effects),
it's ...
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