



**MENOPAUSE 101**

# Understanding Menopause Basics

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# 3 Stages of Menopause

## Breaking Down the Differences

The term [menopause](#) is commonly used as a sweeping generalization to encompass all the changes a woman goes through as her body prepares to, and finally stops menstruating.

But that's not entirely accurate.

Bookended by perimenopause and postmenopause, it's the second of three stages that a woman experiences during her menopausal years. All three stages have distinct symptoms leading up to and following the end of menstruation.

Knowing what changes and symptoms to look for, when to look for them, and how to treat them, can help make each of the stages more manageable.

## Perimenopause

The first, and often most confusing stage of menopause, [perimenopause](#) occurs when estrogen and progesterone levels begin to shift significantly. These hormonal changes can start to happen 4-8, or even 10 years before a woman stops having a period.<sup>1</sup> What makes perimenopause so difficult to detect is that there is no specific age when symptoms start to occur. Furthermore, the symptoms can be vague and easily written off as the result of [stress, fatigue](#), or lifestyle.

Most often, women experience hormonal changes associated with perimenopause between the ages of 40 – 44, but this can vary a few years in either direction; for some women shifts can even begin in their 30s.<sup>2</sup>



1. <https://www.menopause.org/for-women/menopauseflashes/menopause-symptoms-and-treatments/menopause-101-a-primer-for-the-perimenopausal> 2. <https://www.mountsinai.org/health-library/report/menopause>

The signs of perimenopause into menopause also vary from woman to woman and may include at least [34 different disruptive symptoms](#). Some of the more obvious and common symptoms can include:

- Missed [periods](#) or irregularities
- [Hot flashes](#) and/or night sweats
- Unexplained [weight gain](#), especially around the midsection

Other, less obvious signs can coincide with:

- [Headaches](#)
- [Hair loss](#)
- [Joint pain](#)
- Changes in [sex drive](#)

A woman who is experiencing these symptoms with regularity and is in her early 40s or older, can request that her healthcare provider perform bloodwork to check her hormone levels.<sup>3</sup>

This may be able to help support whether she is in this first stage of menopause and provide guidance on how best to address or treat the symptoms she's experiencing. It's important to note, however, that these blood tests may not provide definitive results for everyone.

## Menopause

While many perimenopausal symptoms tend to get lumped under the heading of "menopause", that's [just not the case](#). In fact, menopause is actually only one 24-hour period in time. It is the day that marks one year from a woman's last period.<sup>4</sup>

**51** The typical age when menopause begins.

When a woman says she's "going through menopause," she's typically referring to the years leading up to it or after it, whether she realizes it or not. The actual day of menopause

typically occurs around the age of 51<sup>5</sup>, but like perimenopause, it can vary by a few years in either direction. The symptoms are very similar but may increase in frequency or intensity as a woman nears actual menopause and postmenopause.

## Postmenopause

Once a woman has reached her one-year-without-a-period milestone, she's in the third stage of menopause and considered to be postmenopausal. During this time, some of the previously experienced symptoms during perimenopause may have lessened or even disappeared completely.

However, this stage brings its own list of things to consider. The postmenopausal years can bring with it an increase in risk of [cardiovascular disease](#), including stroke, as well as [osteoporosis](#), [urinary tract infections](#) (including [bladder](#) habit changes), and some cancers.<sup>6</sup> That's why it's important to maintain a good relationship with your [gynecologist](#) or to check-in with your healthcare provider to determine your risk factors for these and other diseases or health conditions that could be related to postmenopause.

## Don't 'Just Deal' With the Symptoms

Transitioning through the three stages of menopause doesn't have to be something you struggle through. There are plenty of ways to address the symptoms and keep them from disrupting your daily life.

If prescriptions solutions, such as [hormone replacement therapy](#), aren't your ideal treatment approach, there are naturally derived alternatives available that are designed to provide relief from some of the more disruptive perimenopause and menopause symptoms such as hot flashes and [vaginal dryness](#), as well as those that can help to increase [sexual satisfaction](#), ease [mood swings](#), and more.

3. <https://www.npr.org/sections/health-shots/2020/01/18/797354824/menopause-starts-younger-than-you-think-heres-what-you-need-to-know> 4. [https://www.nhs.uk/health-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/after-the-menopause#:~:text=There%20can%20be%20an%20increased,\(smear%20test\)%20and%20breast.](https://www.nhs.uk/health-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/after-the-menopause#:~:text=There%20can%20be%20an%20increased,(smear%20test)%20and%20breast.) 5. Herber-Gast GC, Mishra GD. Fruit, Mediterranean-style, and high-fat and -sugar diets are associated with the risk of night sweats and hot flashes in midlife: results from a prospective cohort study. *Am J Clin Nutr.* 2013;97(5):1092-1099. 6. <https://www.eatinwell.com/article/2061785/anti-inflammatory-mediterranean-diet-plan/>

# How Early Can Menopause Start?

When a woman in her late 40s or early 50s starts having symptoms such as [hot flashes](#) and [night sweats](#), the possibility that she's approaching menopause will probably cross her mind. But what if a woman in her early to mid-40s has these same [symptoms](#)? Is it possible that it's actually menopause? And how early can menopause start?

## Perimenopause vs. Menopause: What's the Difference?

Contrary to popular belief, menopause only lasts a single day — the one that marks an entire year without a period. The time leading up to menopause, when a woman has symptoms related to changing hormone levels, is called [perimenopause](#).



It's important to recognize that the definition of menopause is 12 consecutive months without menstruation, but that's one day in time if you look back on your calendar.

— Dr. Alyssa Dweck  
Chief Medical Officer at Bonafide

She adds that because menopause technically spans just one day, some women refer to every day after menopause as postmenopause. "Much of this is semantics, but important distinctions, nonetheless," Dr. Dweck says.

While menopause is technically just a one-day moment in time, perimenopause lasts much longer. The average length of perimenopause is four years, although it varies widely from person to person.<sup>1</sup> "It could be four years, it could be 10 years," Dr. Dweck explained. "It's [really different for each individual](#)."

## What is Considered Early Menopause?

The average age that a woman reaches menopause — that is, she goes 12 consecutive months without a period — is approximately 51, according to Dr. Dweck.<sup>2</sup> "There is a broad range of age of onset," she adds.

When a woman reaches menopause between the ages of 40 and 45, this is considered to be early menopause, while menopause before age 40 is known as premature menopause.<sup>3</sup>

1. <https://my.clevelandclinic.org/health/diseases/21608-perimenopause#:~:text=The%20average%20length%20of%20perimenopause,are%20n%20longer%20in%20perimenopause> 2. <https://www.menopause.org/for-women/menopauseflashes/menopause-symptoms-and-treatments/menopause-101-a-primer-for-the-perimenopausal> 3. <https://www.womenshealth.gov/menopause/early-or-premature-menopause>



## What Causes Early Menopause?

Early menopause can happen on its own, without any clear cause; about 5% of women, or one in 20, go through early menopause naturally.<sup>4</sup> Other potential reasons a woman may experience early menopause include:

### Family History

“[Genetic factors](#) strongly influence the age of menopause,” Dr. Dweck explains. She adds that if your mom experienced early menopause, there’s a good chance you will, too.

### Chemotherapy or Pelvic Radiation

Both chemotherapy and pelvic radiation [treatments](#) for cancer can damage the ovaries, causing some women to go into menopause.<sup>5</sup> And while chemo-induced menopause can be permanent, in some cases, it can be temporary, particularly for many younger women who have been treated for breast cancer.<sup>6</sup>

“During a first or second chemo cycle, some women lose their periods for more than a year’s time, which is diagnostic of menopause” Dr. Dweck explains. But as the time passes and treatment ceases, it is possible to see the unexpected return of menses.

### Surgical Removal of the Ovaries

A woman who undergoes a bilateral oophorectomy, for any reason (the surgical removal of both of the ovaries), may start to experience menopause symptoms right away since periods will immediately stop, and hormone levels will quickly drop, significantly. This is known as [surgical menopause](#).<sup>7</sup>

## Smoking

Women who smoke cigarettes may reach menopause up to two years earlier — and experience more severe symptoms — as compared to nonsmokers.<sup>8</sup> “Those who smoke tend to have an earlier menopause with perhaps more intensive vasomotor symptoms (hot flashes and night sweats),” Dr. Dweck cautions.

## Certain Health Conditions

Some health conditions, including autoimmune disorders, such as thyroid disease and rheumatoid arthritis as well as chronic fatigue syndrome and HIV/AIDS, can make it more likely for a woman to experience early menopause.<sup>9</sup>

## What Are the Symptoms of Early Menopause?

The symptoms of early menopause are, for the most part, the same as those of “normal” menopause. But because women generally aren’t expecting to go through menopause early, they may not recognize the symptoms for what they are.

“There may be bit of a disconnect with symptoms typical of menopause and women of a younger age; on other words, women may not even imagine that their symptoms could be due to menopause,” Dr. Dweck explains.

For women who experience surgical menopause after their ovaries are removed, symptoms may feel more severe because they come on so suddenly. “Women do speak about much more abrupt, severe symptoms, like [hot flashes](#) or night sweats, that occur almost instantly rather than gradually,” Dr. Dweck says.

# 34

## Symptoms of menopause

Hot flashes

Night sweats

Irregular periods

Weight changes

Breast tenderness

Mood changes

Irritability

Depression

Anxiety

Panic disorder

Sleep issues

Fatigue

Lessened libido

Headaches

Vaginal dryness

Thinning hair

Brittle nails

Bloating

Digestive issues

Brain fog

Memory problems

Joint pain

Muscle aches

Osteoporosis

Itchy skin

Dizziness

Heart Palpitations

Burning tongue or mouth

Changed sense of taste

Tingling limbs

Shock-like sensations

Allergies

Urinary Changes

Body odor

4. <https://www.menopause.org/docs/default-source/2014/nams-recomm-for-clinical-care.pdf> 5. <https://www.cancer.net/coping-with-cancer/physical-emotional-and-social-effects-cancer/managing-physical-side-effects/menopausal-symptoms-due-cancer-treatment> 6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3695534/> 7. [https://www.amjmed.com/article/S0002-9343\(05\)00915-0/fulltext](https://www.amjmed.com/article/S0002-9343(05)00915-0/fulltext) 8. <https://women.smokefree.gov/quit-smoking-women/what-women-should-know/smokings-impact-on-women>

## When Should You See a Healthcare Provider?

No matter at what age you experience menopause, your healthcare provider can offer you guidance and help you manage your symptoms.

“If a 43-year-old has gone for 12 months without a period and is having symptoms like hot flashes, night sweats, [vaginal dryness](#) or whatnot, we would manage those symptoms similarly to how we would for somebody who's over 45,” Dr. Dweck says. “In terms of symptom relief, treatment options are similar when it comes to whether someone's younger than 45 or older.”

“

The biggest concern with early menopause is overall health, since lack of estrogen for such a long period of time can raise the risk of conditions such as osteoporosis and cardiovascular disease.<sup>9</sup> “This is where other individualized treatment or management options may apply,”

— Dr. Alyssa Dweck  
Chief Medical Officer at Bonafide



To support healthy bones, for example, Dr. Dweck explains a healthcare provider will want to make sure that someone is getting enough [calcium](#) in their diet and that their vitamin D levels are acceptable. They may also suggest [supplementation](#) or hormone replacement therapy to manage certain menopausal symptoms.

If you're experiencing menopausal symptoms such as hot flashes, it's worth speaking to your provider even if you think you're too young for menopause — or you're too embarrassed to bring it up.

“Many caring practitioners just don't ask about or aren't made aware that women are struggling, because they don't want to talk about their symptoms,” Dr. Dweck says. She encourages all women to feel empowered to [speak openly](#) about the menopausal transition and ask their healthcare provider any questions they may have.

# Menopause Symptoms: What to Expect



Growing older is simply a fact of life. But while age often comes with gifts, like greater wisdom, it also poses new challenges for many women. We're talking specifically about menopause — an area where support and information gaps still abound, despite the fact that half the global population will experience this transition. Menopause doesn't need to be a mysterious villain that lurks along the outskirts of middle age. Knowing what's going on with your body and what to expect throughout menopause can make it easier to prepare and adapt.

## Is There Such a Thing as Early Menopause?

An area that surprises many is the average age women start experiencing symptoms. While menopause symptoms will likely begin in your late 40's or early 50's, every woman's body is unique, and it's not unheard of for symptoms to begin before age 45. Roughly 5% of women will go through "early menopause", meaning between ages 40 and 45.<sup>1</sup>

Sometimes, specific factors can induce premature menopause, which is defined as menopause before the age of 40. For example, a hysterectomy with oophorectomy (removal of ovaries), radiation therapy, or certain autoimmune diseases could cause premature menopause.<sup>2</sup>

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## When Do Menopause Symptoms Start and End?

Menopause symptoms can last a few years, with most women making the full transition over an average of 7.4 years.<sup>3</sup> But just like the age of onset, the menopausal transition can vary widely, with women experiencing symptoms for longer or shorter periods of time.

**7.4** Average number of years for the menopause transition

Symptoms often become more severe in the years and months immediately before and after menopause — the moment in time when you've gone without a period for 12 consecutive months. During these phases, hormone fluctuations tend to be the most volatile.

Symptoms tend to lessen in frequency and severity in years after menopause. That said, certain symptoms, like vaginal dryness, can continue into late postmenopause.<sup>4</sup>

## Signs You're In Menopause

A surprisingly common question women ask is, "How will I know when I'm in menopause?" and we're not referring to early menopause, as referenced earlier. This is hard to predict, as women enter menopause at a wide range of ages. However, the age when menopause begins can be hereditary, so be sure to talk with the older women in your family to get an idea of when you may start to experience symptoms.

Exactly *which* symptoms you'll experience is a different story. While research has confirmed [genetics](#) play a role in determining a woman's age at menopause,<sup>5</sup> additional studies are needed to determine if genes are a predictor of which actual symptoms a woman will experience. The broad variety of menopause symptoms makes predicting your experience even more complicated. Women are surprised to learn there are at least 34 symptoms associated with menopause — from the widely discussed, like [hot flashes](#), to the little known, like [dry eyes](#) and [skin](#).<sup>6</sup>

Additionally, symptoms of early and premature menopause can look similar to the ones experienced during traditional menopause. [Irregular periods](#) are the most telltale sign, and [hot flashes](#), [night sweats](#), and [vaginal dryness](#) are all common.

## What Are the Worst Menopause Symptoms?

It's difficult to label certain menopause symptoms as "worse" than others — every woman's experience is unique, and the severity of even the most common symptoms can vary widely. That said, you'll often hear women describe the most common menopause symptoms as being the worst: hot flashes, night sweats, vaginal dryness, [low libido](#) and [painful sex](#) can feel extreme and even disrupt an individual's quality of life.

## Treatment for Menopause Symptoms

No matter the symptom, it's important to seek treatment if your life is being negatively impacted. Talk with your healthcare provider about creating a plan to work with the symptoms as they begin. There are many simple and natural ways of dealing with the symptoms you experience during menopause. From eating a healthy diet to hormone-free supplements, you've got options when it comes to treatment.



5. <https://www.sciencedaily.com/releases/2019/06/190612110127.htm>  
6. <https://www.heyperry.com/what-are-the-34-symptoms-of-menopause/>



# How to Talk to Your Healthcare Provider About Your Menopause Symptoms

It's easy to feel a bit off when [menopause symptoms](#) have got you down. Thanks to fluctuating hormones, it may feel like you are unpredictably transforming into another person, and not one you necessarily like. One moment you may feel quite content, going about your usual business, and then suddenly, you'll experience a [mood swing](#), a [hot flash](#), or one of the various other symptoms commonly associated with menopause, and your sunny day turns to storm clouds. [Perimenopause](#) and menopause symptoms can seriously impact your quality of life, but you shouldn't just have to "deal with them."

Often it is family members and close friends who are privy to hearing about or even experiencing the impacts of these symptoms. Of course, it's fine (and to a certain extent, healthy) to share what you are experiencing with those closest to you; but you may be overlooking a critical resource in your existing community — your healthcare provider.

Women with menopause symptoms should share what and how they are feeling with their healthcare provider, who can often offer advice that can make a difference. Still, many women feel uncomfortable broaching the topic of menopause symptoms, for a variety of reasons. They may feel they can "tough it out" when it comes to menopause symptoms. They may be embarrassed to bring up the subject with their provider. They may fear they will be perceived as a complainer or a "drama queen". Or they simply may not know how to start the conversation.

Whatever the reason for your hesitation, you're not alone. And the good news is, the sooner you start talking to your provider, the sooner they can help you find relief for your menopause symptoms. Here are some helpful tips to get the conversation started.



## Tips for Talking to Your Doctor About Menopause Symptoms

### Use a Menopause App or Keep a Log of Menopause Symptoms

It happens all the time. Before you visit your physician, you consider what issues you want to discuss. But when you are actually sitting on the examination table, those issues seem to disappear from your memory.

Thanks to technology, there are now menopause tracking apps that can help identify, track, and come up with a treatment plan for managing your menopause symptoms. These easy-to-use apps, such as My Luna, Caria, or MenoPro from The North American Menopause Society can help you identify your menopause symptoms, pinpoint specific symptom trends and triggers, and figure out what phase of menopause you're experiencing.

If technology's not your thing, you can also track your menopause symptoms the old-fashioned way; by keeping a written journal. Simply jot down the date and time you are experiencing symptoms along with what you are feeling. When recording and analyzing

journal entries, look for patterns and potential causes. Consider factors that may be impacting you, such as particular family or workplace [stressors](#), [foods](#) you have been eating, or whether or not you have been getting enough [rest](#).

Whether you choose to use an app or keep a written log of your menopause symptoms, this well-documented information can provide your healthcare provider with additional insights. It will also help you define and feel more in control of what you are experiencing.

### Select the Right Doctor and Ask the Right Questions

You may love your general physician, but other types of healthcare providers may be better qualified to deal with your menopause symptoms. Instead of your GP, consider speaking with a [specialist](#), such as a [gynecologist](#) or psychiatrist, if you want advice from someone with a specific area of expertise, or if you think it would help you feel



The natural transition towards menopause may be inevitable but is a time that can be approached proactively and greeted with optimism. It's ideal to speak candidly and directly to your healthcare provider to best understand and implement treatment options for your specific symptoms and concerns.

— Dr. Alyssa Dweck  
Chief Medical Officer at Bonafide

more comfortable about what you're sharing. No matter which health care provider you choose to consult with, it's important that you feel they will listen to you and be supportive.

It's also key to express upfront what you are expecting out of your appointment with your healthcare provider.

### Consider All the Solutions for Menopause Symptoms

Physicians agree that there is not a one-size-fits-all solution to menopause symptoms, so it's important to speak to your healthcare provider about the symptoms you are experiencing, and when you are experiencing them. The North American Menopause Society, Office on Women's Health, and National Institute on Aging collectively suggest a variety of treatment options for menopause symptoms, including the below.

It's also important to discuss the addition of any new treatment options or natural remedies with your healthcare provider first:

- Lifestyle changes – regular [exercise](#); a [balanced diet](#) rich in vegetables, fruits, lean [protein](#) and reduced sodium and sugar; reduced caffeine and [alcohol](#) consumption; no smoking; eight hours of sleep; and [stress](#) reduction
- [Hormone therapy](#): artificial estrogen and progesterone, available in multiple forms such as a pill, skin patch, implant, topical gel and vaginal suppository
- Natural remedies: vitamins and minerals, such as black cohosh, red clover and dong quai

Women seeking relief from menopause symptoms should not feel like they do not have options. Your healthcare provider is absolutely available to help, but you need to be proactive. By discussing your menopause symptoms and possible remedies with your provider, you're one step closer to finding a solution that brings you the relief you are in search of.

# Natural Remedies for Menopause Symptoms

When considering how to treat menopause symptoms, you may decide that conventional options, like hormone replacement therapy and other medications, aren't a good fit for you. But that doesn't mean you need to tough it out without support.

Many natural menopause remedies have been shown to gently, yet effectively relieve symptoms like [vaginal dryness](#), [mood swings](#), [hot flashes](#) and night sweats. Here are some science-backed natural remedies and supplements for the treatment of menopause symptoms.



Hyaluronic acid is naturally produced in the body. This is a key molecule involved in maintaining the skin's moisture. Hyaluronic acid has the unique capacity to bind to and retain water, however, with age, comes natural depletion.

— Dr. Alyssa Dweck  
Chief Medical Officer at Bonafide

## Natural Remedies for Vaginal Dryness During Menopause

No need to let vaginal dryness prevent you from enjoying intimacy. Natural alternatives can provide relief from this menopause symptom in the form of ingredients like:

### Vitamin E

Vitamin E is found in plant-based foods like almonds, red bell peppers, pumpkin and peanuts. Suppositories made from this natural ingredient have been shown to be an effective natural treatment for vaginal dryness symptoms.<sup>1</sup>

### Hyaluronic Acid

This naturally occurring ingredient works specifically to retract and retain moisture. It's produced naturally in your body, but production wanes as you age. Foods like bone broth, citrus fruits and leafy greens may help boost [hyaluronic acid](#) levels in the body, to help reduce the severity of associated menopause symptoms.

## Natural Remedies for Mood Swings During Menopause

Mood swings can wreak emotional havoc on the life of a menopausal woman. Several natural remedies can help smooth things out and potentially balance volatile mood swings.

These remedies include:

### Meditation

Research suggests that [meditation](#), a 100% natural menopause treatment, may help ease psychological symptoms of menopause like depression and anxiety, in addition to easing mood swings.<sup>3</sup> You can even download a meditation app (such as Calm or Headspace) to your smartphone to get started.

1. Parnan Emamverdikhani A, Golmakani N, Tabassi SA, Hassanzadeh M, Sharifi N, Shakeri MT. A survey of the therapeutic effects of Vitamin E suppositories on vaginal atrophy in postmenopausal women. *Iran J Nurs Midwifery Res.* 2016;21(5):475-481. doi:10.4103/1735-9066.193393. 2. Jokar A, Davari T, Asadi N, Ahmadi F, F oruhari S. Comparison of the Hyaluronic Acid Vaginal Cream and Conjugated Estrogen Used in Treatment of Vaginal Atrophy of Menopause Women: A Randomized Controlled Clinical Trial. *Int J Community Based Nurs Midwifery.* 2016;4(1):69-78. 3. Wong C, Yip BH, Gao T, et al. Mindfulness-Based Stress Reduction (MBSR) or Psychoeducation for the Reduction of Menopausal Symptoms: A Randomized, Controlled Clinical Trial. *Sci Rep.* 2018;8(1):6609. Published 2018 Apr 26. doi:10.1038/s41598-018-24945-4.

## Royal Jelly

Made by worker bees to feed their queen, royal jelly is rich in vitamins, minerals and other nutrients. It has been shown in clinical studies to improve mood,<sup>4</sup> making it an excellent natural remedy for menopausal mood swings, as well as irritability.

## Natural Remedies for Hot Flashes During Menopause

Few menopausal symptoms are as dreaded as hot flashes, which can strike without warning and often seem to happen at the worst possible times (like in the middle of a meeting). Characterized by sensations of heat, flushing of the skin, sweating and anxiety, hot flashes affect around 80% of women during menopause.<sup>5</sup> Fortunately, symptoms like menopausal hot flashes can be well controlled with natural treatments like:

### Sage

Sage is so much more than just a culinary herb. Sage capsules have been found to be an effective natural menopause treatment for easing the severity of hot flashes.<sup>6</sup> Sage can also be brewed into a refreshing tea, or sage essential oil can be used to make a cooling face and body spray.

### Swedish Flower Pollen

This blend of pollen made from flowering plants native to Sweden has been shown to be an effective ingredient in helping to reduce menopause symptoms, such as the frequency and intensity of hot flashes and night sweats in menopausal women.<sup>7</sup> The use of [flower pollen extract](#) has been recognized as a successful, hormone-free ingredient used for improving women's health.

Researchers have conducted numerous studies showing a link between flower pollen extract use and its impact on menopause symptoms. Women who have taken the extract were said to have experienced less menopause symptoms as well as achieved ; better sleep and overall improvements in quality of life.<sup>8</sup>



## Natural Remedies for Night Sweats During Menopause

Speaking of night sweats, is there anything more unpleasant than waking up soaked in sweat? Night sweats are a common symptom for many women during menopause, but they don't have to ruin your rest. Some of the best natural treatment options for night sweats include:

### St. John's Wort

Science suggests this herb may be an effective natural supplement for menopause, helping to relieve symptoms such as sweating, hot flashes, mood swings and other common symptoms.<sup>9</sup> Please note that St. John's Wort does interact with a number of medications, so you'll want to check with your healthcare provider before considering this supplement.

### Hypnosis

When done in a clinical setting, hypnosis may be effective for reducing vasomotor menopause symptoms — those related to the restriction or dilation of blood vessels; such as night sweats and hot flashes. In one randomized clinical trial, women who underwent clinical hypnosis reported a reduction in their menopause symptoms, specifically less hot flashes and better sleep, among other significant symptom improvements.<sup>10</sup>

4. Iegaki N, Narita Y, Hattori N, Hirata Y, Ichihara K. Royal jelly reduces depression-like behavior through possible effects on adrenal steroidogenesis in a murine model of unpredictable chronic mild stress. *Biosci Biotechnol Biochem.* 2020;84(3):606-612. doi:10.1080/09168451.2019.1691496 5. Bansal R, Aggarwal N. Menopausal Hot Flashes: A Concise Review. *J Midlife Health.* 2019;10(1):6-13. doi:10.4103/jmh.JMH\_7\_19 6. Dadfar F, Bamdad K. The effect of Salvia officinalis extract on the menopausal symptoms in postmenopausal women: An RCT. *Int J Reprod Biomed.* 2019;17(4):287-292. Published 2019 May 28. doi:10.18502/ijrm.v17i4.4555 7. Winther K, Rein E, Hedman C. Femal, a herbal remedy made from pollen extracts, reduces hot flushes and improves quality of life in menopausal women: a randomized, placebo-controlled, parallel study. *Climacteric.* 2005;8(2):162-170. doi:10.1080/13697130500117987 8. Goldstein SR, Veledar E, Perez Ojalvo S, et al. Menopause. 2017; 24:14:1455. 9. Eatemadnia A, Ansari S, Abedi P, Najari S. The effect of Hypericum perforatum on postmenopausal symptoms and depression: A randomized controlled trial. *Complement Ther Med.* 2019;45:109-113. doi:10.1016/j.ctim.2019.05.028. 10. Elkins GR, Fisher WI, Johnson AK, Carpenter JS, Keith TZ. Clinical hypnosis in the treatment of postmenopausal hot flashes: a randomized controlled trial. *Menopause.* 2013;20(3):291-298. doi:10.1097/gme.0b013e31826ce3ed. 11. Villaverde-Gutiérrez C, Araújo E, Cruz F, Roa JM, Barbosa W, Ruiz-Villaverde G. Quality of life of rural menopausal women in response to a customized exercise programme. *J Adv Nurs.* 2006;54(1):11-19. doi:10.1111/j.1365-2648.2006.03784.x



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Bonafide Health was launched with a simple mission in mind: to provide women with novel, safe and highly effective treatment options for relief from symptoms throughout their menopause journey. As part of Bonafide's scientific research and product development process, the brand prides itself on its deep understanding of the biological and physiological changes that affect women due to hormonal fluctuations experienced as they age.

**Find out more about Bonafide and our suite of hormone-free menopause symptom solutions on our website.**

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