

Free Guide to Natural Menopause Symptom Relief

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Are you struggling with...

- Hormone imbalance
- Thyroid concerns
- Digestive concerns
- Sleep disturbance

Welcome to your Free Menopause Solutions guide. The intent of this document is to provide you with reasonable lifestyle approaches to help manage the symptoms of menopause. As we like to say in our clinic, menopause is a natural transition and not a disease. As women move through this time in their lives they often start to experience symptoms or changes that are new, some of which can negatively impact a woman's life. These may include sweats or hot flashes, fatigue, sleeplessness, agitation or anxiety, weight gain, difficulty concentrating or remembering things, skin and hair changes, changes in interest in sex or pleasure with sex, and others.

Our goal is to improve these symptoms

Which ultimately improves a woman's quality of life during this transition. We realize that the severity, frequency, duration of these symptoms will vary from woman to woman. Some women will need more support while other very little if any. We also know that it's difficult to predict who will need help and who might not. However, if you are reading this, it's safe to assume that you are having symptoms that impact your life or at least know of someone else who might be impacted.

Because lifestyle changes take time to ... well change, we will be feeding you new suggestions once a week over the next four weeks to help make these changes manageable. Lastly, we're glad you are invested in improving your quality of life and hope you stay tuned for upcoming talks and opportunities on how to take your health and this transition to a new level. If you feel that your symptoms are persistent despite these changes, we'd love to help you more through one of our group courses or individually.

SLEEP

Five Tips to a Full Night's Sleep

If there are a handful of primary concerns that most pre or post menopausal women notice, one of the most common is insomnia. In fact, the National Sleep Foundation estimates that 61% of menopausal women suffer from some sort of sleep disturbance. This can be problems with falling asleep, staying asleep, waking due to hotflashes or nighsweats, waking due to anxiety, or others. This disruption often leads to downstream problems such as daytime drowsiness, mood disturbance, and cognitive changes, such as memory issues. Even worse it can lead to more profound health changes if not corrected. These include but are limited to obesity, type 2 diabetes, depression, high blood pressure, a weak immune system and others. So, even small changes in the sleep pattern often leads to what seems like monumental suffering, and in some cases it is.

Unfortunately sleep disturbance comes in many forms and therefore need to be addressed individually based on the report of sleep symptoms (ie difficulty falling asleep, staying asleep, night time waking with in ability to fall back to sleep, etc). We do find a common theme in menopause is the 2-3am waking with the inability to fall asleep. This can be due to a host of reasons including hormone imbalance, anxiety, and stress. It seems that once we get to the root cause, this seems to fade away into a restful night's sleep. While some treatments require a more extensive conversation and lab testing, here are five steps that have helped many of my patients

Women's Health



We value the priorities, goals, resources, and history of each woman, individually and honor what you want, why you came and do our best to meet your stated need.

We run physical exams, pelvic exams and pap smears, breast exams and mammograms, and take care of various acute complaints.

Functional Medicine offers the most hope in many chronic conditions.

Women's Health Services

Physical exams

Pelvic exams

Breast exams

Mammograms

1 Does your body know your bed time?

Adjusting to different sleep and wake times makes it hard for our bodies to adjust. Stick to a sleep schedule: go to bed and wake at the same time every day.

2 Is your wine waking you up after it puts you to sleep?

Avoid alcohol at night. Patients often tell us that they often rely on alcohol to relax before bed. The problem is that alcohol is sedative and will wear off several hours after you fall asleep causing a night time waking. This often exacerbates already disrupted sleep.

3 Is your bedroom room Gadget Free?

Have a dark, cool, gadget free bedroom. We say, the only things that should be done in the bedroom is sleep and sex. So, get the tablets, phone, televisions, etc. out as they could be making your sleep worse. Also, our bodies need to cool throughout the night to induce sleep. It's a biological truth. So, keeping your room cool, helps this process. Lastly, keep the room dark. You can do this by using heavy blinds in the window or even consider a sleep mask that blocks even small amounts of light.

4 Relax ... take it easy at night!

Avoid heavy exercise and heavy meals before sleep. Too much of either of these less than two to three hours before bed can impact sleep.

5 Get away from Awake!

Don't lie in bed awake. We want you bed to be associated with sleep not wakefulness. If you wake in the night and can't fall back to sleep, go to another room to relax or read and when you start feeling tired again, then go back to bed.

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These may include sweats or hot flashes, fatigue, sleeplessness, agitation or anxiety, weight gain, difficulty concentrating or remembering things, skin and hair changes, changes in interest in sex, mood swings and more.

This guide steps you through natural healthy solutions to give you relief from those symptoms.



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FREE
30 Day Menopause Solutions Guide
GET YOURS NOW

Dr. Jeff Roush ND

Naturopathic Doctor

As owner and medical director of Core Wellness, Dr. Roush offers naturopathic primary care to women and their families. Since coming to Helena in 2006 he has developed a reputation for outstanding acute and chronic disease assessment and management, women's healthcare, menopausal transition management, and total family care.

He combines effective conventional and unconventional diagnostic tools including comprehensive history taking, complete physical exams, standard and functional lab assessment, hormone and thyroid testing, as well as digestion and nutritional analysis.

As medical director of Core Wellness, Dr. Roush takes responsibility for every aspect of your interaction in the clinic. He supervises all staff including the other clinic physicians.

Always feel free to call him with any concerns.



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