

# 62 Tips for Managing Menopause



by Susan Bilheimer



## INTRODUCTION

**F**or over ten years, I went through perimenopause. During that time, I accumulated a lot of symptoms that I never suspected were hormonally related, such as dry eyes and migraines, and found a worsening of others, such as irritable bowel.

Another part of my own experience is that I developed a great many chemical sensitivities, which meant that I reacted badly to the herbal remedies for perimenopause symptom relief, and even to hormonal solutions, such as birth control pills and natural progesterone.

So, I had to find natural ways to manage my own plethora of symptoms in order not to jump out the window!

This booklet contains tips I've gathered over the past ten years to help me (and other women) manage all the varied symptoms that are co-mingled during this roller coaster ride through menopause.

While it's vital to check with your doctor if you experience any of these symptoms and to ask whether it's ok for you to proceed, you should be able to use the tips in conjunction with any medication or treatment.

I wanted to share simple ways to relieve symptoms that may help you feel better on their own, or that can be used as an adjunct to medications and other therapies.

If you want more information on the symptoms in this special report, please visit my website, [www.PerimenopauseSupport.com](http://www.PerimenopauseSupport.com), to learn more about the connection between these conditions and perimenopause.

*Susan*





# BREAST PAIN

## 1 Cut the caffeine.

A Duke University study found that at the end of one year, 61% of participants with fibrocystic breasts who eliminated caffeine reported either complete elimination or decrease in pain.

## 2 Bras are your friend.

Silly though you may feel at first, wearing a comfortable bra that supports the weight of your breasts 24 hours a day will make you a lot more comfortable. Wearing a stretched out bra or one that is the wrong size can also contribute to your pain. Get fitted for a good supporting daytime bra, and perhaps a sports bra for overnight.

## 3 Some foods and herbs can cause or worsen breast pain.

You may want to eliminate these products for a few weeks (one at a time) to see if doing so helps reduce your symptoms:

Alfalfa	Flax Seed	Milk Thistle
Aloe	Garlic (pills, not vegetable)	Passiflora
Astragalus	Ginger	Red Clover
Bilberry	Ginkgo Biloba	Red Yeast Rice
Black Cohosh	Ginseng	Reishi
Caffeine	Glucosamine	Rhubarb
Capsicum	Goldenrod	Rose Hips
Catnip	Goldenseal	Rutin (Buckwheat)
Cat's Claw	Grape Seed	Safflower See Oil
Chamomile	Green Teas	Saw Palmetto
Chocolates	Guava	Schisandra
Condyceps	Hawthorn	Sodas
COQ10	Herbal Teas	Soy/Tofu
Cranberry	Horse Chestnut	St. John's Wort
Dong Quai	Kalms	Tea Tree
Dried Orange Peel	Kava	Uva Ursi
Echinacea	Kelp	Valerian
Eleuthero	Lecithin	Vitex
Evening Primrose Oil	Licorice	Watercress
Feverfew		Yeast