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In summary, discover your “menotype” and work with your doctor to benefit from a tailored program that safely and effectively relieves your menopausal symptoms.

Homeopathic
Treatments for
Menopause. For short-term use, choose from the following sample of remedies, available at health food stores.

Take every 12 hours

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for up to seven days.

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Your Menopause. To
help women choose
the best treatment for

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their particular symptoms and situation, I have found that three different universal patterns exist which I have coined as “menotypes.” This article helps you find out as quickly and easily as possible what your “menotype” is and the approach that is most likely to help you. As well, for those requiring hormone replacement, I ...

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information on the test
topic. Take the Test

Menopause Test | Psychology Today

Lots of things can
affect your mood, and
that includes the
change in hormone
that happens around
menopause. If you've
had anxiety or

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depression in the past,
your symptoms may
worsen during
menopause.

Menopause Symptoms: Signs You Might Be in Menopause

Estrogen therapy is the most effective treatment option for relieving menopausal hot flashes. Depending on your personal and family medical history, your doctor may

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recommend estrogen
in the lowest dose and
the shortest time
frame needed to
provide symptom relief
for you. If you still have
your uterus, you'll need
progesterin in addition to
estrogen.

Menopause - Diagnosis and treatment - Mayo Clinic

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thunderous crash of estrogen-like toxins in the environment, menopause can feel like a hormonal cage match. From woman to woman, menopause can look radically different. This isn't just genetics at play; there are hundreds of new environmental factors that determine each woman's experience.

Menopause Type Quiz - Pure Radiance

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HOW TO USE

WELLTOPIA'S

MENOPAUSE SUPPORT

TEA. EASY AS 1-2-3! IT

JUST TAKES ONE CUP A

DAY! It's just like

preparing any other

cup of tea. Simply

place one tea bag into

a cup of boiling water,

and allow to brew for

5-7 minutes. Add

honey or lemon to

taste, or enjoy the

natural flavors infused

into every blend.

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Welltopia's

**Menopause Support
Tea (1 pouch, 30 tea
bags ...**

A woman is officially in menopause when she hasn't had her period for 12 months, notes Dr. O'Toole. It can happen in your 40s or 50s, but in the U.S., the average age is 51, according to the ...

**Stages Of
Menopause - What
Happens to Your**

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BUT did you know that scientists have discovered 3 distinct hormonal PATTERNS called 'MenoTypes' that predict: Your likelihood of UNCONTROLLED menopause symptoms. Your FREQUENCY of menopause symptoms. Your SEVERITY of menopause symptoms. The best approach for you to RELIEVE and PREVENT menopause symptoms.

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Your menotype, your
menopause : find your
type and free yourself
from the symptoms of
menopause. Author:
Angela Stengler; Mark
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Early last year I was diagnosed with Ovarian cancer after which I had hysterectomy and that led me straight into menopause. This is a menopause support tea that helps really good to reduce hot flashes, balances your mood. Taste delicious too! I'm grateful for this company Welltopia @menopause_tea. —
Monique H.

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Menopause Tea

A publication from Peacock K, Ketvertis KM titled "Menopause" also revealed that about 1.3 million women become menopausal every year, with 1% of women experiencing premature menopause before ...

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