

## The Magic of Menopause...an opportunity for female transformation and empowerment

Menopause is not a disease (pathological) but rather a dis-ease within the female system., It is a natural bio-logical process heralding the transition out of the reproductive cycle of a woman, and into her next phase...as Woman of Wisdom

The word Menopause derives its name from the Greek words Meno (month) and Pausis (pause). This is the cessation of regular, monthly menstrual reproductive cycles. The ovaries decrease their production of oestrogen and progesterone as our need to reproduce diminishes and stops. Hormonal fluctuations occur. Menopause can pass by almost unnoticed, or it can be lingeringly difficult.

Women can experience symptoms on any or all levels - mental, emotional and physical. These are many and varied..why?

The symptoms of the menopause occur because of falling levels of oestrogen and Progesterone. These are steroid hormones and share some of the properties of the adrenal steroid hormones. These are important hormones in the regulation of the immune system and also have profound effects on blood glucose (sugar) levels. So, when oestrogen and progesterone levels fall, they often *unmask problems in other departments*, most notably a tendency to low blood sugar, (hypoglycaemia) a tendency to allergies, and poor adrenal and thyroid function - two conditions which are reaching epidemic proportions! My educated guess is that menopausal symptoms of flushing and sweating are related to both toxicity and hypoglycaemia. A tendency to hypoglycaemia is a major cause of disturbed sleep and that makes everything worse!

Why do some women have such a difficult Menopause?

**Traditional Chinese Medicine holds a clue:** The difficult symptoms of Menopause are considered to be a deficiency condition of the liver and Qi (life force). The Liver governs the circulation of Qi and all biological cycles. When the blood and energy quality is weak and toxic then none of the organs are able to perform their function properly, especially those already predisposed and weakened energetically by specific unresolved emotional issues.. The liver is our main detoxification organ, filtering our blood and removing harmful substances from the circulation and either eliminating it through the bowel, or storing it in fat for safety, resulting in weight gain.. (Phase1 and II liver detoxification) . In addition, the liver does not filter the blood where it becomes sluggish and clogged. This condition causes the liver to overheat which rises through the body, wreaking havoc in its path

So what causes the biological and emotional systems to struggle during Menopause?

In Meta-Health we consider these 7 contributory factors to a miserable Menopause...

1. Stress and vulnerability of the organism caused by poor nutrition and lifestyle
2. Stress on the Liver caused by an overload of accumulated bio-toxins,
3. Stress and anger specific to the Liver created by an internal conflict of fear of being unable to provide for one's self or family. (Having to rely on and trust others)

4. The role of the Adrenal glands, affected by all stress, but specifically a conflict related to believing you are on the wrong path, ( lack of purpose and path) and fear of being unprotected. (Anxiety or depression dependent on healing phase)
5. The role of the Thyroid, which is affected by a conflict about believing you are powerless in a situation, ( hypo or hyperthyroidism dependent on healing phase)
6. The role of the Pancreas, which is affected by a feeling of having to resist something, or a not being allowing of something. ( hypoglycaemia or hyperglycaemia dependent on healing phase)
7. Bones....an issue with self-devaluation and identity crisis.(osteoporosis or osteoarthritis) If we have identified strongly with the role of Motherhood, or with our sexuality and physical appearance, Menopause will be difficult. We have to re-identify our new self with a new purpose...

We are a holistic being, and as such all aspects need to be addressed when dealing successfully with the opportunities offered to us by the challenges of the Menopause transition..

## **Hormone Replacement Therapy (HRT)**

As a Meta-Health Consultant, my view is that there is now no good clinical reason for starting a woman on HRT, whether synthetic or bio-identical. Progesterone has now been classified as a class one carcinogen by the World Health Organisation. This applies to progesterone and oestrogens, whether they are synthetic, natural by pill or patch. Progesterone's and oestrogens are addictive, which is why it can be very difficult for some women to stop their prescriptions

The journey through menopause certainly has its challenges. We have to deal with new and challenging physical and emotional reactions that arise because of hormonal changes in our body. However, this transition is a gift...a huge opportunity to put out energies once used for motherhood and sex, into finding our true self, our path and purpose, and honouring our contribution to society in our new role of Women of Wisdom. Many women experience peri-menopause and menopause as a time of greater freedom. For some their children are leaving or have left home, others have found satisfaction in their careers and perhaps mastery in their work. For some, an unlived life cries out to be fulfilled. This is a great time of "pause". An opportunity to detoxify our past, reflect and reclaim and rediscover any "lost" parts of ourselves, create a whole new purpose - a chance to transform and empower our future as Women of Wisdom...that's the Magic of Menopause!

At The Holistic Wellness Centre we specialize in successfully diagnosing and treating the root cause of dis-ease. We offer state of the art interventions and therapies to facilitate total well-being. These include: Meta-Health Scan for root cause diagnosis, safe and effective personalized detoxification protocols, TCM Acupuncture, Nutritional Therapy, NLP Life Empowerment Coaching, EFT (Emotional Freedom Technique), Transpersonal Counselling, Hypnotherapy, Reiki, and much more. We have created and specialize in the Meta-Sync process which aims to synchronize all aspects of your being into coherence and total well-being.

For further information please visit [www.lindaburke.co.uk](http://www.lindaburke.co.uk) or call 02866328200