

# Your Midlife *Doesn't* Have to Be a Crisis



## Midlife WHAT?

We thought it was important to address the issues of **depression and anxiety in middle-aged men and women.**

Just as we want to provide you with information on the benefits of natural remedies regarding different aspects of systemic health and well-being, we also want to **address the needs you have during specific times in your life.**



Many things have been said about menopausal women. However, when you *become* one of those women experiencing the debilitating **symptoms of perimenopause**, there isn't a wealth of information available to help you cope.

In this ebook, we **explore hot flashes, depression and anxiety in menopause.** We also provide tips to help your body manage the **hormonal changes** that cause these symptoms.

Although not as widely discussed, **men also go through what is commonly referred to as a "midlife crisis"**. People often joke about them buying sports cars or completely uprooting their lives...

But just as a decrease in the female hormone estrogen causes symptoms in women at the end of their reproductive stage, **declining levels of testosterone in men during midlife** also affects mood and physical health, and impacts diverse aspects of their lives.

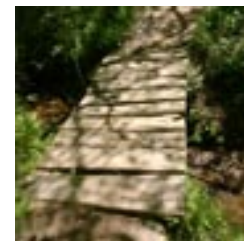
Finally, we want to provide useful tips to help you, or a loved one, to cope with the stressors of

everyday life - thereby **supporting health in a holistic way**. We firmly believe that a healthy lifestyle, combined with nature's wealth of resources, can **help you achieve optimal health and balance**.

# Crossing a Midlife Bridge

## *How Menopause Can Affect Your Mood*

Change can be a wonderful thing; but not all changes are welcomed, especially when it's "**the change**" and can cause havoc in a woman's body and emotional state.



Studies show that by age 51 the *average* woman is entering menopause - between 47 and 55 is normal - and **nearly 20 percent of these women will experience symptoms of depression and/or anxiety**... that's 1 in 5 women.

Just because the changes women experience in their bodies are natural and normal doesn't mean **symptoms of perimenopause and menopause** are easy to cope with -- especially when juggling work, family, and social obligations.

### Some of the most common symptoms are:

- Hot flashes
- Anxiety
- Depression
- Loss of libido
- Mood swings
- Weight loss or gain

Experts believe **women are especially susceptible to developing symptoms of depression** during the years leading up to menopause, known as *perimenopause*.

Numerous studies have shown that hormonal changes occurring at this time (such as lower levels of estrogen) are in many cases responsible for causing this change in emotional state.

Sometimes, it may even be the depression that is responsible for other **symptoms of perimenopause** or menopause, such as a change in sleep patterns, [low libido](#), loss of appetite, and [fatigue](#).

Although sadness is a normal reaction to certain situations in life, melancholy that is unabated after a certain period of time (and that interferes with daily activities) may be caused by [depression](#). If depression is suspected, there are a number of **natural options to**

**boost energy levels, brighten mood and promote well-being.**

When depression is accompanied by [anxiety](#), other problems may arise. Anxiety may manifest itself as a vague feeling, or as severe agitation where control of emotions is lost.

**Physical symptoms of anxiety** include rapid heart beat, palpitations, and shortness of breath. Sleep problems, weight loss or [weight gain](#) can further aggravate symptoms. It is essential to **diagnose both anxiety and depression** early on, since these ailments can cause numerous other health problems if

left untreated.

Hot flashes are one of the most difficult symptoms to cope with for some women during the onset of menopause. It is estimated that approximately **75 to 85% of American women experience hot flashes during menopause.**

Hot flashes can be felt as an abrupt warm feeling or intense heat that radiates over the body, creating a flushing that is especially noticeable on the face and upper body. **Hot flashes are considered a normal** natural occurrence, and are the body's way of reacting to a **decreased supply of the hormone estrogen.**

Due to the *timing* of menopause - with perimenopause generally beginning in the mid 40s - it is usually associated with other drastic changes in a woman's life, such as children leaving home for college or university, marital changes, and possibly even the loss of a loved one like a spouse or parental figure. Healthy [stress](#) management is essential to better **cope with symptoms of menopause.**

There are many natural alternatives to make coping with **depression, anxiety and hot flashes during menopause** easier:

- **Diet:** Eating a balanced diet with plenty of fruits, vegetables, whole grains and lean meats will do wonders to help regulate mood.
- **Promote Sleep:** Since lack of sleep can further aggravate symptoms, encourage sleep naturally with the help of natural herbs such as chamomile.
- **Exercise:** Physical activity promotes the release of "feel good" neurotransmitters such as serotonin which elevate mood, as well as reduces the hormone associated with stress and depression, cortisol.
- **Find support:** Time with friends and family is especially crucial to endure this difficult period.

**Natural remedies combined with lifestyle changes** can help make the midlife transition easier for all women, but especially for those experiencing feeling of anxiety and/or depression.

With the right mindset, this time of a woman's life can be seen as a catalyst for personal growth and discovery. And of course, with a **balance in mental and physical systemic health**, the body can

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better manage the life's challenges.

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*"When I went to my doctor she said that I was starting to go through the menopause – I am 41 years old. She told me about **[MellowPause]** and I tried it. I take it every day and I feel fine – my moods are normal, thank goodness!" - Belle, Canada*

*"This product works! ...My body became more responsive... **[Thanda Passion Booster]** works, and you should definitely try it if you are looking to enhance your sex life! Taking this product has been wonderful for our marriage! " - Elizabeth, WI, USA*

*"I am going through the 'change of life' so I started taking **MellowPause** 9 days ago; for the past 5 nights I have had no hot flashes and have slept like a baby. I thought that menopause was going to be relatively easy for me because I had not yet experienced the HOT flash. Sure, I had asked on more than one occasion "Is it hot in here or is it me?" but there is no question when my head feels as though hot sticky liquid is slowly being poured over my scalp then rolls down by chest and back; when perspiration is everywhere in seconds, then I do not need to ask if it is me, I know it is me. Remember, good nutrition, exercise, and hydrate too. Sincerely and with best wishes for your health" - Maureen A.*

**Serenite-LT™** Maintain a healthy sleep cycle and regular deep, satisfying sleep

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## Does Male Menopause Really Exist?

While menopause is a very common term, both readily accepted and generally understood to be a normal part of a woman's life, **"male menopause" has become somewhat of a flippant phrase** and nearly an urban myth.

Similar to the decline in estrogen experienced by perimenopausal women, **men also experience a decline in testosterone** as they approach midlife.



This period in a man's life is actually known as **male menopause or andropause**, and it generally occurs between the ages of 40 and 55. It is estimated that **about half of men above the age of 50 experience symptoms**.

The U.S. medical community has only recently taken notice of this condition, although the *Journal of the American Medical Association* published the first study on **male andropause** in the 1940's.

Low levels of testosterone are considered by experts to be responsible for symptoms such as [mood swings](#), depression, anxiety, low libido, weight gain, [sexual dysfunction](#) and fatigue.

Physiological symptoms of andropause include:

- Insomnia
- Fatigue
- Decreased or increased appetite
- Changes in body mass (decrease of muscle and increase in fat)
- Decreased bone density
- Anemia

Symptoms of andropause that affect cognitive functioning include:

- Depression
- Anxiety
- Mood Swings
- Apathy
- Irritability
- Decreased concentration
- Decreased short term memory

Since andropause is diagnosed by measuring the levels of testosterone in the blood, a common problem today is that **men suffering from symptoms of andropause** are being treated for other medical conditions that display similar symptoms.

For example, a man experiencing symptoms of andropause may be diagnosed with depression and therefore prescribed an antidepressant. But this does not take a holistic approach to the

**Related Products**

problem (or may not even address the root cause of the problem), and the antidepressant may even aggravate other symptoms accompanying the andropause such as loss of libido.

**Compulsive behavior**, most typically exemplified with extravagant purchases and even the dissolution of marriages, is another aspect of male andropause. This is also often attributed to a "midlife crisis". Often joked about, this change can now be linked to a specific physical change in the body.

Thankfully, there are ways to cope with these symptoms of andropause in a holistic and natural manner. Experts recommend that **men experiencing symptoms of andropause** increase exercise, limit alcohol intake, and maintain a healthy diet. It is recommended to consult a medical practitioner for the best way to increase physical activity safely according to personal levels of health.

Natural remedies for specific symptoms of male menopause, such as ginkgo biloba, act as a vasodilator and can help the **loss of libido and sexual functioning in men**.

Siberian ginseng is another highly prized **natural energy booster** that aids circulation, supports natural vitality and acts as an overall systemic supporter. It can also combat stress and is a supportive tonic for healthy adrenal hormones.

Centella asiatica is yet another **natural energy tonic** that has been used for many centuries to **promote healthy energy levels and stamina**.

Regardless of age or health condition, it is possible to facilitate both mental and physical well-being by using the remedies nature provides to promote health naturally and holistically. Once systemic balance is achieved, it will become easier to embrace the triumphs and manage the challenges that occur during each period of life.

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*"First time ever writing some sort of testimonial, but i just had to on [Ikawe]. I'm 44 and do not have a problem with the ladies, but wanted to see if I could enhance an already strong libido and*

performance. Oh my goodness!! After a week and a half this is

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ridiculous!!! I mean it. I exercise about three times a week and am

in some good shape so I thought I would not notice any change. Oh my goodness!!! My poor wife is telling me something is wrong with you!! You just had some yesterday!! LOL!! Really, this product has done the job!!! I also use PureCalm - mixed both in water. Fellas, try this stuff out it is the real thing!

Thanks Native Remedies ...I need a cape now!" - **Gary, NJ, USA**

"I am a very keen sportsman and take my sport very seriously. I have tried many products that claim to boost energy levels and have never been very impressed until I tried **Fatigue Fighter**. After only two weeks I began to notice that I could exercise longer and harder than ever before without becoming tired. It was as if the medicine supplied an extra store of energy inside me that just kept me going and going. I also find my mood has improved and I walk around with a bounce in my step and a smile on my face. Thank you for an excellent product!" - **Colin**

"I am not as active as before, although I try and walk a little with the dogs every day! I have been very pleased with the results of ...[**Nerve Tonic**], which relaxes and helps me. Thank you for answering all my questions!" - **George, B.C**

## Tips for Successful Midlife Management

Both men and women experience changes as they move from their mid 40s into their 50s and onward. Sometimes *change* isn't necessarily welcome, nor is it always easy to cope with. There are ways to help ease the transition:

### Seek the support you need

It is not uncommon for men and women in midlife to have the responsibility of caring for elders, as well as their own children. This can many times become overwhelming. It is therefore essential to receive the help you need when it comes to housekeeping, preparing meals and other daily tasks. Don't feel pressured to do it all yourself.



## Establish an exercise routine

The benefits of exercise on physical and mental health are well documented. Exercise promotes well-being by releasing the body's mood-elevating compounds, and reducing the depression and stress hormone cortisol. It also provides a feeling of accomplishment and is a self-esteem booster, as well. Walking, running, swimming, and skating are some examples of accessible forms of exercise.

However, never start a new exercise routine without first consulting your doctor.

## Learn healthy stress management techniques

Stress can impact all areas of life and even intensify symptoms of a pre-existing ailment. Midlife is often associated with stressful events such as children leaving home, loss of a parent, caring for a parent, and/or marital changes. It is important to identify stressors that you can avoid (such as trying to do too much). Relaxation techniques such as mediation and breathing exercises can help promote inner calm. Yoga is also very beneficial for lowering stress levels.

## Promote sleep

Irregular sleep patterns can make anxiety and depression worse. Bedtime rituals such as reading, meditating, listening to a soothing cd, or taking a warm bath can help you ease into restful sleep. Nature also provides us with a number of herbs that naturally promote inner calm and facilitate restful sleep without the risk of side effects.

## Make necessary dietary and lifestyle changes

A balanced diet is the foundation for optimal physical and mental health. Also, limiting the consumption of refined sugar, caffeine, alcohol, and chocolate may help.

## Spend time with others

When overwhelmed or depressed, an individual may feel like withdrawing from others, including family and friends. However, spending time with loved ones helps to gain perspective.

## Give yourself a break

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Even if only for 1 hour each day, it's important to take some time to be by yourself and relax.

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