A Naturopathic Approach to Menopause

**Hamilton Spectator**

Armstrong Health in Ancaster encourages you to consider how a Naturopathic Doctor can assist you during menopause. If you’re frustrated with symptoms and confused by mixed messages from the media, maybe it’s time to visit an experienced Naturopath. Lara Armstrong is a licensed Naturopathic Doctor who has successfully practiced in Ancaster for over 10 years. Armstrong Health works out of two locations; The Foot Knee Back Total Health Clinic at 3 Wilson Street East in Ancaster and Monarch Laser and Wellness Centre at 15 Empress Avenue in Hamilton.

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The transition from monthly periods into menopause can be a rollercoaster of emotions and hormonal rushes. The symptoms of Perimenopause can last anywhere from six to 13 years. When a woman enters menopause, estrogen also declines and can result in hot flashes, night sweats, vaginal dryness, digestive changes (diarrhea, constipation, bloating), genitourinary changes (urinary tract infections), mood changes, skin changes and memory issues. These symptoms result from lack of estrogen, while perimenopausal symptoms (insomnia, mood swings, and headaches) are caused by declining progesterone levels.

The symptoms associated with menopause can be very distressing for women. Fear not - there is good news. There are ways to stabilize your hormones so that you will feel comfortable, rested, happy and healthy.

_Armstrong Health 3 Wilson St. E Ancaster, On L9G 2B3 905-304-6556_
Exercise is an effective way to minimize the effects of hormonal dips and surges. Healthy body - healthy mind. Nutrition is also key. A Naturopathic doctor will explain the interconnections between symptoms, nutrition, supplements and lifestyle. For example, adding flax seeds to your daily diet in a smoothie or salad can help balance estrogen levels. Flax contains lignans that are a form of phytoestrogen. Additionally, flax also contains omega 3 fatty acids, antioxidants and is a great source of fibre.

Dr. Lara Armstrong received her training in Naturopathic Medicine from the Canadian College of Naturopathic Medicine (CCNM), graduating in 2004 and received her undergraduate training from the University of Guelph. Call Armstrong Health today to book an appointment at 905-304-6556. Join us on Facebook for helpful wellness tips.

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