

# Menopausal Symptoms

## What Are Menopausal Symptoms, and What Causes Menopause?

Menopause refers to the time of cessation of a woman's reproductive ability. It is a natural biological process, which ends a woman's menstruation and fertility permanently. It occurs about 12 months after her last menstrual period.

Periods can stop for some time and then start again, so a woman is considered to have been through menopause only after going for one year without periods. Menopause can happen in a woman's 40s or 50s (the average age is 51 in the United States).

### Some symptoms of menopause include:

- Irregular periods
- Hot flashes
- Mood changes
- Osteoporosis
- Changing feelings about sex
- Trouble sleeping
- Vaginal and urinary problems
- Trouble focusing or forgetfulness



**“Been getting hot flashes, having bad moods, trouble sleeping, and focusing due to menopause. Since I’ve taken Serranol and Nascent Iodine and cut down on starchy carbs, I’ve been managing it much better. Thanks so much.”**

**- Linda C., United States**



*Follow the Health Plan as recommended for the best results:*

## MENOPAUSAL SYMPTOMS HEALTH PLAN

The following health plan is designed to provide relief for menopause symptoms and to improve overall health. When this plan is combined with a naturally healthy lifestyle, it's possible for improvements to be seen in just a few short weeks.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support women's health - in order of priority:*

- [Serranol](#) - Take 2 x 3 times a day, 30 minutes before eating a meal with water. Reduce to 1 x 3 after 2 weeks.
- [Prescript-Assist - 29 Super Strain Probiotic](#) - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 3 times per day. An effective supplement for supporting the gut immune system and maintaining a healthy GI tract. **(See [www.Probiotic29.com/studies](http://www.Probiotic29.com/studies).)**
- [NatraGest Progesterone Cream](#) - Apply 1/4 to 1/2 a teaspoon daily to skin. This regulates and balances hormone levels.
- [Nascent Iodine](#) - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- [Active Life Capsules](#) - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.