

Menopause Solutions

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Menopause - Natural Solutions That Really Work! The 5 Best Menopause Books You Should Be Reading in 2021 | Heather Hirsch MD [How menopause affects the brain](#) | [Lisa Moseconi](#)

Hormone Repair Manual | Book Review + What You Should Know About Perimenopause [TREATING PERIMENOPAUSE SYMPTOMS IN YOUR 40'S TO FEEL AMAZING](#) [Endometriosis and Peri Menopause with Anne Marijke Gerretsen](#)

Suzanne Somers: The natural hormone solution to enjoy perimenopause [Boost Your Sex Drive!](#) | [Menopause Treatment](#)

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When it comes to sexual health, vaginal dryness can often get in the way of enjoying a happy sex life and it can become a painful issue when it's not addressed. Luckily, there are plenty of solutions ...

Enhancing and Maintaining Your Best Sex Life: What Causes Vaginal Dryness and What Are Your Solutions?

It's not easy finding the right solution for menopause symptoms. Hormones provide effective treatment for many menopause symptoms, but the majority of women either can't or won't use hormones ...

Cannabis for Menopause Symptoms

But taking your stage of life into account when embarking on an exercise regime could. "Our strongest recommendation for people undergoing menopause is strength training," says Heagney, right on cue.

How To Exercise Effectively When You're Going Through The Menopause

Menopause Expert Clarissa Kristjansson joins the podcast to chat about her peri-menopausal journey and her experience with anxiety. Her weakest link became her greatest strength as she discovered ...

Menopause Natural Solutions

Hot flashes, mood swings, night sweats, vaginal dryness—all can be the result of nosediving estrogen levels. Some herbal supplements show limited success in decreasing some of those symptoms, but your ...

What the Science Says About Menopausal Supplements

Three British women have revealed how their severe menopause symptoms affected their mental and physical health, and left them unable to cope, and how they bounced back.

The devastating cost of the menopause: Women reveal how they lost jobs, split from partners and fell out with loved ones while battling dementia-like brain fog, acute anxiety ...

In October, high-street retailer Timpsons caught media attention for offering to pay for menopausal employees' HRT subscriptions. According to NHS guidance, the treatment is extremely effective at ...

Should employers pay for HRT to help with menopause?

There's still a lot of stigma when it come to women and aging, but a Minnesota woman is hoping to change that conversation and give women some helpful products to ease a tricky time in life.

Women Spend On Average A Third Of Life In Menopause; Minnesota Woman's Products Aim To Remove The Stigma

The Theramex portfolio now includes a safe and effective non-hormonal option to treat menopause symptoms through the scientifically supported DT56a natural compound, recommended by gynaecologists ...

Theramex Enters OTC Market with Femarelle®, a Non-hormonal Option to Treat Menopause Symptoms

Sally Mueller had an "a-ha" moment during her own experience with menopause. The brand strategy expert, who worked for Target, realized there just weren't modern solutions for dealing with menopause.

Minnesota Woman's Products Aim To Remove The Stigma Around Menopause

Theramex inks pact with Se-cure Pharmaceuticals to market non-hormonal therapy, Femarelle to treat menopause symptoms: London Tuesday, November 16, 2021, 12:00 Hrs [IST] Theramex, ...

Theramex inks pact with Se-cure Pharmaceuticals to market non-hormonal therapy, Femarelle to treat menopause symptoms

Theramex, a company dedicated women's health, recently acquired the Femarelle® product licence to treat menopause symptoms. Femarelle will be available in different markets from the 2nd quarter of ...

UAE - Theramex Enters OTC Market with Femarelle®, a Non-hormonal Option to Treat Menopause Symptoms

The most common symptom of the menopause is hot flashes; according to the American Congress of Obstetrics and Gynecology (ACOG), approximately 75% of menopausal women in the United States experience ...

Caffeine aggravates hot flashes reports new study

As most women of a certain age can testify oops moments are real - that annoying little dribble of wee when you laugh or sneeze creeps up on us all.

Fenland woman hopes chair will help solve incontinence issues for area's women and men

Rout searched everywhere for a thoughtfully designed, stylish pill case to keep her medication and was disappointed to find plastic, highly medical options on the market. "In a world where you can buy ...

After Beating Cancer This Entrepreneur Is Removing The Stigma Around Taking Medication

Inspired by black lung research, a new company has developed anti-aging products that intervene before free radicals can be formed, and Nordstrom is now on board.

From coal mine to cosmetic aisles: i-On Skincare brings new tech to anti-aging space

Embr Labs, the leading thermal health company for menopause, today announced the appointment of Dean Marcarelli as Chief Revenue Officer. Marcarelli will oversee the company's expansion strategy for ...