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Natural Ways to Reduce the Symptoms of
Menopause

Menopause begins in the late 40s or early 50s for most women and it usually lasts for a few years. During this time, at least two-thirds of women experience symptoms of menopause.

Here are some natural ways to reduce the symptoms of menopause:

Eat Foods Rich in Calcium and Vitamin D.

Hormonal changes during menopause can cause bones to weaken, increasing the risk of osteoporosis. Calcium and vitamin D are linked to good bone health, so it's important to get enough of these nutrients in your diet.

Many foods are calcium-rich, including dairy products like yogurt, milk and cheese. Green, leafy vegetables such as kale, collard greens and spinach have lots of calcium too. Additionally, calcium-fortified foods are also good sources, including certain cereals, fruit juice or milk alternatives.

Sunlight is your main source of vitamin D, since your skin produces it when exposed to the sun. However, as you get older, your skin gets less efficient at making it. If you aren't out in the sun much or if you cover up your skin, either taking a supplement or increasing food sources of vitamin D may be important. Rich dietary sources include oily fish, eggs, cod liver oil and foods fortified with vitamin D.

Achieve and Maintain a Healthy Weight.

It's common to gain weight during menopause. This can be due to a combination of changing hormones, aging, lifestyle and genetics. Gaining excess body fat, especially around the waist, increases your risk of developing diseases such as heart disease and diabetes. In addition, your body weight may affect your menopause symptoms.

Eat Lots of Fruit and Vegetables.

A diet rich in fruits and vegetables can help prevent a number of menopause symptoms. Fruits and veggies are low in calories and can help you feel full, so they're great for weight loss and weight maintenance.

Avoid Trigger Foods.

Certain foods may trigger hot flashes, night sweats and mood swings. They may be even more likely to trigger you when you eat them at night. Common triggers include caffeine, alcohol and foods that are sugary or spicy. Keep a symptom diary. If you feel that particular foods trigger your menopause symptoms, try to reduce your consumption or avoid them completely.

Eat More Foods that are High in Phytoestrogens.

Phytoestrogens are naturally occurring plant compounds that can mimic the effects of estrogen in the body.Therefore, they may help balance hormones. The high intake of phytoestrogens in Asian countries such as Japan is thought to be the reason why menopausal women in these places rarely experience hot flashes. Foods rich in phytoestrogens include soybeans and soy products, tofu, tempeh, flaxseeds, linseeds, sesame seeds and beans.

Drink Enough Water.

During menopause, women often experience dryness. This is likely caused by the decrease in estrogen levels. Drinking 8–12 glasses of water a day can help with these symptoms. Drinking water can also reduce the bloating that can occur with hormonal changes.

Eat Protein-Rich Foods.

Regularly eating protein throughout the day can help prevent the loss of lean muscle mass that occurs with age. In addition to helping prevent muscle loss, high-protein diets can help with weight loss because they enhance fullness and increase the amount of calories burned. Foods rich in protein include meat, fish, eggs, legumes, nuts and dairy.

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