

MENOPAUSE AND ANTIAGING



If you are looking out for menopause and antiaging solutions, try to know first the changes that usually happen in the body with menopause. Menopause is inevitable. For some women it may be advanced due to problems with their reproductive system. Menopause triggers a number of interesting changes in the body, and most of them are initiated due to hormonal changes in the body, particularly estrogen.

Menopause and antiaging are closely

related. The mind and body of a menopausal woman age fast. Several signs and symptoms show up such as mental dullness, overweight, lacklustre skin and general indifference. That is why women are keen to find out menopause and antiaging solutions. Obviously the first thing is good dieting. Protein-rich diets plus vitamin and mineral supplements are recommended. Soy is a good source of protein and plant-based estrogen.

So soy preparations must be consumed regularly. Fat and sugar intake must be minimized. The next thing about menopause and anti-aging is good lifestyle. Be in the company of family and friends and try to find out pleasure out of their company. Do some exercise regularly. Exercise alters secretion of many mood-elevating hormones, apart from keeping you fit and full of strength. Smoking and alcohol consumption must be drastically minimized. And finally in your basic solutions for menopause and anti aging, take good care of your skin. The aging symptoms show up on the skin first. So by regular skincare-cleansing, moisturizing, exfoliating and messaging - you can keep your skin healthy and youthful and keep off the negative effects of menopause.