Top 10 NLO|Menopause Articles of 2015

by NEWLIFEOUTLOOK TEAM

10. Managing Menopause Facial Hair

Have you been finding stray hairs in new and unusual places on your face? Read these ideas for managing menopause facial hair.

9. Menopause and Cramps

During perimenopause, period pain can worsen. Consider these tips for coping with menopause and cramps and easing the pain.

8. Divorce During Menopause

Many divorces occur during the menopause years. Because of this, finding ways to improve your physical and psychological symptoms is essential.

7. Dealing With Menopausal Breast Pain

When it comes to menopause and breast pain, which around 70% of women report, there are some things you can do to help ease the discomfort.

6. The Men’s Guide to Menopause

It's important do what you can to understand and empathize with what your wife or partner is experiencing as she goes through this difficult change. Here's what you need to know.

5. The Link Between Stress and Menopause

Chronic stress can have serious consequences, especially during menopause. Learn about the link between stress and menopause and how to manage it.

4. 15 Fabulous Herbs for Menopause

There are many beneficial herbs for menopause treatment that will help relieve symptoms and improve your overall health.

3. Menopause and Fatigue

If you are going through menopause and feel chronically tired, you are not alone. Many women experience menopause and fatigue as their bodies change. Fortunately there are several things you can do to boost energy levels and enhance vitality.

2. Heart Palpitations and Menopause

Did you know heart palpitations and menopause can be connected? Fluctuating hormones can cause your heart to beat very fast or irregularly.

1. Menopause and Anger

Unfortunately, menopause and anger go together like cheese and crackers. Afra shares her tips for getting control of your menopause-related rage.