



## Top 10 NLO Menopause Articles of 2014

by NEWLIFEOUTLOOK TEAM

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### **Early Signs of Menopause**

Are you noticing the early signs of menopause? There's a lot you can do to stay comfortable, healthy and informed about the changes ahead.

### **Smoothies for Menopause**

Smoothies not only act as a great meal replacement, but with the right ingredients, they are also great at reducing the symptoms of menopause.

### **How the Body Confuses Menopause and Anxiety**

During menopause, the body can get menopause and anxiety symptoms confused. Find out how you can prevent anxiety from taking over.

### **Foods For Menopause**

Going grocery shopping soon? Why not purchase some foods for menopause that will ease your symptoms? Here's a great grocery list to get you started.

### **Supplements for Menopause**

Menopause symptoms can be difficult to deal with, but these healthy supplements can help ease their impact and make life easier.

### **Gardening to Get Through Menopause**

Why not plant a garden full of great foods for menopause? The fruits (and vegetables) of your labor may help to improve your health.

### **Healthy Salads for Menopause**

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Take some time to evaluate your diet. How many fruits, vegetables, nuts and seeds do you consume? Eating healthy will help to minimize menopause symptoms – try these healthy salad recipes.

### **Maintaining a Healthy Weight During Menopause**

One third of overweight women between fifty and fifty-nine are overweight because of physical changes during menopause linked to an increase in body weight.

### **Symptoms of Menopause**

There are many symptoms of menopause you may notice, including irregular periods, hot flashes and insomnia. Learn more about these and other. symptoms [here](#).

### **Natural Estrogen Replacements**

A number of herbs and supplements act as natural estrogen replacements, including soy, kava and evening primrose oil.