Top 10 NLO Menopause Articles of 2014

by NEWLIFEOUTLOOK TEAM

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

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.