



# 7 Menopause Myths



**Sheri Goddard**

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## Introduction

Thank you for downloading the "7 Menopause Myths".

Before we get into the menopause myths, I think it is important that you know who I am, the reasons I care about your health, and why I wrote this book.

My name is Sheri Goddard and I am a Professional Health and Wellness coach.

I help women who are going through menopause or about to go through menopause.

I have done that myself and wish I knew then, what I know now.



For as long as I can remember, I have always been involved with my own personal health and well-being.

Even before it became "in vogue," I always looked for "natural" and alternative solutions to health, appearance, and energy challenges that I faced.

As an Esthetician and salon owner, I had been teaching women and coaching them about how to improve their skin and their diets.

Even as a young adult, people I worked with would seek me out for my advice and recommendations to some of their health issues.

This began my career as a coach, mentor, teacher, and author on the subject of natural health and wellness.

As I turned forty two years old, I remember I began noticing some changes taking place in my body.

First my periods became irregular. Then my joints began to ache.

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When I laughed too hard, there was the occasional, embarrassing incontinence.

Only "old" people did that!

I thought something was seriously wrong. I knew I was too young to be starting the "life change" as my Mom always called it.

Gradually I began the hot flashes and the night sweats too. I began noticing the decreased libido and vaginal dryness.

It was becoming obvious as to what was going on, but I wanted confirmation.

I made a special appointment with my Gynecologist. I had been going to her for years, I liked her a lot and I knew she would shoot straight.

Well, to confirm my suspicion, she said that it was the beginning of my menopause. I was not too young to start menopause. She wanted to give me a prescription for hormone replacement therapy. I took it with me but I really felt like I needed to do some research on my own before having this filled. I had to know in my heart that it was going to be the best choice for me.

She didn't ask me about which supplements I was taking, what my diet was like, or if I was exercising.

She didn't seem to relate my lifestyle with any of my symptoms.

Did my Doctor really believe that HRT was my best choice? I guess she did because at that time, HRT was the rage for almost all women going through menopause.

My grandmother was a hypochondriac who took a variety of drugs which her Doctor knew about, but was apparently powerless to stop her from taking. The outcome is that she died from mixing her drugs and since then, I have been wary of taking medication, whether prescribed or not.

Questions began to plague me.

- Why didn't my Mom have to take any hormones and she got through menopause just fine?

Oops, now that I think about it, her Doctor DID write her a prescription, but it gave her headaches. So, they both agreed she should stop taking it.

Okay, I know I am not my Mom, but why would I need to take HRT?

- Why is this happening to me at such a young age?

- I have heard that when Estrogen declines, you can get certain types of cancers. What if I get cancer?

- What about my bones, are they going to get real brittle, am I going to get Osteoporosis unless I go onto HRT?

- Am I going to age faster unless I go onto HRT?

- Will it protect me against strokes?

- Is my skin and vagina going to dry up unless I use HRT?

- Some information says that menopausal symptoms are only temporary. Is that true?

- Will I ever be interested in being intimate with my husband again?

- How come other cultures in other countries, women don't have the problems with menopause that we seem to have?

It sounds silly now, but I had a huge concern whether I was going to get through this change and still be okay, physically, mentally and spiritually.

This is why I created this e-book just for you - so that you can see that there is false information that has either been handed down by relatives or friends, the pharmaceutical companies, or even the Medical profession.

There is plenty of information out there, but a lot of it is not true. A lot of it is to keep us in fear and to not think for ourselves. But it doesn't have to be that way. I have done the research for you.

This E book will describe some of the common myths that keep you fearful about Menopause and the years after and it gives you the truth about each myth.

I hope it helps take away the confusion and makes you more empowered instead of fearing the changes that are taking place in your body. Like some Doctors, I believe it is a natural part of life.

As you continue your knowledge and education regarding menopause, I encourage you to visit my website and check out the many resources I provide for you.

You likely signed up for this book on my website, but if you didn't, check out **The Menopause Coach**.

[www.menopausecoach.com](http://www.menopausecoach.com)

You may also want to subscribe to my free daily health tips at the **Menopause Minute**:

[www.menopauseminute.com](http://www.menopauseminute.com)

You can also check out my newest book: **"Your Beginner's Guide To Menopause"** at:

[www.beginnersguidetomenopause.com](http://www.beginnersguidetomenopause.com)

Now, on to the 7 Menopause Myths:

## **Myth #1 - Menopause is a Medical Condition and it Must be Treated with Medicine.**



The experts say menopause is puberty in reverse. The body is going through many emotional and physical changes during puberty as it is during menopause. It is a natural process introducing you to the rest of your life in a different way.

No more periods, cramps or problems with birth control to worry about. Think of it as a new beginning!

Hormone Replacement Therapy is not the only way to relieve menopausal symptoms.

It can be very effective in doing this but you have to weigh how bad the symptoms are to the risks involved in taking hormone replacement therapy (HRT.)

Other women found that using certain herbs or adopting a healthier lifestyle is effective in relieving symptoms. Studies show that eating healthily and staying fit (consistent exercise) help immensely toward keeping your body and mind healthy without having the same levels of estrogen they used to rely on.

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Take the time to experiment with complementary and alternative remedies to help rebalance the body around its new hormonal state. There are ways to prevent and treat your menopausal symptoms naturally without resorting to HRT (hormone replacement therapy.)

The benefits and risks of HRT continue to be challenged in research findings, and there is controversy regarding the percentage of women who may benefit from it, the length of time for using it and the method of treatment.

With this much uncertainty, it is no wonder why thousands of women are choosing to take control of their menopause situation by using natural methods instead of seeing it as a crisis that requires medical attention.

Some of the natural alternatives to check out first are: acupuncture, herbal remedies, aromatherapy, homeopathy, traditional Chinese medicine, Chiropractors, and Osteopaths.

Try one or a combination of these to see what works best for you. Massage, yoga, meditation and Reiki are great relaxation techniques which include many other benefits too. These will be very beneficial in helping you to learn to nurture yourself and achieve deep relaxation.

After years and years of hearing the hype about all women need to go onto hormone replacement therapy, it is a pleasant surprise to know that there are alternatives to HRT and it is okay if you want to explore them first.

I highly recommend doing that. Some women have no symptoms, with no discomfort while going through "the change" and therefore have nothing to treat.

Less than half of all women do experience symptoms we associate with menopause. They are temporary and go away in their own time, so you may not even need any type of intervention.

## **Myth #2 - You Lose the Urge to Have Sex After Menopause**



The end of fertility does not mean it is the end of sexuality. Some women hit their sexual stride in their forties and fifties and actually find having sex more enjoyable after menopause. They even feel sexier than ever. You and your partner may have more time to spend with each other instead of rushing through the process and may have the chance to “get to know” one another again.

There is no rule that says sex stops after fifty years of age. Many women find that it actually begins in a whole new way.

Masters and Johnson conducted a study that demonstrated no link between estrogen levels and libido. Studies show that only a small percentage of women who have gone through menopause report a lack of interest in having sex. Over half of all women studied, report no decrease in sexual interest at all after menopause.

In 2004, AARP (American Association of Retired Persons) did a study showing half of men and women 45 years and older, say they enjoy their sex lives, and many say they enjoy sex “now more than ever.”

If you haven't taken very good care of yourself over the years, then the chances of you having more symptoms and in a more severe manner may increase as you approach menopause. If you are experiencing symptoms, (like headaches, hot flashes, disturbed sleep patterns, and other occasional

symptoms,) then it may be less likely for you to be interested in sex anyway.

Female orgasms are beneficial to a woman's health in many ways, but they also can be the cause of frustration and feelings of inadequacy.

Women should be educated on the health benefits of orgasms (below), as well as how to have a healthy attitude towards sex and intimacy to improve the ability to achieve one.

Research shows there are many benefits for women who experience orgasms on a regular basis. Regularly reaching climax can help reduce stress by the release of "feel good" hormones called endorphins which relax the parts of the brain that cause fear and anxiety.

Orgasms help you lose weight by releasing phenethylamine (a chemical that is known to curb the appetite) and serotonin, which has a calming effect on cravings for junk food. They can reverse aging by increasing the level of DHEA (dehydroepiandrosterone) in the body which is known to improve brain function, fat metabolism, the immune system, and the cardiovascular system, as well as promote healthy skin.

Orgasms have been linked to boosting the immune system. Those who engage in regular sexual activity have been found to have one third higher levels of immunoglobulin A, an antibody that assists the immune system in fighting infection such as colds and the flu.

Vaginal moisturizers can be very helpful. Look for water based ones such as K-Y Liquid, Astroglide, Albolene, and Emerita's Personal Lubricant (which contains a number of soothing herbal extracts). These can be found in Health Food stores or pharmacies.

Women can educate themselves about what kinds of physical symptoms and changes they may experience sexually during menopause and be prepared to deal with them (still remaining sexually healthy.)

The more familiar you are with them, the better you will be able to work with your body when the time comes.

### **Myth #3 – Age Thirty to Forty - Too Young To Be Menopausal**



The most common ages of women beginning menopause is between forty-five and fifty-five years old. The average age is fifty-one years old. Women can even be younger and start the process of “change” but it is not as common. But it is considered “normal” for this particular woman at that time.

The timing varies from woman to woman.

Having the symptoms such as hot flashes, sleep interruptions, mood swings, etc. will usually occur before menopause actually starts. (Officially, menopause is when you have no more periods.) These changes would be described more as perimenopause.

The fluctuating hormone levels are leading up to menopause. This can go on for up to ten years and not be unusual. Perimenopause usually starts between the ages of 35 and 50 years.

It is important to keep your Health Practitioner informed about your periods, because at this young age (in your thirties) skipping periods can also indicate medical problems.

**Premature menopause** is when women go through menopause in their thirties. This timing is considered unusually early, but for you it may be “normal.”

**Medical menopause** refers to menopause induced by chemotherapy, radiation, anorexia or other factors.

**Surgical menopause** refers to menopause induced by surgery. Removal of both ovaries results in immediate, nonreversible menopause. (Surgical removal of your ovaries can be traumatic for your system; you will go straight into menopausal symptoms such as hot flashes.)

Surgical or treatment-induced menopause or a diagnosis of premature ovarian failure does often instigate a period of grieving and this can sometimes lead to depression. Professional counseling (therapy) is a way to discuss and deal with our feelings and fears in a nonjudgmental and supportive way.

Many women going through sudden or early menopause find it helpful to connect with others in the same situation. Sharing your experiences and how you feel with other women in a support group, or with a trusted friend can help you feel you are not alone.

Forums and support groups online are growing and constantly evolving.

Some women expressed early menopause to be like a wakeup call. They recognized they needed and wanted to make some healthier changes in their lives before moving forward.

Women who have undergone sudden menopause may be less interested in the “natural” remedies than other women who go through menopause later in life. However, they found they were able to integrate various techniques which allowed them to manage menopausal changes more easily and use lower doses of medications to achieve relief.

## **Myth #4– Most Women Get Really Depressed During Menopause**



Studies have shown that younger women in their “procreation” years have more depression than those going through menopause.

The study also showed that as women passed through the menopausal transition, negative moods actually became less frequent. However, women around the menopausal age may have more stresses put upon them than ever before.

They may have aging parents who require more care, and children still at home or not at home who may need extra help.

Other stresses like dealing with an unreasonable boss or co-workers, looking for a job or even losing a job will make life’s challenges more difficult to cope with.

Women with severe physical symptoms (such as hot flashes and night sweats) were found to have higher rates of depression, as did women with other health problems or a history of depression before starting menopause.

So while depression can be a problem during menopause — as it can be at any time of life — menopause *on its own* does not actually cause depression.

With all the changes going on at this time, it would be a great time to engage in some physical activity and exercise so that you can become more

physically fit. It can relieve many of the physical and mental/emotional symptoms that come with the "change." (Irritability, anxiety, mood swings, decreased libido, depression)

One study I read about says, "Running is more effective than using psychotherapy for reducing depression, and the results aren't that difficult to believe." You have heard of a runner's high. Physical activity helps the body release endorphins, substances that naturally relieve pain and elevate your mood.

The book, *Our Bodies, Ourselves: Menopause* says, " Over the past fifteen years there has been a dramatic increase in the number of people taking drugs for depression (women outweigh men). Most people think and the pharmaceutical companies would have us believe that these medications are a cure-all for depression. However, research trials have shown them to be only slightly to moderately more effective than placebos.

Once you are on these meds, getting off is another story. Discontinuing these drugs can cause withdrawal symptoms which include a worsening of depression, appetite changes, insomnia and agitation.

If you know someone or you are thinking of going on medications for depression, please make sure you do your research about the drugs and side effects before taking the plunge. Try the alternatives first.

Studies show only 20% of American women get 30 minutes of exercise five times a week.

Activities like jogging or playing tennis will burn lots of calories quickly. Less strenuous activities like raking leaves, vacuuming or gardening, these you would need to do at least for 45-60 minutes at a time to make a difference.

As a Professional Health coach, I recognize that we all know what is best for ourselves and know what we need to do but sometimes we need help to implement these changes into our lives and need the on-going support. I have the tools and resources available for you to track your progress.

## **Myth #5 – I Will Gain a Lot of Weight After Menopause**



Achieving or maintaining a healthy weight tremendously affects your overall health.

The weight gain is commonly seen in people who reach “middle age” of both sexes.

The term “middle aged spread” came about decades ago to describe the tendency of the over- forty body to take on excess weight.

Not everyone gains weight during perimenopause or after menopause and not everyone who does gain weight, gains huge amounts. The majority of women do report weight gain around this time. Even the ones who don't gain weight may see a change in their body shape.

The body's metabolism changes as you move into “middle age.” As you age, your body burns calories much more slowly (some studies say 4-5 %) as each decade passes. Instead of burning off the calories that you eat, the body converts them to fat.

You may feel you eat no more than you were or are actually eating less, but the body needs less fuel to perform the same functions. Most people do

tend to slow down and become less active at the “middle age” time, which will contribute to unwanted weight gain.

There is no medicine more powerful than physical activity. Our bodies are meant to move and when they don't, we may become susceptible to numerous health problems.

Regular moderate exercise can help with the following:

- reduces high blood pressure
- controls weight
- lowers risk for heart disease
- lowers risk for colon cancer and breast cancer
- keeps bones, muscles and joints healthy
- lowers blood glucose and risk for type 2 diabetes
- improves mood and sleep
- relieves stress, anxiety and depression
- boosts energy
- improves self confidence
- helps you look and feel better

If you develop diabetes or joint pain like arthritis, you will tend to move around slower too, which will affect your metabolism.

If you are interested in finding out what you are eating on a daily basis, keep a food journal.

List everything you eat, and the sizes. It can be valuable and it will not fool you. It can show you exactly everything going into your body on a daily basis.

*Pay attention to what you are putting into your body!*

A much safer and more effective way to losing weight, is to make small changes to your eating habits and combine these with increased activity levels.

This is where a coach can help you make these changes by taking baby steps at a pace that is comfortable to you so that these changes will last a lifetime. As a Coach, together we can also set up an exercise program tailored to your needs and desires, and track progress at the same time.

This is the perfect time to look at how you want to live in the coming years of your life. You may decide to become healthier and eat more healthy foods since a young metabolism isn't what you have now. *Eat to live* instead of the attitude, *live to eat*.

## **Myth #6 – My Bones Are Going To Be Brittle**



Exercise is one of the best ways to improve the bone strengthening situation after taking a good calcium supplement. Exercise puts stress on your bones which is good. Stress forces the bone tissue to absorb calcium and promotes *remodeling*, so it gets stronger.

Exercise also stimulates the muscles around the bone so that the muscles get stronger and provide more support for your bones. It also lessens the chance of falling and having a fracture by training the muscles to respond quickly to a trip or accident.

Weight bearing exercises (exercises that put stress on your bones) are one of the best ways to help your body build bone. If you have osteoporosis or your bone density is getting low, the combination of weight-bearing exercises and calcium supplements (with Vitamins D and K and magnesium) will prevent further bone loss. Calcium also helps with regulating your sleep, your moods and helps with proper muscle function.

Good weight-bearing exercises include walking, jumping, ice skating, running, skipping, ball sports, running up and down stairs, digging in the garden, aerobics and tennis. The aim should be for 20 minutes a day, three times a week. (If you haven't been doing any type of exercise program, check with your Health Practitioner before making any drastic changes.)

Some say dairy products are the best source of calcium. If I was going to drink or use milk, I would try to always buy organic to avoid all the

hormones and antibiotics that are in milk. Some people seem to be allergic to dairy but aren't aware of it. And most of us after a certain age are lactose intolerant, meaning we can't digest it properly.

A variety of veggies are calcium rich, but the fiber in vegetables make it harder for the body to extract and use the calcium in them. With a good supplement, you know how much you are getting on a daily basis.

As mentioned, make sure your supplement also has Vitamin D and Magnesium added in.

Magnesium prevents bone loss by playing an active role in bone growth. It also supports nerve cell communication (preventing wild mood swings), helps regulate blood pressure and aids in muscle contraction.

Seek out a knowledgeable Health Practitioner or Health Food store to find out what is recommended. There are big differences in vitamin and mineral supplements, the ways they are processed, etc.

As little as fifteen minutes of sunlight a day can help the body soak up some calcium. Vitamin D is important to your body's ability to absorb calcium and sunshine helps your body make Vitamin D.

Reasons and prevention for falls:

**1-** Poor balance due to weak muscles, low blood pressure, ear problems or other conditions.

**Exercise (or yoga) keeps muscles strong and improves balance.**

**2-** Poor eyesight, making it harder to take notice of hazards such as a bump in your path or a cord in the way.

**Take care of your eyes, getting them tested regularly. Make sure to have good lighting in your home.**

**3-** Footwear.

**Make sure your footwear fits correctly and has good support.**

**4-** Hazards at home-

**Mats, carpets, rugs should lie flat without curled up edges.**

**Make sure electrical cords are not hanging or lying where you walk.**

**5- Bathroom**

**Have handrails to help you in/out of the shower or bathtub**

**Use non-slip mats to avoid wet surfaces**

**6- Hazards outside of the home**

**Uneven pavements, slippery mall floors, steep curbs**

**Keep your yard free of clutter**

## **Myth # 7 – I Will Be Unattractive and Undesirable After Menopause**

It doesn't have to be that way! We have been conditioned to think that we are "dried up and over the hill" when menopause comes to us.

Maybe it used to be that way, but not anymore.



Thanks to all the baby boomers, a greater number of women will be making the transition to menopause than in past decades. Our large numbers have stimulated interest in menopause-related research and treatments.

Women over 50 can be just as vital, beautiful and well-functioning as their younger sisters. Maybe even better, because we don't have to worry about becoming pregnant anymore and in most cases we have more freedom from child care so we can explore our potential and enjoy!

Menopause is not an excuse to let your body and your appearance go! Life is not over. It is a new beginning! It is a time to reinvent you — to take stock, to start fresh.

If your relationship used to be good sexually and hasn't been lately, you can change that.

You are sexy, but you may not always feel sexy, so you have to work at it.

Being sexual is nearly always attitudinal. It is a choice. Your mind has a powerful effect on sexuality and your brain remains your most important sexual organ. Think sexy!

Would you really want to be twenty years old again? Thirty years old again?

Myself, not if I could not know what I know now at this age. I am very happy to leave the past in the past and try to stay in the present where all possibilities lie.

Try to think of menopause in a positive way. You are powerful, wise and have a lot of life experience to offer.

If you are a woman who is emotionally healthy and in a great relationship, you may have to do some work to remain sensual and sexy. When you feel better physically, you feel sexier and that will increase your libido too.

Your experience of menopause and the years ahead will be shaped by things such as your health, your expectations for this time and the expectations for those around you, the way the other women in your life have viewed menopause and midlife, the opportunities available to you in your work life and your personal life at this time.

Of course, you can create more opportunities or create different ones. You have the power to do that.

You have not failed at anything, nor has your body. This is part of life. Be grateful for all the good things in your life. Concentrate on what you *do have*, not what you don't have.

Start writing in a journal, name it your Gratitude Journal and write about the positive things in your life on a daily basis. You will attract more good things to you by doing this.

Menopause can be looked at as a journey or a new path to take if you can allow yourself to be open to its possibilities.

It can be a very positive time in your life and hopefully you will develop awareness in your life so that you can make it the very best possible time for you and your loved ones. Get to know yourself and what you have to contribute.

No matter what your size, shape, percentage of body fat, or BMI, you can start this minute to express gratitude to your body for being the home to

your soul and allowing you to express your uniqueness on the earth at this time.

Try looking into the mirror every morning. Look into your eyes and say to yourself, "I love you. You are beautiful." Keep doing it until you start to believe it. It is true.

## **Closing Remarks**

I hope these seven myths about menopause have made you more aware of the truth, and have helped to calm your mind and given you hope about menopause.

This is just the beginning for you.

Now that you are familiar with some of the myths of menopause, you can learn the truths and alleviate some of the common fears of menopause.

If you would like to learn much more about the whole process of this “natural change” called menopause and understand the real choices you have instead of taking the risk of going onto hormone replacement therapy, then purchase my new book: **“Your Beginner’s Guide to Menopause”**.

In my book, I discuss the 7 fears you may have concerning what happens during and after menopause. The book is seven, easy to read and easy to understand chapters:

### **Chapter One – Physical Changes**

- Weight Gain
- Vaginal Dryness
- Osteoporosis
- Insomnia
- Hair Loss/Hair Growth
- Skin Changes
- Hot Flashes/Night Sweats
- Sex Drive
- Memory
- Moods

### **Chapter Two – Being Alone (Isolation)**

- Fear of Losing Partner
- Lack of Community
- Empty Nest

**Chapter Three – Growing Old**

- Loss of Independence
- Loss of Freedom
- Lack of Self Image
- Associate Aging With Less Value
- Loss of Initiative

**Chapter Four – Ill Health/Loss of Health**

- Fear Economic Toll
- Relying on Others to Help
- Lack of Mobility
- Having to Take Toxic Meds
- Relying on the Medical Community

**Chapter Five – Sexuality - Loss of Femininity**

- Lack of Sex Drive
- Lack of a Satisfying Relationship
- Fear of Losing Partner
- Loss of Sexual Attractiveness

**Chapter Six – What Health Information to Trust**

- Hormone Replacement Therapy (HRT)
- Natural Remedies
- Bioidentical Hormone Replacement Therapy (BHRT)

**Chapter Seven – Loss of Identity**

- Fear of Getting to Know Oneself
- Not Being Needed
- Social Demands
- What Is Your Role Now?
- Lack of Purpose
- Soul's Demands

The book can be purchased and instantly downloaded.

Go to [www.BeginnersGuideToMenopause.com](http://www.BeginnersGuideToMenopause.com) to read more.

Thank you again, for downloading this ebook.

I welcome your feedback about what you just read. Please feel free to make your comments on my blog.

[www.MenopauseCoach.com](http://www.MenopauseCoach.com)

I appreciate your commitment to understanding and empowering yourself with truth.

Best in Health,

Sheri Goddard  
Menopause Coach

P.S. You may know women who could benefit from this information. Feel free to share it with them or send them to:

[www.SevenMenopauseMyths.com](http://www.SevenMenopauseMyths.com)