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### STEPHENS GRANT

*The New Science of How Your Body Can Heal Itself* Watkins Media Limited

Bestselling author Maryon Stewart’s life-changing plan and recipes are a proven alternative to HRT, tailored to help you regain your zest for living, restore your libido and protect your heart, bones and memory for the long term. The effects of menopause can be utterly debilitating for women, ravaging their physical, mental and emotional health and often their careers and relationships too. But conventional therapies come with side effects that sometimes seem nearly as bad. Bestselling author Maryon Stewart shows how you can alleviate the symptoms of menopause – naturally and effectively; through diet, supplements, herbal remedies, exercise and relaxation. The Natural Menopause Plan includes more than 90 delicious recipes. All are easy to make and brimming with vital nutrients, such as calcium, magnesium and essential fatty acids. Many are especially designed to include naturally occurring estrogens (phytoestrogens); a safe and effective alternative to HRT. You’ll find delicious smoothies, pancakes and muesli recipes for breakfast. Lunch and dinner choices include fresh salads, soups, risotto, bakes, curries, stir-fries and more, with plenty of options for special diets. Desserts and snacks offer choices like cheesecake, fruit salads, cakes, bars and breads. Each is specially designed to alleviate menopausal symptoms in a healthful, lasting way. Complete with authoritative nutritional information, this is the ultimate guide to combating the effects of menopause the natural way.

[Eat to Beat Menopause](#) Grub Street the Basement

An Instant New York Times, Washington Post, USA Today, San Francisco Chronicle, and Publishers Weekly Bestseller! #1 Canadian Bestseller Just as she did in her groundbreaking bestseller *The Vagina Bible*, Dr. Jen Gunter, the internet’s most fearless advocate for women’s health, brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective, and expert advice. "I feel more equipped to care for my patients, challenge the patriarchy, and empower & educate thanks to her work and advocacy." —Dr. Danielle Jones (Mama Doctor Jones) “An exhilarating read and a comprehensive review of all things menopause.” —North American Menopause Society “Gynecologist Gunter (*The Vagina Bible*) helps women navigate the ins and outs of menopause in this delightfully conversational and strongly feminist guide. Readers looking to separate menopausal fact from fiction should take note.” —Publishers Weekly “Gunter mixes sound medical information with a bit of humor and a lot of candor...[this] frank and expert guide provides an informative and reassuring look at a long, often baffling and infuriating phase of life.” —Booklist The only thing predictable about menopause is its unpredictability. Factor in widespread misinformation, a lack of research, and the culture of shame around women’s bodies, and it’s no wonder women are unsure what to expect during the menopause transition and beyond. Menopause is not a disease—it’s a planned change, like puberty. And just like puberty, we should be educated on what’s to come years in advance, rather than the current practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why, and what to do about it is both empowering and reassuring. Frank and funny, Dr. Jen debunks misogynistic attitudes and challenges the over-mystification of menopause to reveal everything you really need to know about: \*Perimenopause \* Hot flashes \* Sleep disruption \* Sex and libido \* Depression and mood changes \* Skin and hair issues \* Outdated therapies \* Breast health \* Weight and muscle mass \* Health maintenance screening \* And much more! Filled with practical, reassuring information, this essential guide will revolutionize how women experience menopause—including how their lives can be even better for it! “Read this book immediately.” —New York Times bestseller Ayelet Waldman, author of *A Really Good Day* and *Love & Treasure* “This is the new ‘it’ book for women who want to prepare for or understand what menopause is (and isn’t).” —Dr. Jennifer Lincoln

[Beat Pre-Menstrual Syndrome with the medically proven Women's Nutritional Advisory Service Programme](#) Independently Published

As no two menopause journeys are identical, this highly practical and accessible nutrition and lifestyle guide enables women to build a bespoke menopause diet that specifically targets their symptoms, with the minimum of fuss and effort. This practical nutrition and lifestyle guide provides women with the tools to build their own menopause diet which specifically targets the symptoms that are relevant to them. There are so many ways that nutrition can support a healthy and happy menopause, but a one-size-fits-all approach simply won’t work. The reality is that there are many different menopausal symptoms and no two women have the same experience. Jackie explains how the menopause and perimenopause can change your body and how your diet can make a tangible difference to the way that you feel, whether you’re using HRT or not. Each symptom section provides a range of targeted nutritional solutions, practical lifestyle advice and simple recipe tips that you can incorporate into your daily routine. A highly experienced clinician, Jackie specialises in providing real-world guidance to busy women. This book is designed to make the key information as easily accessible as possible and reflects her trademark practical style, which makes it the ideal one-stop solution for anyone juggling their menopause with the demands of a busy job and a hectic family life.

[The Change Before the Change](#) CreateSpace

There have been many scares recently about the long-term effects of HRT treatment and so today many women are looking for alternatives to HRT as a way of dealing with the symptoms of the menopause. Diet and nutritional supplements are the natural preferred choice for those seeking another

course. This book gives a collection of everyday recipes high in phyto-oestrogens, isoflavones and calcium-rich foods which have been shown to benefit, both in the short and long term, menopausal women. Based on her own experiences, Jane Frank has devised this book for women who, like her, prefer not to be obliged to take HRT.

*Over 100 Recipes to Help You Overcome Symptoms Naturally* HarperThorsons

The Essential Book for Every Woman Over 35 You’re in the prime of life. As far as you know, menopause could be years away. So why is your body sending you such weird messages? Women today can’t afford to lose time and energy to the common, but often misdiagnosed, symptoms of perimenopause — from mood swings and stubborn extra pounds to hot flashes and insomnia — that precedemenopause by as much as a decade. In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being: • Hormone treatment before menopause, including all the new, natural, and low-dose forms that are making this a safe choice for more women • Herbs, soy, and other alternative therapies that are backed by solid medical research • How perimenopause affects fertility — and what to do if you want to get pregnant • How your skin, hair, and nails reflect deeper changes — and how to make them vibrant again • Ways to combat cancer fears — and what tests you absolutely must have • Whether a high-protein diet is right for you — and what vitamins and minerals you should be taking • What to do now to protect your breasts, uterus, bones, and heart in the years to come • Diet and exercises to prevent or minimize symptoms, and much more!

**The 45-Day Program for Women to Lose Stubborn Weight, Improve Hormonal Health, and Slow Aging** Watkins Media Limited

★ Say GOODBYE to the Many Annoying Symptoms of Menopause! ★ Looking to steer your 50s towards a healthier lifestyle? Well, you found just the right place! For most women, the 50 mark can be quite scary, as it’s the start of a new stage where their bodies start behaving in a way different from what they’ve been used to for the past 5 decades. It gets tougher to maintain a fit, sculpted shape as your metabolism slows down, and you start experiencing achy joints, reduced muscle mass, and even sleep and rest issues. In addition to that, the body becomes more susceptible to health issues such as diabetes and heart disease... That’s where Intermittent Fasting can help! In a nutshell, Intermittent Fasting won’t force you to starve yourself, instead, it allows you to only eat within a specific window of time, which inevitably eliminates any unhealthy consumption of snacks and junk food throughout the day. ★ In fact, most nutritionists refer to it as the modern-day fountain of youth when it comes to getting back in shape, and minimizing the effects of any age-related issues! ★ △ But the thing is, the internet is full of scattered information about Intermittent fasting, with no true guide on how to start from scratch and build a sustainable, healthy habit... △ Introducing: Intermittent Fasting for Women Over 50, your personal step-by-step guide to light your way to a healthier, better version of yourself. ♥ And the cherry on top? The information inside is TAILORED AROUND WOMEN OF YOUR AGE! ♥ By reading this book, you will discover: How to Get Rid of the 7 Worst Menopause Symptoms Forever, using the science behind intermittent fasting and autophagy to live healthier and age gracefully. How to Successfully Get Started With the 7 Most Effective Form of Intermittent Fasting, so that you can pick your favorite, kickstart your journey and enjoy the powerful benefits of fasting right away! How You Can Melt Stubborn Fat Around Your Belly in Less than 21 Days, using a fool-proof meal plan that has already been tested by 5700+ women around the globe. 5 Secret Tricks (That Nobody Tells You About!) that will make you able to succeed with intermittent fasting without any effort. ...And a lot more priceless information to help you achieve the fitness goals of your dreams! It’s never too late to feel at your best! ★★ Click the 'Buy Now' Button and Grab your Copy TODAY! ★★

**Intermittent Fasting Transformation** Karen Giblin

The host of the popular YouTube healthy living and cooking channel HealthNut Nutrition shares 100+ recipes and her secrets to nutritious, quick, and delicious meals. Nikole Goncalves's HealthNut Nutrition brand is all about finding a balanced life that works for you. It's about listening to your body, surrounding yourself with positive sources, and limiting stress while enjoying the foods you love. There's no calorie counting, low fat or sugar free labels on HealthNut recipes; because she uses real, unprocessed foods--it's as simple as that. In *The Everyday HealthNut Cookbook*, each recipe is made with a combination of plant-based and meat options with easy substitutions for vegan and gluten-free diets. Nearly all of the recipes can be prepared in 30 minutes or less, and the 4-week meal prep guide provides readers with a roadmap for sustaining healthy, time-saving cooking habits. Taking readers through breakfast, nourishing drinks and snacks, salads, plates and bowls, sweets, and HealthNut staples including a wide range of Condiments and Sauces, Herbs and Spices, Nuts and Seeds, Goncalves offers everything any reader may need to incorporate healthy, enjoyable meals into their day-to-day lives. Recipes include: Jalapeno Pumpkin Waffles, Curry Mushroom Spinach Omelet, Blueberry Basil Smoothie, Everyday Nut and Seed Loaf, Grilled Vegetable Salad with Chimichurri, Salmon Burgers with Pineapple Salsa, Spiralized Zucchini Nests with Poached Eggs, Roasted Poblano and Mushroom Fajitas, Bananas foster Caramelized Crepes, Key Lime Pie in a Jar, and more.

*How to stay healthy before, during and beyond the menopause* Greystone Books Ltd

Menopause or the change of life as it is sometimes called is the cessation of the menstrual periods for more than a year. It takes place more often in women of an average age of fifty one but it can happen in women in their early thirties as well as in their early forties and in some women, even as late as in their sixties. There are certain symptoms that are associated with menopause. Some of these symptoms are inclusive of hot flashes, night

sweats, depression, mood swings, a lowered interest in sex and vaginal dryness caused by a lessening in estrogen production. May women gain weight when they are going through menopause. However, if you make lifestyle changes and change the way you eat and how much you eat, then there is a very strong possibility that you will be able to effectively manage your weight gain after you get to menopause. It is also quite possible for a woman to lose weight during and after menopause even though this will be difficult to do, but by limiting her intake of saturated and trans fat, alcohol, salt and sugar, and increasing the amount of water, vegetables, fruits, iron and fiber you ingest, this will help a woman going through menopause to lose weight. Some people say that women completely lose interest in sex after they become menopausal and even though there are some women; a minority, that do lose interest in sexual intercourse when they get to menopause, many menopausal women are enjoying their sex lives and are even achieving more multi-orgasmic sessions than their younger counterparts. Table of Contents Publishers Notes Dedication Chapter 1- What Is Menopause : A Medical Definition Chapter 2- Menopause Symptoms : Know If You Are Experiencing Menopause Chapter 3- Menopause Hysterectomy : What Does This Mean? Chapter 4- Menopause Weight Gain : A Guide For Women Watching Their Weight Chapter 5- Menopause Weight Loss : Does This Actually Happen? Chapter 6- Menopause Thyroid Solution : Understanding What This Means Chapter 7- Menopause Sex : Keeping Your Sex Life Healthy Chapter 8- Menopause Sex Guide : A Blow By Blow Guide On Keeping Your Sex Life Vibrant Chapter 9- Menopause Diet : A Clear Eating Plan Chapter 10- Menopause Diet Re-loaded : An Eating Plan That Beats Symptoms

**Your Weight-Loss Plan for a Flat Belly, Optimum Health & a Body You'll Love at Midlife and Beyond** Grand Central Publishing

Do you want to find a way to lose weight during menopause that really works? Maybe you want to find a natural way to cope with menopause symptoms. Discover ways to reverse aging, and regenerate your cells. Detoxify your body and reverse diabetes, high-blood pressure, and more. Learn how to do intermittent fasting for health benefits as you age. So many fasting books are geared for younger people. This one is for the middle-aged woman going through menopause. You will discover the many types of fasts, and determine which one is right for you. Come along with author Kathleen Morris as she documents her experience with intermittent fasting, and how it has helped her through menopause.

**The Menopause Manifesto** HarperThorsons

Take charge of menopause and alleviate the worst symptoms with this all-natural diet plan--from weight gain and fatigue to hot flashes and low libido.

**Eat Smart Beat the Menopause** Citadel Press

"There is no question that keto eating is the biggest diet trend in years. And it really works--dieters often report super-fast weight loss--but they also complain about the rigidity of the diet, as well as the flu-like symptoms that often accompany this high-fat/low-carb way of life. The solution? Add alkaline foods to your plate--leafy greens, other vegetables, broths, healthy oils, nuts, and seeds--for a lifestyle that's more sustainable and easier on your body"--

*The Winning Formula To Lose Weight and Increase Longevity + 30-Day Keto Meal Plan* Penguin

'I'm just a straight-talking NHS doctor lending my unbiased opinion on healthy eating and showing everybody how to get phenomenal ingredients on their plates everyday.' Dr Rupy Aujla's first cookbook, *The Doctor's Kitchen*, is the go-to book to help you kick unhealthy faddy diets for good. In the book, Rupy, explains the principles of healthy living in a fun and relatable way with over 100 vibrant, tasty recipes steeped in medical science which are easy and inexpensive to make. The impact of lifestyle on illness has never been higher on the national agenda and Rupy believes that what we choose to put on our plates is the most important health intervention we can make. *The Doctor's Kitchen* stands out from the crowd by using medical knowledge to create the recipes. Rupy advocates Plates over Pills every time and he is living proof that what you eat can shift medical outcomes as he overhauled his own heart condition by addressing his diet and creating his own delicious food that he now shares in this book. Infused with flavours from around the world, this tasty selection of everyday meals makes healthy eating an absolute pleasure.

*No More PMS!* National Geographic Books

Discover the customized nutrition plan that will help you be lean, fit, more youthful, sexier, and full of energy—at every stage of life. Designed specifically for women, this individualized six-week intermittent fasting program is the sustainable solution to help you feel and look your absolute best. Based on the scientifically proven 16:8 fasting model, what makes this program unique is that it is geared toward your hormonal needs at every stage in life—whether you are cycling or in perimenopause, menopause, or beyond. Intermittent Fasting Transformation will help you: • lose weight steadily and burn fat without hunger, cravings, or plateaus—and keep it off • balance your hormones for better metabolic health and wellness, while easing symptoms associated with perimenopause and menopause • experience a huge boost in physical and mental energy all day long • learn what foods best support weight loss, detoxification, and overall health • lift brain fog and help you sleep better • put aging in reverse . . . and so much more. Cynthia Thurlow, a nurse practitioner and an internationally known women’s health expert whose viral TEDx Talk has received more than 10 million views, developed this breakthrough plan after entering perimenopause in her forties. Intermittent fasting didn’t just help her lose weight; she had more energy, fewer cravings, and lower blood glucose levels. Thurlow has now worked with thousands of women in her private practice to make her unique program of intermittent fasting work for them, too. With meal plans and 50 recipes, along with advice for supercharging your fast, this plan will transform your life, slow down the aging process, and help you reclaim your health and well-being.

*Everything You Need to Know to Stay Healthy in the Decade Before Menopause* Hay House, Inc

Are you going through hormonal ups and downs? Does your menopausal weight keep creeping up? Are you unclear about what diet to follow and exercise to do? Do you want to know the best ways to deal with stress and improve your sleep? *Beat Your Menopause Weight Gain: Balance Hormones, Stop Middle-Age Spread, Boost Your Health and Vitality* is packed with useful information on what is happening during the menopause, why, and the role of hormones throughout the whole process. However, most women experience one particularly troublesome symptom during this time, which can not only cause health problems but also negatively impact confidence - weight gain. During the menopause, weight is easier to gain and harder to lose. Yes, you would think that women have done enough throughout their lives, without having to deal with even more trouble! Unfortunately, that is not the case, and Mother Nature wants to deal you one last blow! The good news is that you can turn the issue around, either working to lose any weight you have gained or preventing the weight gain in the first place. *Beat Your Menopause Weight Gain: Balance Hormones, Stop Middle-Age Spread, Boost Your Health and Vitality* will help you to: Understand what the perimenopause, menopause and post-menopause are

and the role of hormones within all three Learn about the common symptoms experienced during this time of life Understand why weight gain, particularly troublesome visceral fat, can be a common issue during the menopause View the menopause through positive eyes, rather than allowing it to create more stress and upset Make lifestyle changes which will keep your weight in check, but also help overcome the other symptoms which the menopause may bring your way Find the confidence within yourself to reach out for help and advice whenever you need it, and also connect with other women in similar situations ... and so much more. Dealing with any situation comes down to finding the right information and knowing how to adopt this for your own life. Consider this book your go-to guide on how to deal with one of the most troublesome menopausal symptoms, and therefore overcome the negative effects of your menopausal weight gain to your health. By the end of your menopausal journey, you will be fitter, healthier, and more confident as a result. Do you want to beat your menopausal weight gain? Scroll up and click the "Add to Cart" button now, and you will learn how to balance your hormones and stop the middle-aged spread.

*The natural way to beat your symptoms and lose weight* Charisma Media

Where you thin until menopause? And then... Boom the Belly! Are you overweight and do you get scared by high cholesterol and high blood pressure? Has your blood sugar taken you to the pre-diabetic stage? These are some of the consequences when the menopausal period is combined with a bad diet. Losing weight with traditional diets is increasingly difficult as you age. Most women over 50 try all kinds of diets that don't work and fail, sometimes putting on even more weight than before, leaving them in an endless cycle of yo-yo diets. This is frustrating... all of this is reflected in a lowering of self-esteem and leads many women to let go completely, you go back to eating more than before, this month after month seriously compromises your health There is no more time to waste, you need to make the DECISION to change your eating habits and lifestyle. And to do it. Get your hands on KETO DIET FOR WOMEN OVER 50 It's the first-ever, one-of-a-kind project to help women achieve the best possible results for transforming their bodies over 50! Pull your beloved jeans out of your closet and feel amazing about yourself! Here's exactly what you'll find inside... ♀ The exact, step-by-step program to engage your fat-burning hormones with delicious recipes + 28-day eating plan ♀ How to avoid sugar cravings, emotional eating, and binge eating ♀ How you can lose weight too no matter what you as well as your ever-thin friend -♀ The 5 key foods that take out stubborn belly fat, and will help you beat menopause symptoms ♀ The 5 foods you should NEVER eat, yet nutritionists and trainers recommend them all the time ♀ How to reap all the benefits of exercise with a "little-known trick" - without ever setting foot in a gym ♀ How to ignite your metabolism every day with 3 simple ingredients ♀ Plus, inside the Keto After 50 Diet, you'll also discover ways to improve your health like... ♀ How to help fight the leading causes of heart disease and blood pressure without prescriptions, injections, or nasty side effects Deciding to start a keto lifestyle means you're ready to start improving yourself. And that already gets you halfway to your goal Result after result your confidence in yourself and your will to look as beautiful and tireless as you did years ago will increase and losing weight will become fun! Don't procrastinate any longer, the right time to start this journey is NOW! GRAB YOUR COPY NOW! Scroll up and CLICK ON the "BUY NOW" button!

**The Drug-free, Natural Way to Beat Your Symptoms and Lose Weight** Harlequin

Feeling menopausal and need some help? Did you know you can grow your own HRT? Sprouted foods are one of the world’s richest sources of plant hormones and not only the densest form of nutrients on the planet but also easy to digest. As we evolved on plant hormones, we have receptors in our cells looking for them and it supports our systems to get them back into our diets. "Grow Your Own HRT" shows the scientific proof of why some women menopause without problem and how you can become one of them. You find detailed instructions on how to grow hormone-rich plants on your windowsill in just two minutes a day. In addition, the author details how to self-diagnose, how much to take and which sprouts to grow for which symptoms. This book shows scientific proof that sprouted foods contain • Plant oestrogens • Plant progesterone • Plant sterols • Natural detoxifying nutrients. Plus all the studies on how sprouted foods help \* Menopause symptoms \* Cancer \* heart disease \* osteoporosis \* dementia \* diabetes \* autism. Say no to expensive supplements, changing your whole diet and synthetic hormones. Grow your own HRT the way nature intended - it's quick, cheap and natural - you have nothing to lose.

**The Menopause Success Triangle** Random House

Do you want to have a perfect body even at 50? And Live A Happy Menopause? If yes, this is the right book for you! If you have just turned 50, I'm sure that by now, you are worried about increased weight, belly fat, deteriorating cognition, loss of energy, and many other menopausal side effects and signs of aging. You are not alone; many women face these issues when they reach the age of 50. Moreover, now it seems nearly impossible to lose weight at the age of 50. Though many fad diets are available, nothing works for you. You are finally accepting your defeat. I would say to hold on a little longer because I will tell you a secret that will turn your life around 360 degrees in this book. Now just imagine, losing weight after the age of 50 is much easier than before. Imagine yourself waking up with a lesser amount of belly fat every morning. Imagine eating whatever your heart desires and still witness your waist and stomach shrink away as long as you follow one secret - Ketogenic Lifestyle or Keto diet. You will learn: - What Is a Keto Diet - What to Eat on Keto Diet - Foods to Avoid - Benefits of the Keto Diet - Tips for Keto Diet After 50 - 30-Day Keto Meal Plan - Keto Diet Recipes for Women Over 50 Whether you are here to lose weight, balance your hormones, prevent diabetes, or just live an overall healthier lifestyle, the ketogenic diet may be the perfect option for you. As long as you are taking baby steps in the right direction, you will be able to change your life for the better. Would you like to know more? Click the Buy Now button and start your keto journey and learn the secrets for success on the ketogenic diet through proper nutrition and lifestyle choices!

*Over 100 Recipes to Help You Overcome Symptoms Naturally* Rodale Books

The Harvard-educated physician and New York Times bestselling author of *The Hormone Cure* shows you how to grow new receptors for your seven metabolic hormones, making you lose weight and feel great fast! When it comes to weight loss, most people don't think about hormones. But when you develop resistance to your seven major metabolic hormones—cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogen—your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism. And a slower metabolism leads to weight gain and difficulty losing weight. The solution, Dr. Sara Gottfried contends, is to reset the efficiency of your hormones by repairing and growing new hormone receptors. Based on leading scientific research, *The Hormone Reset Diet* is her proven weight loss and energy program to reverse hormone resistance in just three weeks. It will help you: Boost your metabolism and calorie burning by growing new and fresh thyroid receptors; Increase your

weight loss by re-balancing estrogen and progesterone receptors; Reverse your aging by resetting glucocorticoid receptors (for better processing cortisol). For the last twenty years, this Harvard-MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most: excess weight, lack of energy, aging, and illness. Going beyond her bestselling *The Hormone Cure*, this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss.

**The Whole Body Reset** Rodale Books

From the founder of Red Hot Mamas (the largest menopause education program in the country) and an award-winning physician: a cookbook to help alleviate the symptoms of menopause.

*Natural Solutions to Menopause* Ballantine Books

This book offers more than 100 delicious recipes proven to dramatically reduce the symptoms of menopause.