

Natural Healing Express Weekly

Column 371 Understanding Hormones and Metabolism, Part Five, Sex

For the past month, we have been discussing all the aspects of Hormones and Metabolism. This week, our final column on this series, will involve a discussion on Hormones and Sex. And this column is mostly for the ladies, so before a few of you simply “tune out”, remember, if Momma ain’t happy, no one is happy – for long. And, secondly, if this one does not apply to you at all, please remember we are hosting a wonderful seminar on How to Build A Natural Medicine Kit on April 6 at Natural Healing Express. At press time, we are full, but I may add another four top table to the mix if there is interest. Please message, call or text if you have interest.

Alright, so about our current topic. When women reach a certain age, (and this varies some) the hot flashes start, the horrible dryness occurs and your body does things it never has before. With all of these not so pleasant issues happening, it is difficult to have desires for a satisfying sex life. Mood swings, insomnia, brain fog, etc., make life a tish irritable. Well, guess what? Even though this is truly a “special” time of life, there is hope.

First let’s understand what happens to the vagina when estrogen decreases. Estrogen stimulates estrogen receptors in the vulva, vestibule and vagina. This helps with lubrication and without getting far too heady and detailed here; lubrication makes sex much easier and pleasurable. With little or no estrogen to stimulate the estrogen receptors, there is little or no lubrication which typical makes for a big “ouch” and quickly decreases activity.

I have heard of several “fixes” for the symptoms of menopause. No product is going to eliminate everything. To date, my favorite is called Menopautonic and believe me, we sell a boatload. I wouldn’t be so bold as to call it a marriage counselor, but I can tell you from my client’s testimonials, it has saved a few. Menopautonic relieves hotflashes, vaginal dryness and helps with insomnia and mood swings. It’s not the end all perfect product, but it will get you back in the game.

And, at the end of the day, that is what is best for your health. You have heard the term, use it or lose it.

In the case of Hormones and Sex, “activity” is always helpful. Now, be smart, be careful and use some common sense here, choose your partners wisely. (That’s probably a whole ‘nuther column).

Keeping your hormones healthy and balanced is the key going into menopause. As you continue to go through menopause, understanding your body’s changes and what to do about them will keep you ahead of the curve. Getting older may seem difficult and downright painful, but with a little wisdom and care, you can have a wonderful time. I can tell you that many of my close friends in their 50-60’s are having the best sex of their lives. And, God Love it, I even have a few in their 80’s that are quite enjoying themselves and wearing a smile. If you need further help on this topic, feel free to EMAIL or call as you can imagine me trying to decipher texts on this one. Have a great week.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express