

Why Menopause Accelerates Ageing & What to Do About It

Communeco is representing leading natural menopause and peri-menopause brand, Remifemin®

A new study is the first to demonstrate menopause makes women age faster. Research from the University of California Los Angeles (UCLA)[1] has shown menopause increases biological ageing. Two separate studies, published in the Proceedings of the National Academy of Sciences, also found insomnia—often a menopausal symptom—definitively accelerates ageing.

“For decades, scientists have disagreed over whether menopause causes ageing or ageing causes menopause,” said Steve Horvath, a professor of human genetics and biostatistics in the David Geffen School of Medicine at UCLA, and senior author on both studies. “We discovered that menopause speeds up cellular ageing by an average of six percent. That doesn’t sound like much but it adds up over a woman’s lifespan.”

For example, a woman who enters early menopause at age 42 will be a full year biologically older, eight years later. This is compared to a 50-year-old woman who enters menopause naturally from 50.

Researchers say this is significant because blood may mirror what’s happening in other parts of the body, having implications for death and disease risk.

How to Manage Menopause Naturally While the findings may be cause for concern, there are natural ways to support the body through menopause to help bring relief.

For 60 years, millions of women worldwide have felt the benefits of the world’s number one herbal formula, Remifemin®, an evidence-based, clinically tested natural alternative for those facing and experiencing menopause.

Researched widely in scientific and clinical studies, Remifemin® has consistently shown to support natural temperature management, irritability during stress, healthy sleeping patterns and overall helping women transition more comfortably from menstruation to menopause.

It is widely recognised as one of Germany’s foremost herbal products, and has been used in New Zealand since 2003.

What is Menopause? Most women experience the symptoms of menopause, some from as early as 35 years. However, on average it most commonly affects women between 45 and 55. Many will find symptoms such as hot flushes, palpitations and emotional disturbances due to hormonal imbalance.

According to the Women’s Health Research Institute at Northwestern University, there are three stages of menopause[2]. These include:

- Peri-menopause (before menopause);
- Menopause;
- Post-menopause (after menopause).

Oxford Universities Centre for Evidence Based Medicine Studies found Remifemin® provides a comparable decrease in hot flushes as taking low-dose hormone replacement therapy oestrodol.

Remifemin® does not contain any form of hormone and is formulated from a native dry extract concentrate of actaea racemosa rhizome. It has no known contraindications or interactions.

The popular natural menopause formula does not contain phytoestrogens or ingredients that can mimic oestrogen like properties, nor does it change hormone levels. It also does not contain salt, yeast, gluten, corn, soy, colourings or preservatives.

Use as directed. Always read the label and if symptoms persist consult your health professional.

Remifemin® is available at pharmacies and health food stores nationwide.

Remifemin® 60 tablets, \$35.00 RRP Remifemin® 120 tablets, \$59.00 RRP

Also try: Sleep by Remifemin®, 30 tablets, \$29.95 RRP

MEDIA NOTES:

Product samples may be available for review and photography purposes; Giveaway opportunities may be available upon request. Potential Angles:

Don’t sweat it: natural support for menopause; Natural ways to keep your cool during menopause; How to stay balanced through change of life; The world’s most trusted natural remedies for women, for every stage of life; Natural supplements that have stood the test of time. [1]

<http://newsroom.ucla.edu/releases/menopause-sleepless-nights-may-make-women-age-faster>

[2] <http://menopause.northwestern.edu/content/stages-menopause>

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