

Climax - signs and symptoms, useful and dangerous products, folk remedies

Valentina Lazareva, general practitioner, nutritionist

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

E-mail: lazareva.v@edaplus.info, eliseeva.t@edaplus.info

Abstract. Menopause is the period of transition from a woman's reproductive state to menopause (the moment at which a woman stops menstrual bleeding), associated with a decrease in the level of production of female hormones by the ovaries. On average, menopause lasts from 45 years to 50 years and consists of such stages as: premenopause, perimenopause, postmenopause.

Key words: Menopause, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Signs of menopause:

delay of menstruation; scanty or heavy menstrual bleeding; mental weakness, irritability, fear, insomnia [1], depression [2], decreased appetite or lack thereof (neuropsychic signs); migraine [3], hot flashes, flashing of “black flies” before the eyes, swelling [4], dizziness, vasospasm, sensitivity disorders, hypertension [5], sweating (cardiovascular signs), disorders of the thyroid gland [6] and adrenal glands [7], fatigue, changes in body weight, feeling cold, joint diseases (endocrine signs).

Types of menopause:

1. Early menopause - the onset can be at 40 years of age or earlier (cause - hereditary predisposition, bad habits, use of hormonal contraceptives).
2. Artificial menopause - occurs as a result of removal of the ovaries.
3. Pathological menopause is an aggravated course of menopause syndrome.

Healthy foods for menopause

- products containing calcium [8] (skim milk, kefir, cottage cheese [9], yogurt [10], low-fat cheese, eggs [11] (no more than one per week), yeast [12,13], almonds, natural cream or milk ice cream, brown seaweed, soybeans, mustard seeds);
- foods with a high content of polyunsaturated fatty acids (vegetable oil, nuts), which reduce triglyceride and cholesterol [14] in the blood;
- products with a high content of monounsaturated fatty acids and omega-3 fatty acids [15] (mackerel, canned sardines, salmon, mackerel or trout, walnuts [16]) normalize the level of fats in the blood;
- flour, cereals (dark porridges - barley, oatmeal [17], pearl barley) and steamed pasta ;
- bran (a product with a high content of vitamin B [18] and fiber [19]) should be added to salads, soups, cutlets;

- spicy seasonings and herbs (to replace salt);
- foods with vitamins and microelements (especially brightly colored vegetables, berries and fruits, greens, carrots [20], peppers [21], cherries [22], currants [23], white [24] and red cabbage, red grapefruit);
- foods high in boron [25] (raisins, asparagus [26], peaches [27], figs, strawberries [28] and prunes);
- flax family or oil [29], which contain lignins that help reduce hot flashes and vaginal dryness;
- foods high in magnesium [30] (cashews, lettuce, kelp), which have a sedative effect, relieve anxiety, irritability, fight insomnia and mood swings;
- Foods with vitamin E [31] (brown rice, avocado [32], green peas, beans [33], potatoes [34]) reduce breast swelling and protect the heart [35];
- onions [36], garlic [37] increase immunity [38], reduce blood pressure [39] and blood sugar [40];
- sweets in small quantities (marshmallows, marmalade, marshmallows, natural homemade sweets);
- products with a high content of potassium salt [41] (bananas [42], dried apricots, tangerines [43], oranges [44], rose hips [45], bread made from unrefined flour, shellfish) strengthen the heart muscle and nervous system;
- products that strengthen the immune system, slow down aging [46], promote wound healing (parsley [47], black currant [48], kiwi [49]);
- foods that regulate metabolism and elevate mood [50] (grapes [51], brown rice, bread made from yeast dough, seaweed or unrefined flour, wheat cereal);
- foods that protect the lens from the effects of toxins (shrimp, crayfish, crab, apricot, melon [52]).

Food should be cooked in the oven, steamed, microwave or special container without fat or oil.

Folk remedies for menopause

- tincture of oregano (infuse two tablespoons of the herb in a thermos, take three times a day 30 minutes before meals), soothes neurological disorders;
- sage infusion (pour one or two tablespoons of the herb into two glasses of boiling water, take throughout the day), normalizes the functioning of the sex glands, reduces sweating;
- infusion of valerian officinalis [53] (a teaspoon of crushed valerian root in a glass of boiling water, leave for two hours, take twice a day), reduces the level of blood flow to the head;
- beet juice [54] (take gradually increasing the dose, you can initially dilute it with boiled water);
- collection of herbs: sage, dill seeds, valerian officinalis, peppermint [55], chamomile [56], corn silk, sandy immortelle, rose hips [57] (pour two tablespoons in an enamel bowl with a glass of

boiling water, cover and leave for twenty minutes, then take one glass twice a day) relieves sweating and hot flashes.

Dangerous and harmful products for menopause

You should exclude foods such as: salt, fast food, fatty and spicy foods, very hot foods, alcohol.

Also, you should limit the consumption of butter [58] (1 teaspoon per day), sausages, sausage, bacon, sausages, offal, coffee, and sweets with artificial fillers.

Literature

1. Lazareva, V., & Eliseeva, T. (2021). Nutrition for insomnia. *Journal of Healthy Eating and Dietetics*, (16). DOI: 10.59316/j.edpl.2021.16.13
2. Tkacheva, N., & Eliseeva, T. (2020). Food against depression. *Journal of Healthy Eating and Dietetics*, (11). DOI: 10.59316/j.edpl.2020.11.46
3. Lazareva, V., & Eliseeva, T. (2021). Nutrition for migraine. *Journal of Healthy Eating and Dietetics*, (16). DOI: 10.59316/j.edpl.2021.16.17
4. Eliseeva, T. (2021). Food for edema: 10 foods to combat excess fluid. *Journal of Healthy Eating and Dietetics*, 3 (17), 15-19. DOI: 10.59316/vi17.113
5. Lazareva, V., & Eliseeva, T. (2021). Hypertension - signs and symptoms, useful and dangerous foods, folk remedies. *Journal of Healthy Eating and Dietetics*, (16). DOI: 10.59316/j.edpl.2021.16.23
6. Eliseeva, T., & Tkacheva, N. (2015). Nutrition for the thyroid gland - useful and dangerous foods, recommendations. *Journal of Healthy Eating and Dietetics*, (21). DOI: 10.59316/j.edpl.2021.15.14
7. Eliseeva, T., Tkacheva, N., & Shelestun, A. (2021). Nutrition for the adrenal glands - healthy and dangerous foods, recommendations. *Journal of Healthy Eating and Dietetics*, (15). DOI: 10.59316/j.edpl.2021.15.24
8. Mironenko, A., & Eliseeva, T. (2020). Calcium (Ca, calcium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics*, (12), 83-92. DOI: 10.59316/vi12.77
9. Yampolsky, A., & Eliseeva, T. (2020). Cottage cheese. *Journal of Healthy Eating and Dietetics*, (11), 37-50. DOI: 10.59316/vi11.64
10. Tkacheva, N., & Eliseeva, T. (2022). Yogurt: health effects and benefits proven by scientists. *Journal of Healthy Eating and Dietetics*, 1 (19), 28-33. DOI: 10.59316/vi19.155
11. Tarantul, A., & Eliseeva, T. (2020). Chicken egg. *Journal of Healthy Eating and Dietetics*, (11), 51-66. DOI: 10.59316/vi11.65
12. Eliseeva, T., & Tkacheva, N. (2019). Yeast - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (8). DOI: 10.59316/j.edpl.2019.8.20
13. Shelestun, A., & Eliseeva, T. (2021). Nutritional yeast – what is it and what is it used for. *Journal of Healthy Eating and Dietetics*, 4 (18), 50-54. DOI: 10.59316/vi18.144
14. Tkacheva, N., & Eliseeva, T. (2020). Foods to lower cholesterol. *Journal of Healthy Eating and Dietetics*, (11). DOI: 10.59316/j.edpl.2020.11.15
15. Shelestun, A., & Eliseeva, T. (2019). Omega-3 - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (7), 88-93. DOI: 10.59316/j.edpl.2018.7.10
16. Eliseeva, T., & Yampolsky, A. (2019). Walnut (lat. Jùglans régia). *Journal of Healthy Eating and Dietetics*, 4 (10), 2-14. DOI: 10.59316/vi10.53

17. Yampolsky, A., & Eliseeva, T. (2021). Oatmeal. *Journal of Healthy Eating and Dietetics*, (15), 43-60. DOI: 10.59316/.vi15.97
18. Eliseeva, T., & Mironenko, A. (2019). B vitamins – description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 2 (8), 74-87. DOI: 10.59316/.vi8.45
19. Shelestun, A., & Eliseeva, T. (2019). Fiber - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (7). DOI: 10.59316/j.edpl.2018.7.11
20. Eliseeva, T., & Tarantul, A. (2018). Carrot (lat. *Daucus carota* subsp. *sativus*). *Journal of Healthy Eating and Dietetics*, 4 (6), 43-55. DOI: 10.59316/.vi6.31
21. Tarantul, A., & Eliseeva, T. (2020). Bell pepper (lat. *Cápsicum ánnuum*). *Journal of Healthy Eating and Dietetics*, (13), 47-58. DOI: 10.59316/.vi13.83
22. Eliseeva, T., & Tarantul, A. (2019). Cherry (lat. *Prúnus* subg. *Cérasmus*). *Journal of Healthy Eating and Dietetics*, 2 (8), 2-14. DOI: 10.59316/.vi8.39
23. Yampolsky, A., & Eliseeva, T. (2020). Black currant (lat. *Ríbes nígrum*). *Journal of Healthy Eating and Dietetics*, (12), 71-82. DOI: 10.59316/.vi12.76
24. Eliseeva, T., & Tkacheva, N. (2018). White cabbage (lat. *Brassica*). *Journal of Healthy Eating and Dietetics*, 4 (6), 13-23. DOI: 10.59316/.vi6.28
25. Tkacheva, N., & Eliseeva, T. (2022). Boron (B) – value for the body and health + 25 sources. *Journal of Healthy Eating and Dietetics*, 2 (20), 9-17. DOI: 10.59316/.vi20.170
26. Tarantul, A., & Eliseeva, T. (2020). Asparagus (lat. *Asparagus*). *Journal of Healthy Eating and Dietetics*, (14), 15-26. DOI: 10.59316/.vi14.87
27. Yampolsky, A., & Eliseeva, T. (2020). Peach (lat. *Persicus*). *Journal of Healthy Eating and Dietetics*, (13), 2-13. DOI: 10.59316/.vi13.79
28. Eliseeva, T., & Tarantul, A. (2019). Strawberry (lat. *Fragária*). *Journal of Healthy Eating and Dietetics*, 2 (8), 38-51. DOI: 10.59316/.vi8.42
29. Eliseeva, T., & Shelestun, A. (2022). Flaxseed oil – beneficial and dangerous properties, chemical composition, use in cooking and cosmetology. *Journal of Healthy Eating and Dietetics*, (19). DOI: 10.59316/oil.2022.19.18
30. Mironenko, A., & Eliseeva, T. (2020). Magnesium (Mg, Magnesium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics*, (14), 60-71. DOI: 10.59316/.vi14.91
31. Eliseeva, T., & Mironenko, A. (2018). Vitamin E – description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 4 (6). DOI: 10.59316/.vi6.33
32. Eliseeva, T., & Yampolsky, A. (2019). Avocado (lat. *Persēa americana*). *Journal of Healthy Eating and Dietetics*, 4 (10), 63-75. DOI: 10.59316/.vi10.58
33. Tarantul, A., & Eliseeva, T. (2021). Beans (lat. *Phaséolus*). *Journal of Healthy Eating and Dietetics*, (15), 14-28. DOI: 10.59316/.vi15.95
34. Tarantula, A. (2018). Potatoes (Tuberous nightshade, *Solánium tuberosum*). *Journal of Healthy Eating and Dietetics*, (4), 22-32. DOI: 10.59316/.vi4.18
35. Shelestun, A., & Eliseeva, T. (2021). Heart Healthy Foods - 15 Best Foods to Protect Against Heart Disease. *Journal of Healthy Eating and Dietetics*, 3 (17), 35-40. DOI: 10.59316/.vi17.119
36. Tarantul, A., & Eliseeva, T. (2020). Onion (lat. *Állium cépa*). *Journal of Healthy Eating and Dietetics*, (11), 25-36. DOI: 10.59316/.vi11.63
37. Eliseeva, T., & Yampolsky, A. (2019). Garlic (Latin: *Allium sativum*). *Journal of Healthy Eating and Dietetics*, 1 (7), 11-22. DOI: 10.59316/.vi7.35

38. Tarantul, A., & Eliseeva, T. (2020). Food to boost immunity. *Journal of Healthy Eating and Dietetics*, (11). DOI: 10.59316/j.edpl.2020.11.34
39. Tkacheva, N., & Eliseeva, T. (2020). Foods that lower blood pressure. *Journal of Healthy Eating and Dietetics*, (11). DOI: 10.59316/j.edpl.2020.11.39
40. Eliseeva, T. (2021). Foods to lower blood sugar. *Journal of Healthy Eating and Dietetics*, 2 (16), 40-45. DOI: 10.59316/vi16.105
41. Mironenko, A., & Eliseeva, T. (2020). Potassium (K, potassium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics*, (13), 59-69. DOI: 10.59316/vi13.84
42. Eliseeva, T., & Tarantul, A. (2018). Banana (Musa). *Journal of Healthy Eating and Dietetics*, 3 (5), 31-43. DOI: 10.59316/vi5.24
43. Yampolsky, A., & Eliseeva, T. (2019). Mandarin (lat. Cītrus reticulāta). *Journal of Healthy Eating and Dietetics*, (10), 75-87. DOI: 10.59316/vi10.59
44. Eliseeva, T., & Yampolsky, A. (2018). Orange (lat. Cītrus× sinēnsis). *Journal of Healthy Eating and Dietetics*, 4 (6), 2-13. DOI: 10.59316/vi6.27
45. Yampolsky, A., & Eliseeva, T. (2020). Rosehip (lat. Rōsa). *Journal of Healthy Eating and Dietetics*, (11), 67-77. DOI: 10.59316/vi11.67
46. Tkacheva, N., & Eliseeva, T. (2020). Food against aging. *Journal of Healthy Eating and Dietetics*, (11). DOI: 10.59316/j.edpl.2020.11.48
47. Yampolsky, A., & Eliseeva, T. (2020). Parsley (lat. Petroselinum crispum). *Journal of Healthy Eating and Dietetics*, (12), 2-12. DOI: 10.59316/vi12.70
48. Yampolsky, A., & Eliseeva, T. (2020). Black currant (lat. Rībes nīgrum). *Journal of Healthy Eating and Dietetics*, (12), 71-82. DOI: 10.59316/vi12.76
49. Yampolsky, A., & Eliseeva, T. (2021). Kiwi (lat. Actinidia chinensis). *Journal of Healthy Eating and Dietetics*, (15), 2-13. DOI: 10.59316/vi15.94
50. Eliseeva, T., & Tkacheva, N. (2011). Food for a good mood (lat. Artemisia). *Journal of Healthy Eating and Dietetics*, 2 (20), 32-42. DOI: 10.59316/j.edpl.2020.11.44
51. Tarantul, A., & Eliseeva, T. (2019). Grapes (lat. Vītis). *Journal of Healthy Eating and Dietetics*, (10), 14-25. DOI: 10.59316/vi10.54
52. Eliseeva, T., & Yampolsky, A. (2020). Melon (lat. Cucumis melo). *Journal of Healthy Eating and Dietetics*, 3 (13), 26-37. DOI: 10.59316/vi13.81
53. Eliseeva, T., & Tkacheva, N. (2017). Valerian (lat. Valeriana). *Journal of Healthy Eating and Dietetics*, 1 (1), 42-51. DOI: 10.59316/vi1.5
54. Eliseeva, T. (2022). Beetroot Juice—10 Proven Health Benefits. *Journal of Healthy Eating and Dietetics*, 3 (21), 33-39. DOI: 10.59316/vi21.193
55. Eliseeva, T., & Tkacheva, N. (2017). Mint (lat. Mentha). *Journal of Healthy Eating and Dietetics*, 1 (1), 22-32. DOI: 10.59316/vi1.3
56. Eliseeva, T., & Tkacheva, N. (2017). Chamomile (Matricaria). *Journal of Healthy Eating and Dietetics*, (1), 51-60. DOI: 10.59316/vi1.6
57. Yampolsky, A., & Eliseeva, T. (2020). Rosehip (lat. Rōsa). *Journal of Healthy Eating and Dietetics*, (11), 67-77. DOI: 10.59316/vi11.67
58. Eliseeva, T., & Yampolsky, A. (2021). Butter. *Journal of Healthy Eating and Dietetics*, 1 (15), 29-43. DOI: 10.59316/vi15.96

[HTML version articles](#)

Received 09.06.2021

Climax - signs and symptoms, useful and dangerous products, folk remedies

Valentina Lazareva, general practitioner, nutritionist

Eliseeva Tatyana, editor-in-chief of the project EdaPlus.info

E-mail: lazareva.v@edaplust.info, eliseeva.t@edaplust.info

Abstract. Menopause is the period of transition from a woman's reproductive state to menopause (the point at which a woman stops menstrual bleeding), associated with a decrease in the production of female hormones by the ovaries. On average, menopause lasts from age 45 to 50 and consists of such stages as: pre-menopause, perimenopause, post-menopause.