

Magical Menopause



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Some of the information included in this book was previously published, in some form or another, on my blogs at <http://www.PaulaYoumellRN.com> and www.WiseWomenRedTent.com.

I send much gratitude to my many clients who inspire me to inspire them!

This book is for your information purposes only. Any advice or suggestions in this book should be used with responsibility. This book is not intended to treat or diagnose any health condition or to be construed as medical advice. I advise self-responsibility when you make your health and healing choices. This advice is suggested in making both holistic (natural) healing and western medical treatment decisions. The author is not responsible for misuse of the ideas presented in this book. Blessings of vibrant health, Paula

Celebrating Peace, Grace, & Harmony In Your Magical Menopause Years

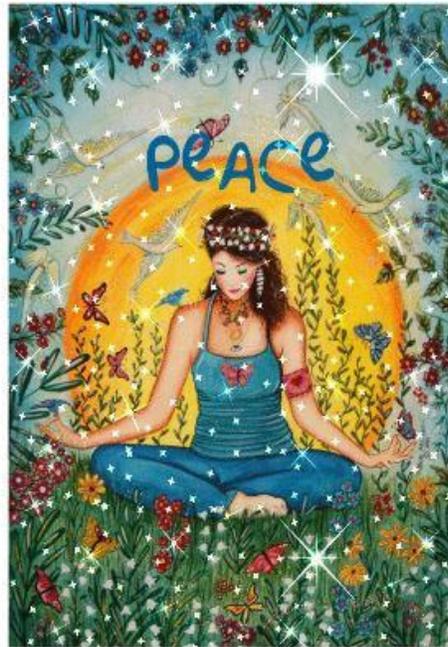
The Menopausal Years are the years of your life when you metamorphous into the Wise Woman phase of your life. Just as puberty and the changes of adolescence are a many year refinement into the adult you, the menopausal years are a refinement of the adult you after your childbearing years into your wisdom years. Embrace life for the beauty of these years and the Wise Woman you are!

Many females look upon these years with fear and dread as modern culture has walked away from honoring our elders and all phases of life as sacred and beautiful. I invite you to renew your sacred energy with yourself, see menopause for the gift it is, and share your wise woman wisdom with yourself, you family, friends, and community. Embrace menopause and life from the vivacious space of you.

May you find peace, love, and vibrant health on your amazing journey.

Peace...
Realization that the
same life force energy
flows through everything.

www.PaulaYoumeIRN.com



Art Work

<http://themindunleashed.org/2013/08/12-ways-to-calm-overactive-mind.html>

Moon Cycles and the Cyclical Female



**At menarche a woman enters her power,
Through menstruation she practices her power,
At menopause she *becomes* her power.**

Native American Wisdom

The words in this wise Native American saying ring so true. The female body, mind, and spirit cycle with the phases of the moon, the seasons of the year, and nature. This cyclical experience is part of who we are from the moment we are conceived until we pass out of our physical bodies into another realm of existence.

When a young girl begins her monthly blood flow, menstruation, the gift of cycling with the moon becomes visually apparent. Over the course of our menstruating years into our mothering years (if we choose to be a mother), we build upon our foundation of female wisdom and power*. Female wisdom and power are innately a part of all of us and as we walk our life's paths on this planet we draw forth this innate energy. As we move into the menopausal years we draw upon this wisdom and energy in ways different from our walk as a menstruating woman. Energy shifts, our needs shift, and we walk in grace as women free from the demands of menstruating and mothering years. (Please know I hold the menstrual and mothering years in high regard, as a positive time in a woman's life, not the *curse* we were led to believe menstruation is or the attitude of burden our culture has adopted around mothering and being saddled with children. All phases of a female's life are a time to honor and open to your internal wisdom and gifts to share with yourself, your children, your family, friends, and community.)

*I use the word power here, not as power over anyone or anything else, but as personal inner strength of life force and universal wisdom.



Jaine Rose Art

**Honoring Our Cycle is
Honoring our Divine Female Soul.
Spring Enlivens Us Because
We Embrace the Winter,
The Full Moon Enchants Us Because
We Invite the New Moon to Wash Over Us,
The Light Nurtures Us Because
We Walk Through the Darkness with Grace.
Females who Embrace Life In the Flow of
Their Cyclical Nature,
Walk in Empowerment
With the Natural Beauty of Themselves.**

Paula Youmell, RN

May 14th, 2015

♀ Moon School

Wise Women Red Tent

**Thanks to Jaine Rose of the UK for the above artwork
<https://www.facebook.com/Jaine.Rose.artist>**



Herbs for Creating Calm & Peace

- Chamomile
- Lavender
- Lemon balm
- Peppermint & spearmint
- Hops
- Valerian
- Skullcap
- Oatstraw
- Passion flower (This herb can pull double duty with libido!)
- Catnip
- Motherwort

Magnesium deficiency or insufficiency can contribute to tight and tense body, mind, and spirit. Magnesium citrate (Solgar) 200 mg tablets taken 2- 3 times daily. Taking 1 dose at bedtime can help significantly with nighttime relaxation and sleep promotion. If your bowel movements get too loose back off by one tablet daily.



Whole Food & Whole Health Feeding Mind, Body, & Spirit

Natural Skin & Body Care

Taking care of your body, in all that you do and eat, in a natural – whole food – whole health manner keeps synthetic ingredients out of your body, your body cells, and upsetting your natural hormonal balance. Synthetic ingredients have estrogenic effects. Those synthetic xeno-estrogens attach to your cell's estrogen receptor sites and displace the natural estrogen's ability to attach to your cells. Synthetic estrogens attaching to your receptor sites creates hormonal imbalances and the resultant ill health symptoms.

Links to current articles I wrote on natural skin care. This link will take you to my blog and give you a back link to the 1st article in the 2 article series.

<http://www.paulayoumellrn.com/blog/2015/5/24/natural>



Natural skin & hair care companies to check into:

Aubrey Organics:

<http://www.aubrey-organics.com/>

Just Natural Skin Care:

<http://www.justnaturalskincare.com/hair-dry/all-dry-hair-products.html>

Morocco Method:

<https://www.morroccomethod.com/>

Dr. Mercola: www.mercola.com

Wild Carrot Herbals

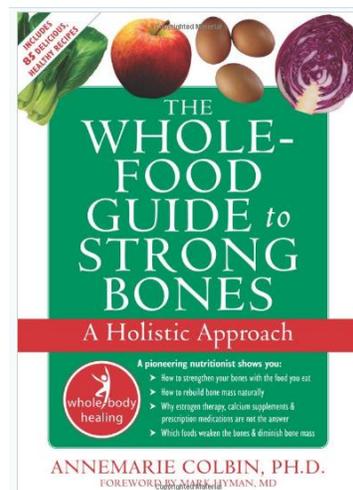
www.wildcarrotherbals.com

There are many, many companies now making natural skin, body, hair, and household cleaning products. As with any product that you plan to eat, use on or in your body, or clean your home (your sacred soul space): read ingredients and do not rely on the product's front label hype. Many products labeled as "all natural" are far from natural.

Learning to make your own, in whatever capacity you have the time or interest in doing, is another viable solution to avoid synthetic ingredients in commercial product.

Bone Health

I invite you to check out this book. I appreciate its wisdom as the author has a beautiful holistic sense to her work in this world. I have taken a couple of online classes from her and she has a great sense of humor as well!



Them bones them bones strong bones!!

(Information I learned from Ms. Colbin's whole health bone wisdom)

Osteoporosis is talked about at length and considered to be a public health issue. It is estimated that over 25 million people in the United States are affected by this condition. Osteoporosis causes thinning bones and the resultant bone fractures are the real problem. Osteoporosis and related bones fractures are lowest in the areas where people follow traditional ways of life, the traditional whole food diets.

Both men and women will begin to lose 0.5-1% of their bone density or degree of bone mineralization per year starting around age 30. In women, the rate of loss will spike to 2–3% per year for the first 3–15 years following menopause. The key word here is mineralization, not just calcium. We need many nutrients: vitamins, minerals, and phytonutrients to build strong bones. When we take calcium, as a single constituent nutrient, we upset the whole balance of nutrients in our body. Nutrients work in synergy, not as single substances. If single substances were the key, nature would have provided us with food that was single nutrients, not whole foods with a symphony of nutrients in each whole food.

Calcium, especially from milk products, has been universally recommended as the one main element needed to reduce the risk of fractures. “Drink more milk, swallow calcium pills daily” is what we are encouraged to do. However, that may be the wrong approach. Countries with

highest dairy, therefore calcium intake, have the highest fracture rates. After all we've been told about dairy and calcium, how could this possibly be happening?



First it helps to understand the structure and function of bones. Most people, including our health care professionals, think bones equal calcium, period. This is very simplistic, reductionist and far from the truth. Physiologically, bones are composed of calcium phosphate salts (65%) for hardness, and a collagen matrix (35%) for flexibility. If a bone is placed in an acid bath and all the calcium is removed from it leaving just the collagen matrix, when subjected to stress, it will bend, not break. Conversely, if the collagen matrix is removed and all that remains are the calcium salts, when subjected to stress it will shatter.

In other words, a bone with zero calcium will bend, not break, whereas a high calcium/low collagen-matrix bone would break easily. This is why excess calcium can indeed increase the risk of fracture!

For good bone health, we need many other synergistic nutrients: magnesium, phosphorus, boron, copper, manganese, zinc, plus the vitamins C, D, K, B6, and folic acid. In addition, we need sufficient amounts of protein for the collagen matrix, and healthful fats for Vitamin D absorption and protection against bone-destroying free radicals. To obtain Vitamin D, we need 30 minutes or more of sunlight, or at least daylight, every day, without sunscreen. That is because an SPF of 8 blocks 95% of the production of Vitamin D on the skin and anything higher blocks it all. Truly naked skin sun time is best.... Got a place you can sun bathe naked??

Here are some dietary recommendations for good bone health: Remember with all health education, figure out what works best for you and do that. Each of our physiologies is unique and what works for one person may not be the same healing choice for another or everyone.

1. Plenty of fresh, local, and seasonal vegetables (this ensures highest nutrient availability); especially leafy greens (remember that cows, horses, and elephants eat green grass and they have strong bones and bodies!). Include five to seven servings daily including parsley, root veggies, and cruciferous veggies like cauliflower, broccoli, and cabbage.
2. [100% whole food diet](#)
3. Cooking with stocks made with vegetables and kombu seaweed.
4. Bone broths made with fish, chicken or beef bones and a tablespoon of vinegar to liberate the minerals. I soak the bones in vinegar overnight and slow simmer for hours the next day. I will provide my quickie instructions at the end of this eBook.
5. Sunflower and Pumpkin seeds for the minerals and natural fats.
6. Very modest amounts of whole grains for the fiber and complex carbohydrates. Some people thrive without grains in their diets. Find what works for you.
7. Beans, nuts, seeds, and naturally raised animal foods for the protein.
8. Butter from naturally raised animals (animals that give us milk need to be raised on pasture eating grasses and plants of their choices not in feeding lot barns being force fed grains and soy beans), cold pressed extra virgin olive, flax seeds, hemp seeds, chia seeds and unrefined sesame oils for the essential fatty acids.
9. Milk and dairy products in moderation (see pasture raised information above): IF you tolerate dairy and/or enjoy it, well then use it, in moderation. Dairy it is not essential in the human diet; this is a case where less can be more! We do not need 3-4 servings of dairy daily for bone health. Whole food eating makes healthy bones.
10. Feed yourself some sun! Sun exposure for natural vitamin D production helps with mineral absorption and building strong bones and bodies. ([Naked Sun Time](#))

The following foods are best avoided because they cause an acid condition in the body that leaches minerals out of the bones: manufactured 'food products', refined sugars, refined honey, white rice, refined - white flour: including pasta, white bread, muffins, and of course baked flour desserts. Think and eat Whole Foods! Buy plain yogurt (no sugar and fruit flavoring) and add your own goodies: vanilla information coming up...

Based on epidemiology and the studies mentioned above, avoiding milk products may also prevent bone fractures! At least, using milk products in moderation, meaning small amounts and not necessarily daily, is a better option. The US Governments advice to drink 3-4 glasses of milk daily is not about your health, it is about marketing milk for profit. I am not against dairy; we just do not need a quart a day per person to ensure bone or bodily health. There is much evidence that raw milk's nutrients (minerals) are digested and absorbed at a much higher rate than pasteurized and homogenized milk and milk products. Also, fermented dairy products are easier to digest and utilize the minerals.

Unopposed animal protein in the diet is overwhelming to our systems. We are a nation that eats too much animal protein (meat, milk, dairy products, eggs) causing an acidic condition in the body. The body responds to acidity by pulling minerals from the bones to balance your bodies PH. This means mineral loss from the bones. When we cut down on the amount of animal protein in our diet this helps prevent mineral loss from the bones. If you think in moderation, not huge chunks of meat per person, you will eat less. Once again, I am not advocating not eating animal protein, but 16 oz. steaks are not required for a 1 person meal!

Opposing animal protein with lots of vegetable in the diet also helps. Vegetables add minerals to the bones and body cells in general. Vegetables also help to alkalize the blood, neutralizing animal protein acidity. Sea vegetables are also high in minerals, making your body cells and therefor bones more mineral rich.

Opposing animal protein with the mineral rich bones and organs helps to stop the mineral loss from high, unopposed animal protein consumption. Eat bone broths and animal organs! Traditional diets did not just eat the muscles (flesh) of animals, birds and fish; they ate the bones and organs! Small bones were chewed up and digested. Large bones were made into broths and eaten as soups. Larger bones were also ground and the powder used to thicken soups, stews and breads. This put animal bone minerals into the body, not just the protein from animal muscles. Organ meats have always been part of traditional diets. Think Native Americans, they used every part of the animal, not just the muscles. Organs are dense nutrition, high in minerals that offset the acidifying, mineral leaching properties of animal protein. It all goes back to whole foods, eating the whole, not just parts of foods. Choose grass fed, organically raised animal products to get the healthiest foods, healthy animal products make healthy nutrition.

Last but certainly not least, walking and weight bearing exercise for at least 30 minutes every day are essential to keep the bones in good working order. Gravity and weight bearing exercise are good for us! Walking barefoot inside and outside. Rubber soles on shoes cushion the natural vibrations that occur in the bones upon heel impact with the floor and ground. This vibrational impact stresses the bones in a good way, much like push-ups stress the muscles in a good, muscle building way. Take your shoes off, walk outside on the ground and in your home barefoot. Your bones will thank you.

And while you are at it, get down on the floor (bare handed) and do some push-ups! Your upper body muscles and bones will get denser, stronger, and healthier!

Use high mineral herbal infusions to add balanced minerals to your diet.

How to make medicinal strength infusions (herbal teas) with suggestions for bone mineral friendly herbs: <http://www.paulayoumellrn.com/making-herbal-infusions-teas/>

Articles on bone health: http://www.susunweed.com/Article_Bone_Health.htm

http://articles.mercola.com/sites/articles/archive/2012/11/19/fennel-plant-prevents-bone-loss.aspx?e_cid=20121119_DNL_US_art_1

Love Your Libido throughout the Menopausal Years

Herbs and such for libido: (remember that the brain is the largest organ of desire and for creating desire!)

- Nettles (do I offer this one up enough?!)
- Red raspberry
- Red clover
- Wild yam
- Yohimbe bark
- Yoga and energy movements (belly dancing, visualization of energy flow to the womb space)
- Orgasms beget orgasms beget hormones and keep the tissues moist, pliable, and youthful
- Whole foods
- Oat straw
- Ashwaganda root
- Maca root
- Muira puama
- Ginseng
- Cinnamon (see yogurt recipe coming up!)
- Gingko biloba
- Vanilla (use vanilla scented oil in all the *right* spots!)



Got Hot Flashes & Menopausal Symptoms that are driving you nuts?

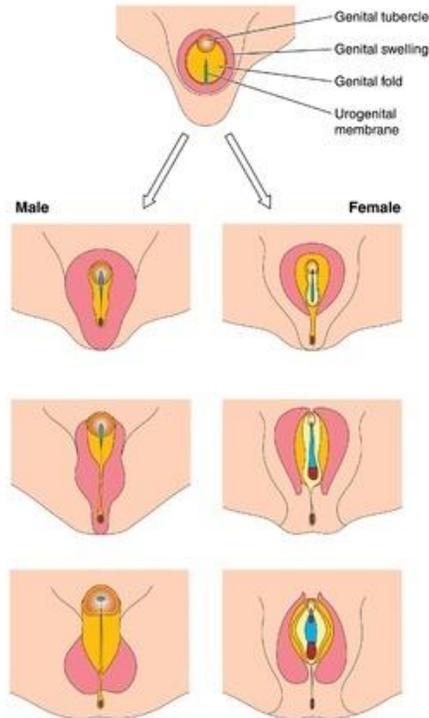
I recommend clicking these links and looking at the body health & healing recommendations I have for you on:

- [Whole food eating](#),
- [Whole health lifestyle choices](#), and
- All my other [FREE health & healing info](#) on my website.

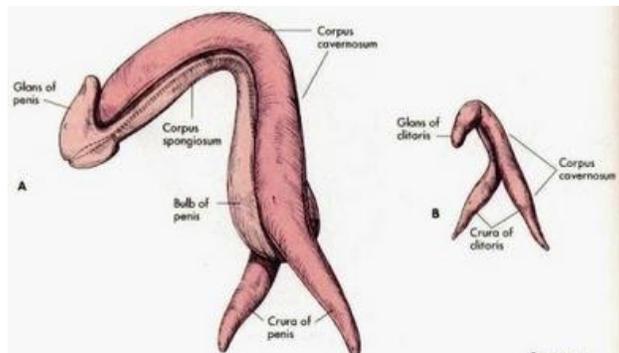
These lifestyle choices will keep your body's health balanced so your glands are working at top notch health preventing the symptoms of menopause. Menopause, just like puberty, is a natural phase of female health.

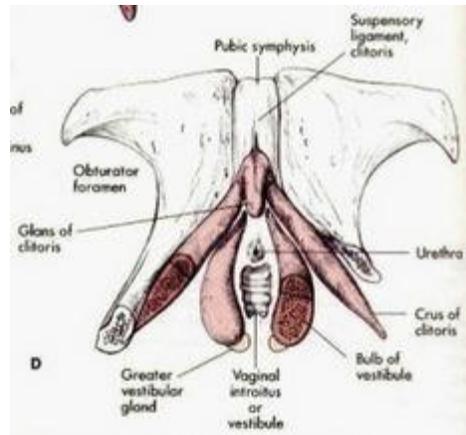
Herbs are wonderful allies in health & healing *but* they cannot do all of the work. Your lifestyle choices have to reflect healing choices to keep your body in a healthy, whole state. Passage through these years should be marked by very gentle symptoms not wide swings of mood, heat, and irritability.

[This formula pictured](#) is a great herbal ally for hot flashes and menopausal symptoms.



The above and below illustrations compare the male and female reproductive penile and clitoral tissues. We develop from the very same cells, the very same tissues, and our tissue development differentiates based upon our XX or XY chromosomes stimulating ♀♂ female or male hormones. Knowing your anatomy is a big key to a healthy sex life. Good Communication helps too! ☀️





Looking at the clitoris internally.

<http://projects.huffingtonpost.com/cliteracy>

Now About That Vanilla...

This is my version of a creamy, yummy yogurt treat.

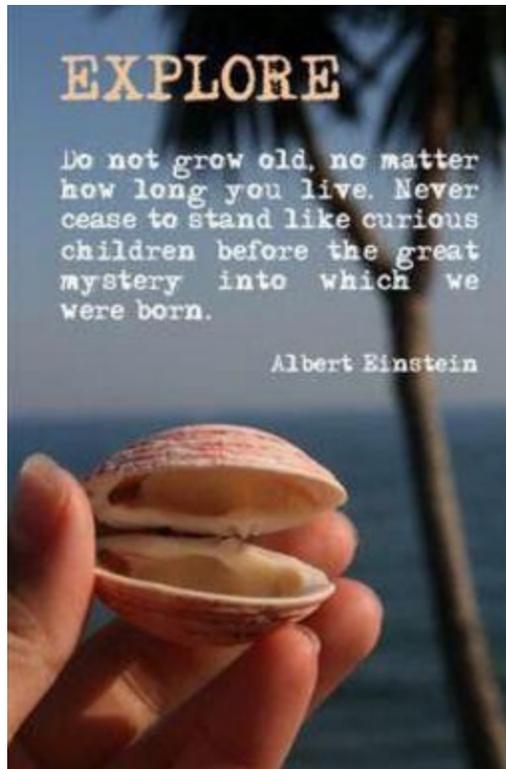
- ½ to 1 cup of whole fat, pasture raised yogurt
- 1-2 tbsp. of organic peanut butter, almond butter (some yummy, nut or seed butter to add to the creamy texture) I really use a good 3 - 4 tbsp. in a cup of yogurt. Use to your needs and discretion)
- 1/4 to 1/2 tsp. real vanilla extract (I use extra vanilla and cinnamon and skip the sweetener)
- ½ to 1 tsp. raw, local honey or local maple syrup (the darker B & C grades of syrup are less refined & more nutritious). If you have blood sugar issues (diabetes, metabolic syndrome, PCOS, pre-diabetic hypo or hyper glycemic), skip the sweetener.

Optional spices & flavors: cinnamon, cardamom, nutmeg, ginger, hazelnut extract, almond extract, coffee extract, chocolate extract or cocoa powder..... use your imagination and flavor to your liking.

I also add raw, organic nuts and seeds of various types to give it crunchiness and sometimes an organic (no added sweetener granola), and local / seasonal berries or fruit (depending on the time of year).

If I am eating this as 'breakfast', I often will beat a local, free range, naturally fed chicken egg and add to the yogurt-nut butter base. I then add flavors and fruit. This pasture raised egg adds healthy fats, protein, vitamin A & D, iron, minerals, and all sorts of good nutrients!

VERY IMPORTANT: Know who raises your eggs (chickens) and how they are raised before eating them raw.



**Remind yourself,
Daily,
Of the beauty in your female cycle and energy!**

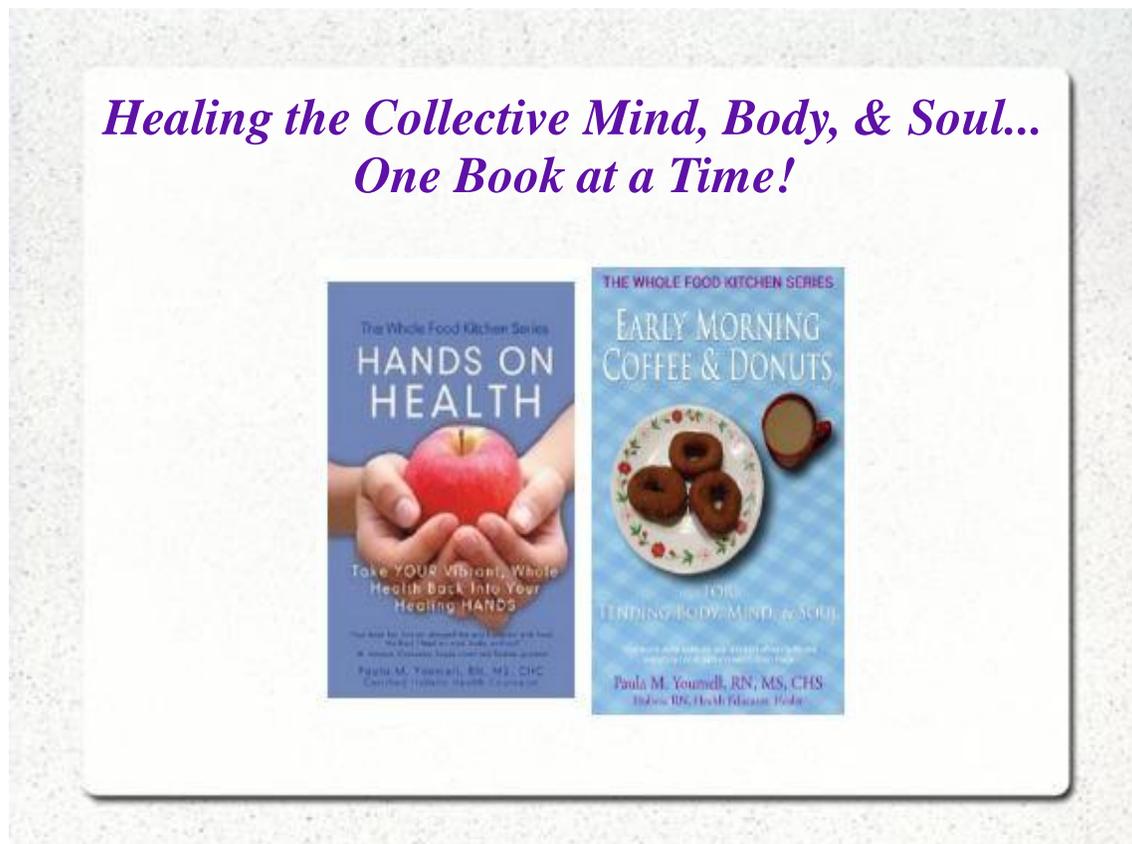
**Your body cycles with the moon for your entire life
even when the monthly bleeding ceases to bless you.**



I invite you to explore deeper healing of your physical body through whole food nutrition and lifestyle changes in my book [Hands On Health](#).

To soothe and heal mind, body, and spirit I created my book [Early Morning Coffee & Donuts](#) to open the emotional and spiritual pathways so you can invite healing energy in.

May you walk in beauty, love, and peace. Paula



The Bone Broth Information I promised, click title: [Making Bone Broth](#)

This eBook touches lightly on topics I teach in my personal health education consulting business to empower women (and all people who are interested in restoring natural health) to make the lifestyle changes that create vibrant health.

If you would like more personalized attention following these steps and achieving your health goals, please contact [Paula Youmell, Wise Woman Nurse®](#), to set up a Natural Nutrition & Health Consultation.

Please join my [Home Study Courses](#). Find topics to please and meet your health & healing needs in:

- Female Health & Healing in my [Moon School](#) (Week 5 is the Menopausal Magic home study course and can be purchased separately.)
- [Whole Body Health & Healing](#) for everyone (no gender biases at Paula Youmell, RN ☺)

Free health & healing information on my website:

- [Whole Foods to Heal the Body](#)
- [Whole Health Lifestyle](#) Choices to Assist the Whole Food Eating Habits you will learn in above link
- Lots more [free health & healing info](#) from my website...

My [website contact information](#). Enjoy harmony in your health today and every day.

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Thank you for maintaining my privacy.

With **LOVE** & Deep Compassion for You on Your Healing Journey, Paula