

Menopause

The Beginning of a Time of Transformation and Hope

Menopause is often referred to as "The Change" when the "Curse" ceases and life as a woman ends. This concept arose from a social climate of ignorance. Menopause is a change, but not for the worse. And menses is not a "curse" but a cycle in which the wisdom and flexibility of womanhood is expressed. It is a cycle that symbolizes and embodies Nature's greatest lessons and miracles. Menopause is a natural transition from the formative stages of early life and often raising of children or building a career and the lessons learned there, to the fruition and freedom to express your full potential as a woman. In older societies where wisdom and merit are valued, women who have finished child rearing and work and whose body has entered the next cycle are revered as leaders and consultants. Menopause heralds a time of ascendancy and greater influence. In America, it is finally beginning to be recognized that menopause is to be looked forward to rather than dreaded; that it expresses strength not weakness.

Menopause can be seen as a rite of passage, much like adolescence. Just as adolescence ushers in a new era of privilege and responsibility, menopause offers new areas of freedom and creativity and the fruits of wisdom of building a career or family. Also, like adolescence, transition comes at a price; the human body does not make quick change without disturbance of equilibrium. My aim as a Holistic doctor is to create conditions by which a woman can fulfill her potential, be further empowered to participate more fully in her life and reach the creative potential that years of care-giving to others has fostered. Menopause is to be seen as a time of potential, not as a time of regret.

Nevertheless, there are very real physical, emotional and mental hurdles to be dealt with during menopause. From "hot flashes" to unstable emotional "mood swings" the symptoms of the transition can be disturbing and a real nuisance. The Holistic view values a woman's natural change, but acknowledges the need for relief from symptoms that interfere with daily life too much. While menopause is not a disease it is a healing process that often requires a number of options and a broader response than standard hormone replacement therapy. It is not our aim to "stop menopause", but instead to make the transition more smoothly and offer tools to a woman to more effectively fulfil her potential in a way that empowers her to have greater, not less, influence on the outcome of her actions and creative force. In providing Holistic Care, we work with the Physical, Emotional and Mental areas to form a stable foundation, rather than merely one symptom or another. Our program involves the patient in her own care and aims to balance all systems. Gentle chiropractic and muscle work, with tailored exercise and stretching, help the structure and nervous system become balanced and relieve pain of tensions, as well as promote better response from all therapies. Herbs like Clover and Wild Yam, as well as Black Currant and Flaxseed oil help to balance hormones, while St. Johns Wort, Valerian and appropriate amino acids and vitamins provide improved mood balance to name only a few. Physical therapies and exercises are used to reinforce emotional and Mind/Body work.

Mind/Body work forms a core for maintaining and building an improved self-image and an attitude of positivity toward change and your own potential. Nutritional work supports the body's ability to heal itself and provide the nutrients in greater demand during hormonal shifts. Certain homeopathic remedies including Bach Flowers help to balance the system both physically and emotionally. Guided Imagery and self hypnosis provide a sound mental support for your intentions and reinforce the physical and emotional changes taking place. Stress reduction workshops provide tools for your whole life.

Our Holistic program is designed to be a partnership between the patient, doctor and counselor to create a unique and tailored approach to the Mind, Body, and Emotions, as well as acknowledge the spiritual foundation for healing. Healing is the Foundation for Wholeness, Increased Human Potential, Empowerment of the Emotional Being—not just the absence of symptoms.

For more information on the Goshen Healing Center and the Center for Mind/Body Resources:

Call Dr. Stephen Green DC

(845) 294-9990

651-1460

OR

Arlene Prince CHt.

(845) 258-2021

651-1460