

Mommies and Menopause: BodyLogicMD Offers Hope With Bioidentical

ORLANDO, FL -- 07/18/07 -- For women who become new mothers in their late 30s or into their 40s, the added whammy of perimenopause symptoms -- and even menopause symptoms -- can make the already intense post-childbirth hormone cocktail more difficult to handle.

"It is estimated that one in every twelve babies is born to a woman aged thirty-five or older," says Jennifer Landa, M.D., a BodyLogicMD physician specializing in bioidentical hormone therapy services. "For women who have postponed motherhood, it is quite likely they will be experiencing perimenopause symptoms while they are still recovering from childbirth. Some will be seeing the signs of menopause. That means a lot of hormones are fighting for attention."

Following childbirth, women may experience common symptoms typically associated with postpartum, including fatigue, mood swings, fluid retention, irritability, joint aches and even postpartum baby blues. Unfortunately, older moms may also be feeling the effects of hormone imbalance or noticing the signs of perimenopause or menopause, including:

-- Hot flashes -- Night sweats -- Weight gain -- Mood swings -- Depression -- Trouble sleeping -- Vaginal dryness -- Loss of sex drive -- Urinary incontinence -- Irritability

When these symptoms are combined, a woman who felt vibrant and full of energy before childbirth can feel completely depleted. She may be so overwhelmed by the needs of her baby that she doesn't take the time to give herself the care she needs.

According to the book "Hot Flashes, Warm Bottles: First-Time Mothers Over Forty," not only is there a biochemical component to the fatigue at midlife, there is the additional exponential factor that comes from always being on call.

Experts suggest devising strategies to manage the stresses of motherhood and menopause.

Using bioidentical hormone therapy, Dr. Landa specializes in helping women to cope with the seemingly constant barrage of wayward hormones and offers the option of a physician-supervised program that uses only bioidentical hormones, which are identical to the body's own chemistry. By integrating bioidentical hormone therapy with balanced nutrition and fitness, women suffering from the symptoms of perimenopause and menopause can meet the challenges of menopause while enjoying themselves as they meet the needs of their children.

Natural bioidentical hormone therapy helps relieve hot flashes, night sweats, irritability, and loss of energy and strength. Even perimenopausal and menopausal weight gain begins to drop off. Libido is restored and midlife moms can begin to feel more in control of their emotions.

"Becoming a mom is one of the most rewarding decisions a woman can make," says Dr. Landa. "Bioidentical hormone therapy offers older mothers a way to navigate the obstacle course set up by competing hormones while enjoying the journey of motherhood."

About Dr. Landa

Dr. Jennifer Landa earned her medical degree from Albany Medical College of Union University in Albany, NY in 1996. She completed her internship and residency at Beth Israel Medical Center in NYC, where she was also distinguished as the Administrative Chief Resident in Ob/Gyn. Dr. Landa is a Diplomate of the Board of Anti-Aging Medicine, is board certified in Obstetrics and Gynecology and is an active member of the Fellowship for Anti-Aging and Functional Medicine. She is now dedicating her full-time practice to using anti-aging medicine, nutrition, and fitness to help women and men resolve menopausal and andropausal symptoms, including weight gain, sexual dysfunction, declining energy levels and stress.

About BodyLogicMD

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About the Author

From www.earthtimes.org:

Chronic sinusitis paranasal sinuses lymph drainage conventional medicine functional disturbances causal chains galvanic currents causal.

Welcome. We have changed our name from Great Smokies Diagnostic Laboratory to Genova Diagnostics. This web site has not changed in content.

Functional medicine is a science based healthcare approach that assesses and treats underlying causes of illness through individually tailored.

New textbook explores functional medicine from Townsend Letter for Doctors and Patients in Health provided free by LookSmart.

We appreciate your interest and encourage you to check back regularly for our improved version of the Canadian Center for Functional.

Functional Medicine Services offered at Wellness Evolution, a new age health and wellness center located.

Functional Medicine is a true holistic approach to helping people achieve. Functional Medicine starts with the idea that your body, mind and spirit.

Based on the fact that each individual is unique, Functional Medicine. Doctors practicing Functional Medicine are able to identify underlying.

Source: <http://www.productsherbal.com>