

A Fresh Look at Menopause

Thankfully for women, the menopause has well and truly come out of the closet. More and more practical information is available for women who are approaching and moving beyond menopause, reassuring them that there is life after this major transitional phase, and giving them sound advice on the tools they can use to support them safely to the other side.

Men, on the other hand, have good reason to feel a little neglected at the moment. The concept of a male menopause is sometimes briefly mentioned, but there is scant advice available for men who are hitting mid-life. Men may also feel they want to know what practical steps are available to them in order to ensure that they can also make the most of this transitional phase of their lives.

Although men don't experience an abrupt shift in male sex hormones that will leave them infertile in the second phase of their lives, they do experience a subtle and cumulative reduction in testosterone that can lead to undesirable symptoms. This fall in male sex hormones can be associated with fatigue, lowered libido, mood swings (including anxiety and depression), prostate gland problems, and diminished sexual pleasure. In other words, a mirror image of some of the most common symptoms experienced by women leading up to, and during menopause.

On the other hand, sobering as this sounds, there is good news for men too. Many of the benefits that women experience from alternative and complementary therapies can be just as appropriate for men. This is especially the case when, as not uncommonly, problems associated with the male menopause affect the person as a whole, and not just the reproductive system. Men go through mid-life crises too, and have to face the challenges of ageing, retirement, and finding new identities for themselves as they mature. Homeopathy is a particularly appropriate therapy which addresses the patient on mental, emotional and physical levels at once. When combined with sound advice on nutrition (this has a particularly important role to play in discouraging and managing prostate problems), exercise, and relaxation techniques, homeopathic treatment can provide optimum support for men who are struggling with menopausal challenges. Who knows, they may even discover the delightful secret that women are becoming increasingly aware of: that there is life after menopause!

It is important that you feel happy with the manner and approach of your homeopath. In that way you will be more able to give your homeopath the information needed to prescribe well for you.

How do I find qualified homeopath?

To find a homeopath consult the Register of the Society of Homeopaths. All homeopaths registered with the Society practise in accordance with a Code of Ethics and Practice, hold professional insurance and have passed stringent academic and clinical assessments before being admitted to the Register.

This leaflet is by The Society of Homeopaths

The Homeopathy Action Trust is a separate charity which welcomes donations and bequests to promote homeopathy, through low-cost clinics, education and research. If you would like to become a Friend, make a donation, or if you want more information, please contact the trust

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