

## **Menopause in Insomnia, Estrogen Decline and Mineral Deficiency**

*Consumer Reports* advises that hormone medications taken for menopause symptoms can increase the risk of heart disease, breast cancer and blood clots. Highly absorbable forms of natural minerals can be a safe alternative

February 3, 2015 (FPRC) -- Women in the pre-menopause and menopause years are more and more finding themselves experiencing symptoms of chronic insomnia, hot flashes, night sweats, migraine headaches, anxiety, fatigue and depression. Uzzi Reiss, M.D., author of *Natural Hormone Balance for Women*, says: "Some of the above reactions occur nearly simultaneously whenever the level of estrogen falls."

Hormone drugs, nutritional remedies, and lifestyle changes are some of the options available to women. *Consumer Affairs.com* reports that while 70 percent of women entering menopause will have some symptoms, most symptoms can be managed with healthy lifestyle improvements. In their recent report, they do not recommend hormones for women who have an elevated risk of heart disease - which is 35 to 50 percent of all women 50 and older.

As menopause approaches, another emerging link between estrogen decline and menopause symptoms is the aspect of mineral deficiency. Mildred Seeling, M.D. describes this in the *Journal of the American College of Nutrition*. She says "Estrogen enhances magnesium utilization and uptake by soft tissues and bone, and may explain the resistance of young women to heart disease and osteoporosis -- as well as the increased prevalence of these diseases when estrogen production ceases."

Magnesium works best when it's balanced with calcium. The pioneering nutritionist Adelle Davis writes of mineral deficiency during menopause in her book "Let's Get Well." Davis says: "Calcium is less well absorbed and the urinary losses are greater when the output of estrogen decreases...during the menopause high amounts of calcium should be obtained and every step be taken to insure its absorption into the blood. When these precautions are taken and the diet is adequate in other respects, the woman at menopause usually loses her irritability, hot flashes, night sweats, leg cramps, insomnia, and mental depression."

Regarding the use of a natural sleep aid for the relief of insomnia and other menopause symptoms, certain formulas may be more effective than others. The combination of minerals included and the presence of vitamin cofactors (such as vitamin D) in the product are key. Formulas should contain a 2 to 1 ratio of calcium to magnesium. In addition, a softgel form with healthy oils is more digestible than tablets or capsules. One such remedy that is gaining popularity with menopausal women is Sleep Minerals II from Nutrition Breakthroughs.

Sadie D. from The Netherlands says: "I am ever so grateful that I discovered Sleep Minerals II after suffering with premenopause and now the real menopausal insomnia. I felt like I was slowly losing my mind due to the continual lack of sleep. I can't express the relief of getting a good night's sleep and being able to function properly."

Valerie H. of Santa Clarita, California says: "I had such severe menopause insomnia that it took me hours to fall asleep even though I was extremely tired. My legs also had crawling and tingling

feelings at night. I got the Sleep Minerals and after about a week, it started to work really well. I fall asleep now within 20 minutes and no more restless leg syndrome.”

Consumer Reports advises that hormone drugs can increase the risk of heart disease, breast cancer, blood clots and stroke. An increasing number of women are turning to non-pharmaceutical remedies for insomnia. Highly absorbable forms of natural minerals can be a soothing, safe alternative.

For more information on Sleep Minerals II, visit [www.NutritionBreakthroughs.com](http://www.NutritionBreakthroughs.com).

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