

What is menopause?

Women will experience menopause when their menstrual cycle ceases to continue for 12 consecutive months. Each woman experiences menopause differently based on a number of factors such as genetics, lifestyle, exercise, and work environment to name a few.

Menopausal hormone changes can cause fatigue, depression, lower libido, sleep disturbances, and increased inflammation in the body. Lower estrogen levels in menopause result in higher levels of inflammation, which can cause expanded fat cells, increased fat absorption and a decrease in good gut bacteria. This results in the dreaded expansion of the mid-section, weight gain and bloating. This mid-section fat is a known risk for cardiovascular disease.

Estrogen and the Cardiovascular System

Studies have shown that estrogen is cardioprotective, thus menopause and the decline in estrogen production, may have adverse effects on cardiovascular system in women. Vascular aging, which is the stiffening of arterial and endothelial dysfunction, and is a precursor to CVD. Studies show that the decline of estrogen in menopause, directly effects vascular elasticity.

Estrogen is known to have the following positive effects in the body;

- Increases good cholesterol
- Decreases bad cholesterol
- Balances and regulates blood clot formation
- Relaxes and dilates blood vessels (which in turn, increases blood flow and lowers high blood pressure)
- Antioxidant = anti-inflammatory by nature, (neutralizes free radicals in the blood that can damage the arteries and their tissues)

How is heart disease associated with menopause?

As previously explained, estrogen helps a younger woman's body protect her against cardiovascular disease, keeping the blood vessels flexible. As levels of estrogen decline overtime, the blood vessel walls become less flexible, making it more likely for plaque and blood clots to form. There are also changes in the level of lipids in the blood that occur, along with an increase in fibrinogen. Fibrinogen is a substance that helps the blood to clot. Estrogen normally aids to balance the blood clotting levels in the body, so a decrease in estrogen has a direct effect on the levels of blood fibrinogen. This, in turn, directly relates to an increased risk of blood clots, heart disease and stroke.

Estrogen decline and Heart Palpitations

Heart palpitations can occur as a result of lower levels of estrogen, which can lead to an overstimulation of the heart. Such a drop in hormone production can be linked to an increase in the heart rate and off-set the normal heart rhythm. Chronic stress will raise cortisol levels and interfere with inflammatory responses in the body.



Psychological stressors were found to be independent risk factors for the development of heart disease in women. CardioCalm de-stresses the central nervous system and the autonomic nervous system, thereby reducing cortisol. Some women find adding CardioCalm to their Heartdrops protocol, helps calm their arrhythmia, heart palpitations and helps them de-stress.

Other physiological changes during menopause include;

- **Difficulty with concentration and memory** - some women may have difficulty with concentration and memory during menopause therefore, increasing blood flow and thus oxygen to the brain, helps with enhancing levels of cognitive functions. Strauss Heartdrops are known to aid in increasing blood flow to the brain, thereby helping with memory.
- **Incontinence** - Among the many various changes that can develop around the time of menopause, urinary incontinence can be a very cumbersome, physical one. Some women will benefit from adding Strauss Bladder Drops formula to their Heartdrops protocol. Frequent UTIs can be a problem during menopause, so Bladder Drops formula helps to empty the connective tissue of the bladder and work more efficiently. This formula is antibacterial, antiviral and anti-candida by nature. Daytime incontinence and frequent night time urination can be a thing of the past.

Assessing your risks

- Your doctor can test your cholesterol profile, blood pressure and other markers of heart disease, like C – reactive protein (CRP) that helps to detect atherosclerosis and homocysteine levels, which can increase your risk of heart attack and stroke
- Women need to do their homework, research, ask questions, and monitor their; blood pressure, cholesterol, diabetes risk, abnormal heart rhythms, palpitations, shortness of breath, pressure in chest, headaches, dizziness, vertigo, edema, jaw aches, as these signs and symptoms could be pre-lude to a cardiovascular event.

Strauss Heartdrops may aid to prevent a cardiovascular event by;

Gently dissolving the fatty deposits (plaques) that can build up in lining the arteries, help with flexibility of the cardiovascular network, lowering blood pressure, increasing blood flow to the extremities (which aids in oxygenation = increases energy).

In conclusion, taking Strauss Heartdrops® can be a wonderful foundation product in a woman’s defense against cardiovascular risks associated with menopause. Consider adding Strauss Bladder™ Drops and/or CardioCalm™ to this protocol if need be.



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