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CBD and the Menopause- how it can help you!



We make no apologies for this issue being all about a life stage that will affect 50% of the population during their lifetime - the Menopause.

The menopause is typically used to frame the time in a woman's life when her periods have stopped for 12 months, typically between the ages of 45 - 55. However menopausal symptoms can start much earlier in the period known as the perimenopause, which can last for up to 14 years and continue long after periods stop!

Until relatively recently, clinical practice focused only on the most common of menopausal symptoms - hot flushes and night sweats, where the body seems to lose all ability to self-regulate temperature. Thankfully, academic research and clinical practice are beginning to address the wider impact of the menopause on women's health- We now know that in addition to the issues surrounding hot flushes and night sweats, there are [34, yes 34 different symptoms](#) associated with the perimenopause and menopausal stages, affecting every aspect of some women's lives including their mental health, musculoskeletal health, and sexual health!

46%

**of women didn't feel
prepared for menopause**



#avonTLI

HRT (hormone replacement therapy) can be a Godsend for some of us. Designed to replace the missing oestrogen, and progesterone if required, it can alleviate many of the symptoms so many of us struggle with, and help to protect cardiovascular health and to prevent osteoporosis. However, it's not for everyone - for clinical reasons or personal preference, so we like to explain how cannabinoids can help you to manage the symptoms you're experiencing through the perimenopausal, and post-menopausal stages of your life.

Our innate Endocannabinoid System, the system that responds to Cannabidiol (CBD) molecules in our bodies, normally works in tandem with all the other systems in the body e.g. - cardiovascular, endocrine, musculoskeletal, to keep everything balanced and ticking along nicely - we call this 'homeostasis.'

The relationship between our endocannabinoid and endocrine systems is multi-faceted and very complex¹, but it would appear that the cannabinoids can help to maximise the effects of what is a dwindling supply of oestrogen in our bodies during menopause.

To follow is some really useful information about how CBD can help to alleviate some of the worst symptoms we experience.

CBD can help to reduce the frequency and severity of hot flushes and night sweats!

Hot flushes and night sweats - the body's natural thermo-regulator sits in the hypothalamus, part of the endocrine system. A study by the Universities of Termao in Italy and Semmelweis in Hungary in 2018² found that cannabinoids have profound effects on hypothalamic regulatory functions, and that cannabinoid administration lowers heat production by changing the function of neurotransmitters in the hypothalamus.



CBD supports good mental health!

Anxiety, depression, mood swings, insomnia - Oestrogen also helps the body to regulate the metabolism of serotonin levels. Serotonin, the 'happy hormone' is partly responsible for maintaining good mental health, getting a good night's sleep, preventing and reducing anxiety, and maintaining memory function. As our oestrogen levels drop, and it becomes harder for the body to successfully regulate the levels of serotonin in our system, we can find ourselves experiencing a variety of mental health issues. CBD, through its action on the human endocannabinoid system, demonstrates anxiolytic (anxiety reducing), panicolytic (reduced 'flight' response), and anti-compulsive effects³. It also helps to 'calm down' the body's autonomous response to stressors and reduces the severity of the physical symptoms that anxiety can provoke including palpitations, nausea, and panic attacks.

CBD reduces inflammation, joint pain and muscle aches and strains

Joint pains, muscle tensions and aches - there are already well-documented links to the lack of oestrogen with osteoarthritis⁴ resulting in chronic pain and inflammation. Fortunately, there is also a large body of evidence that documents how incredibly useful cannabinoids are in helping to regulate the body's inflammatory response (see our [recent newsletter with a focus on arthritis](#) for more information).

CBD has a naturally anti-inflammatory action, and can either be taken as drops to combat pain and inflammation systemically, or used as a topical balm to target isolated areas.

CBD helps to build strong bones!

Bone health - one of the biggest risks for women of all ages going through the perimenopause and menopause is that of osteoporosis - brittle bones, with which comes the heightened risk of fractures - particularly to hips and spine, and a lot of joint pain. Traditionally, prevention of osteoporosis has focused on the provision of HRT (oestrogen) to women deemed to be at high risk, and any treatment for the disease once established has relied drugs called bisphosphonates, which interfere with the bones' metabolism and prevent 'old' bone cells from being sloughed off and reabsorbed by the body. The investigation of the role cannabinoids play in bone metabolism appears to be a key area of interest for

researchers, and there are promising studies which highlight a definitive link between the endocannabinoid system and bone metabolism^{5&6}

Menopause Event – register your interest

We can see from all of the above that CBD has an important role to play in supporting us through what can be a really trying time of life! but what's really struck us over the time we've been talking to lots of women going through 'the change' is how many of you have tried so many different approaches that have worked for you.

We are really keen to try to share this collective knowledge and early in 2022, we are going to host a roundtable event to hear from as many of you as would like to participate, with the aim of all of us going home at the end having a new suite of tools in our toolbox to keep us physically and mentally healthy whilst our bodies are having a bit of a wobble!

If you would like to pre-register for the event - ***please note all details are TBC at present*** - please drop an email to sue@thehealingconnection.eu or WhatsApp™ to us on [+34 634 359 658](tel:+34634359658) so we can start to put together a guest list.

References:

1. [The complex interplay between Endocannabinoid System and the Estrogen System in Central Nervous System and Periphery](#)
 2. [Effects of Cannabinoids on Hypothalamic and Reproductive Function](#)
 3. [Cannabidiol as a Potential Treatment for Anxiety Disorders](#)
 4. [Osteoarthritis associated with oestrogen deficiency](#)
 5. [The Role of Cannabinoids in Bone Metabolism: A New Perspective for Bone Disorders](#)
 6. [Cannabinoids and bone regeneration](#)
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