

Aching, Sore Joints, Muscles and Tendons

“Bend and snap” just took on a whole new meaning! While aching, sore joints and tense muscles affect many people as they age, it is particularly acute for some women in the midst of menopause. “Well, there goes my pro-wrestling career!”, YES, and let’s understand why....

Estrogen is on the run again! It has been found guilty of theft and tormenting women of a certain age. When estrogen flees the scene it takes with it the ability to prevent inflammation, leaving your body one achy mess. Inflammation is the cause for the sore joints, muscle pain and tension. Inflammation may be caused by the loss of estrogen or by prolonged stress. Managing your stress levels, especially during menopause, is crucial for your self-care and will help alleviate a variety of other symptoms as well.

If you are experiencing these symptoms we recommend increasing your daily intake of omega-3 fatty acids, water intake and fruits and vegetables that help to regulate and decrease inflammation. Giving up on running and other high impact activities will also help lessen the inflammation around the joints and in muscles. Doing activities such as light walking, yoga or swimming are very healthy, low impact alternatives for exercise and stress management.

Many women have also found acupuncture and massage very helpful. There are other natural supplements and medicines available as well. If you think you may be experiencing other signs of diseases such as arthritis, lupus or others and if you have a fever accompanying any joint pain, please discuss this with your doctor.