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### How Yoga, Meditation, and a Yogic Lifestyle Can Help Women Meet the Challenges of Perimenopause and Menopause

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This article will present how yoga exercises, yoga meditation techniques, and a yogic/holistic approach to menopause can help women ease their symptoms, get effective assistance from their doctors, and find support in their communities during this physical, psychological, and spiritual transition.



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## Key Points

- â€¢ Menopause is a time for rejuvenation, and for paying special attention to the body's needs; the heat of transition can be calmed with cooling foods, calming practices, plenty of rest, and conscious activity that nourishes the body, mind and soul
- â€¢ Daily yoga and vigorous exercise will activate and stimulate the glandular system to trigger the body's natural ability to find balance during hormonal fluctuations; yoga exercises release tension, massage and support the liver, and work the whole body

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