Naturopath in St. Catharines Breaks Down Menopause in New Blog Post

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A new blog post titled ?Understanding Menopause: How a Naturopath in St. Catharines Addresses the Root Causes? by Dr. Aoife Earls, ND, explores the deeper reasons behind menopause symptoms?and why a personalized, holistic approach may help make all the difference.

This new resource continues Dr. Aoife?s commitment to educating the St. Catharines community on vital health topics. It follows her previous insightful press release, "Holistic Healing for PCOS: Dr. Aoife?s Approach to Hormonal Health in St. Catharines," which detailed her approach to managing Polycystic Ovary Syndrome by addressing its core causes. That communication similarly highlighted how a naturopathic practitioner in St. Catharines can offer patient-centered strategies for complex hormonal conditions, building upon her ongoing efforts to provide clear, actionable health information.

The article sheds light on the often-overlooked science behind menopause, a transition that can impact nearly every system in the body. While symptoms like hot flashes, mood changes, and weight gain are well known, what?s less talked about is how menopause is connected to stress, gut health, thyroid function, and long-term disease risk.

The blog emphasizes that menopause isn?t a sudden change, but a multi-year process beginning with perimenopause. During this time, hormone levels fluctuate, creating a ripple effect throughout the body. At the core is the decline in estrogen and progesterone production, but that?s only the beginning.

Dr. Aoife explains that the endocrine system plays a major role in how a woman experiences menopause. The adrenal glands, which help manage stress, take on extra hormone production as the ovaries slow down. If a woman is chronically stressed, her adrenals may struggle, leading to symptoms that are more intense and harder to manage. Thyroid dysfunction?often undiagnosed?can further complicate this picture.

The blog also introduces readers to the concept of the estrobolome, a collection of gut bacteria that influences estrogen metabolism. An imbalanced gut can disrupt this process, contributing to symptoms such as bloating, fatigue, and hormonal imbalances. This connection between gut health and hormone regulation is one reason why naturopathic treatment often includes dietary changes, probiotics, and support for liver detox pathways.

Beyond symptom management, the post draws attention to the long-term health risks that increase after menopause. These include osteoporosis, cardiovascular disease, and cognitive decline. Estrogen has protective effects in these areas, so its decline means women need to be proactive about their health. A naturopathic strategy may include bone density support, cardiovascular screening, and supplements that nourish brain function.

Hormone replacement therapy (HRT) is also covered in the blog, with a discussion on both conventional and bioidentical hormone options. Dr. Aoife offers a balanced, evidence-informed perspective for women who are considering these therapies, as well as lifestyle-based approaches for those who prefer non-pharmaceutical solutions.

Conditions such as PCOS, infertility, or autoimmune disorders may intersect with menopause, especially for women navigating early or complex hormonal changes. The blog highlights how individualized naturopathic care can address overlapping concerns during this stage of life.

The goal is to help women feel seen, heard, and supported?not just in symptom relief, but in understanding how their body works and what it needs to thrive through menopause and beyond.

To read the full article, visit the website and gain a deeper understanding of how naturopathic care can support you through menopause. You may also book a personalized consultation with Dr. Aoife by calling (289) 815-1668 or emailing info@draoife.com. The clinic is open from 9:00am to 5:00pm on Monday, Tuesday and Thursday; from 10:00am to 6:00pm on Wednesday, and from 9:00am to 3:00pm on Friday.
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For more information about Dr. Aoife Earls, ND, contact the company here:Dr. Aoife Earls, NDDr. Aoife Earls, ND(289) 815-1668info@draoife.com581 Ontario St,St Catharines, ON L2N 4N8

Dr. Aoife Earls, ND

Dr. Aoife Earls, ND serves as a Naturopath in St. Catharines and in the GTA for over 10 years. As a Naturopathic

Doctor, she offers telemedicine and essential in-person consultations.

Website: https://www.draoife.com/

Email: info@draoife.com

Phone: (289) 815-1668

