

When a Women reaches the stage of menopause or is surgically menopausal (hysterectomy) it is normal for a high percentage to suffer with unpleasant (life changing) symptoms, which are usually suppressed with HRT.

Menopause symptoms are the result of a natural reduction of hormones, primarily progesterone and oestrogens. These reductions cause an imbalance to the Autonomic Nervous System (ANS) responsible for the control of bodily functions .The ANS functions independently of conscious thoughts controlling stress reactions, sweating, body temperature, circulation, heart rate, bowel and bladder function and more.

Symptoms such as sweating and anxiety, commonly associated with menopause, are under the control of the autonomic nervous system (ANS), more specifically the sympathetic division (fight-flight/stress reactor system). To explain further, there are 2 divisions of the ANS, the Sympathetic division (SNS) which is the fight-flight stress reactor system of the body e.g. when we perceive a threat the heart beats faster and the pupils dilate to allow more light for enhanced visual acuity and faster reactions. In contrast, the Parasympathetic division (PNS) is responsible for REST and DIGESTION. The latter is the repair and regulatory system of the body and tends to have the opposite effect to the SNS. For example, the SNS speeds the heart rate while the PNS slows it down. The 2 systems work together to regulate all our organ systems.

Our research (Dr Eccles, 2011) with the British Women Police using a heart variability machine enabled us to elucidate the mechanism of action of LadyCare in alleviating menopause symptoms. The initials testing (before use of LadyCare) confirmed that all the women suffering with hot sweats had an imbalance of their (ANS). Within one month of using the LadyCare device 71% were not suffering with hot sweats. Furthermore, their (ANS) had also been rebalanced i.e the sympathetic nervous system excess was reduced while parasympathetic activity was increased; achieving a healthier balance between the two parts of the ANS.

We have hundreds of thousands of Women Worldwide using LadyCare with success having decided for many reasons to stop taking HRT. We have always recommended to use LadyCare for at least two weeks before gradually reducing HRT.

