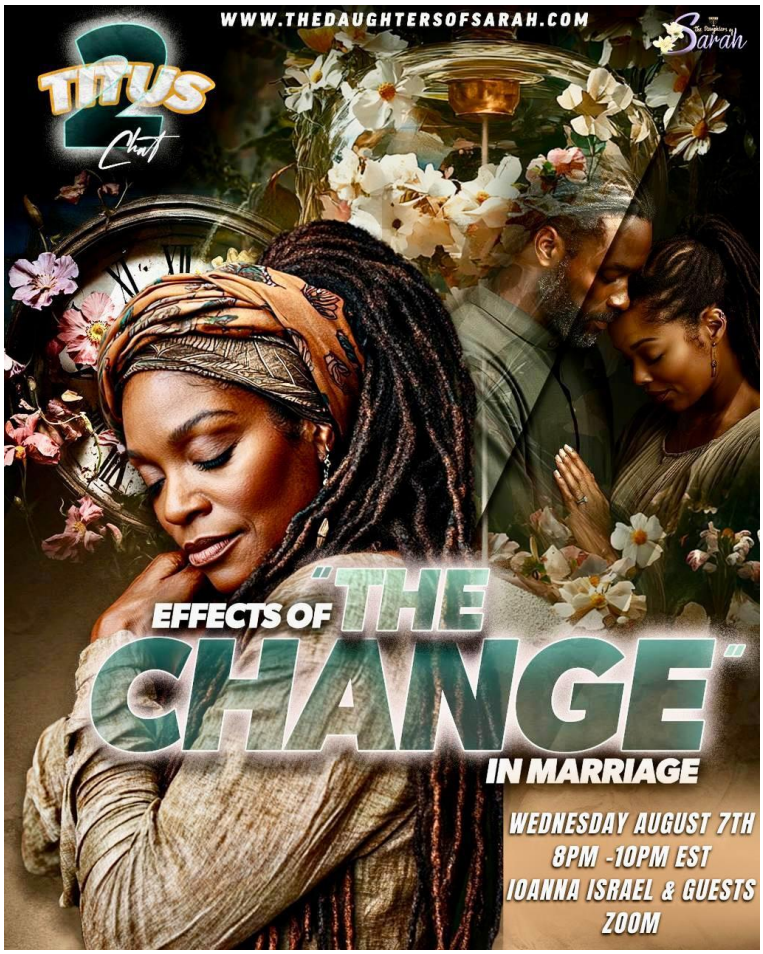
Event: Titus 2
Topic: Effects of "The Change" in Marriage w Ioanna Israel & Guest
Host: Sister Ioanna H/O Capt. Barnabus
Date: August 7, 2024



Video: "I'm In Menopause!!!"
https://www.instagram.com/reel/C7j5K_ipteo/?igsh=MTc4MmM1YmI2Ng==

This Titus 2 Chat is about going through the next phase of your life if you make it past 50.

- Things that women will go through often known as "The Change"
- Thoughts of suicide are common thoughts when going through the change
- There are three phases of "The Change"
    - Peri-Menopause
    - Menopause
    - Post-Menopause

Mark 5:25-26 (KJV)- And a certain woman, which had an issue of blood twelve years,
26And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse,

Sis Chayil H/O Ofc. Nechemyah

Q: What caused you to go to the doctor to figure out what was going on?

A: I started gaining weight in places where I don't usually gain weight, I had missed a cycle and I don't usually miss a cycle unless I'm pregnant. So I took a pregnancy test and it was negative. So I thought, there must be something wrong and that's when I made an appointment to see my dr. and he explained that I was going through peri-menopause. I had never heard of that so I was confused.

Q: Did your dr. explain 'peri-menopause' to you?

A: No he absolutely did not.

Q: Is your mother still living?

A: Yes, she is but because she had a partial hysterectomy, she had only experienced the hot flashes but nothing else, so she wasn't very much help.

Q: We read in scripture about the woman with the issue of blood, tell me about the time where this was happening in your life?

A: Once I missed my cycle, I became very irregular. Whenever I did, my cycles would be very heavy and I would bleed for weeks on end and it caused me tension in my marriage because it was nothing I could do about it.

Q: Did you talk to your lord about what was going on?

A: Yes, my lord is the type to wants to know what's going on with everything. I had to tell him exactly what was going on.

Q: How did your lord handle it?

A: It was a lot of frustration, because my cycles were never that long when they were regular. My lord is very solution based, so he started going online to see what could be done. But during this it was a very tense time so it seemed like it lasted for a long season.

Q: When you were going through this, did you feel like you were in the spirit?

A: My emotions were everywhere, I believe like I failed miserably, being in peri-menopause, I was in my feelings a lot, depressed and sad kinda all over the place and trying to harness my emotions. Looking back I feel I failed miserably.

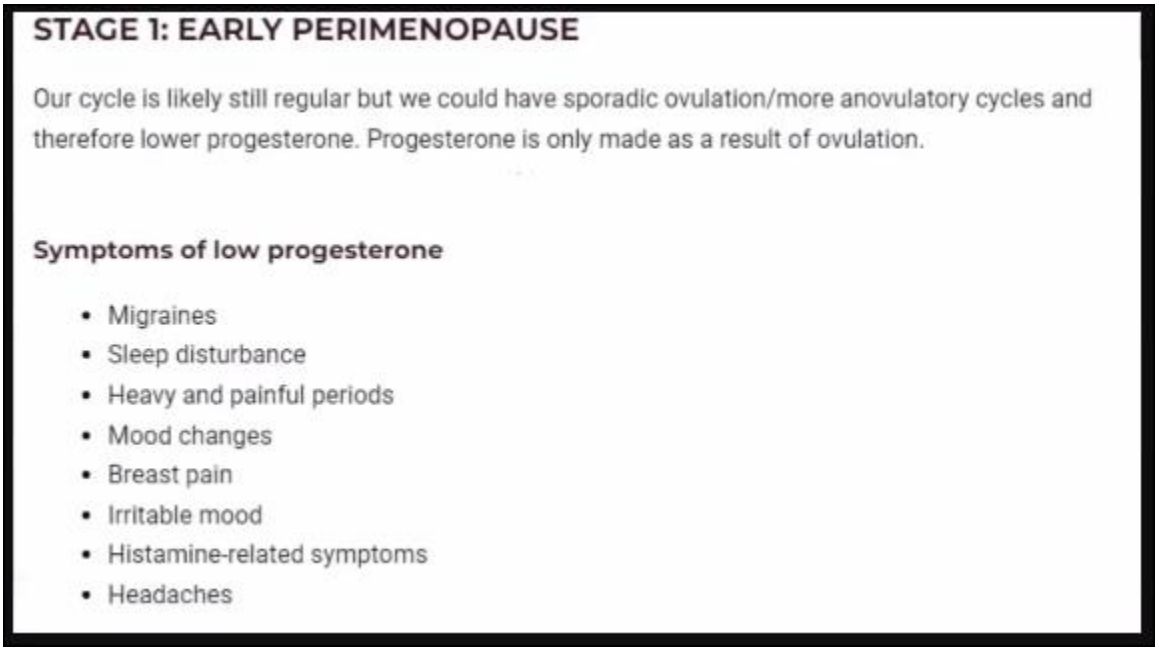
Q. With many sisters going through this how would you advise them or what would you do differently?

A. I would eat better. I would talk to my close sister friends. It was a lot for my lord because I cried a lot. I would speak more with my close sister friends. I believe in doing more natural things as possible and also exercise.

Menopause is part of the curse we got from our foremother Eve.

- There are phases in Perimenopause
- It typically happens around the mid to late 40's

- Some women go through it in their late 30's because of bad eating
- Mark 5:25 - It can last anywhere from a few years up to 12 yrs
    - Ref. The woman with the issue of blood
    - Imagine how it was for her trying to find a solution
    - You have to be your own advocate because your doctors don't really tell you anything



Mama Shamarah

- This is really true, because I started perimenopause @37yrs old (~20yrs ago)
- I was missing my cycles, and they were also very heavy, and then they would stop
- People often think/thought I had a hysterectomy, and that when you have a hysterectomy you automatically enters early menopause.
- Because it can last for several years, it's a strain on the marriage because when you have your issue of blood, you are unclean. You have the ritual of bathing and if you are still bleeding you have to wait longer and it can cause sexual frustration
- Also when you are in perimenopause, because your cycle is irregular, there is a likelihood that you can get pregnant.
- My youngest prophet, I called my perimenopause baby.
- I was oppose to the HRT route (similar to the birth control method for menopause) which is how Esau likes us to deal with menopause by medicating us.

We have estrogen and progesterone

- What leaves us first is the progesterone (this causes us to lose muscle mass)
- Then your estrogen leaves
- In phase 2, depending on your body, your cycle can become heavier or lighter

Mama Paryah

- I'm still in the pre-menopausal because I still have a cycle
- There are times when it comes a little late but it eventually comes

- Still going through the hot flashes, irritability etc.
- I think I'm kinda out of the woods regarding being fertile
- I'm definitely more aware of this as a result of Mama Shamarah
- It's been such a hot topic on social media because many of the celebrities are going through it
- Many are now hopping on this hot topic because we are here!

STAGE 2: EARLY MENOPAUSE TRANSITION

This is when our cycles are starting to become more irregular and can vary in length, sometimes by more than 6 or 7 days. We are likely to have low progesterone and high, fluctuating estrogen. This means that when estrogen drops, it not only has further to fall but it can also drop to lower than what we're used to. Such a drop in estrogen can trigger symptoms such as hot flashes and night sweats or they can worsen if we're already experiencing them.

Symptoms of high, fluctuating estrogen

- Heavy and painful periods
- Breast pain
- Irritable mood
- Histamine-related symptoms
- Hot flushes and night sweats
- Mood issues
- Vaginal dryness
- Aches and pains
- Abdominal weight gain
- More cervical mucus
- Increased irritability
- Poor sleep

Q: When it hit you that you were in menopause, even though you may not have wanted anymore kids, I cried, did you experience that as well?

A: (Mama Shamarah) Yes – and I tell people in my close circle, I wish I had more children. To me it was sad because it signified that my body couldn't have that experience of nurturing and feeding a child again, and it was a "boo, hoo" moment. It took me a year to get over it, but once that year was over, I could PARTY! We have to focus on the scripture that say If I could speak to my younger self – scriptures say to live joyful with the wife of thy youth.

- **Genesis 18:11-13 (KJV) -** Now Abraham and Sarah *were* old *and* well stricken in age; *and* it ceased to be with Sarah after the manner of women. **12**Therefore Sarah laughed within herself, saying, After I am waxed old shall I have pleasure, my lord being old also? **13** And the LORD said unto Abraham, Wherefore did Sarah laugh, saying, Shall I of a surety bear a child, which am old?
    - Sarah wasn't getting her cycle anymore

For sisters that may have gotten their cycle early, menopause may come early

- Mama Shamarah – "I got my period at the age of 9" and started perimenopause at 37, it's been 20 yrs and have gone thru the entire phase.
    - Hasn't had a cycle in over 10 yrs

Video: Menopause Is HELL compilation

- Viola states that “Menopause is a dark hole”
- Oprah Winfrey says “My heartrate was in the 200 and was severely palpitating I thought I was gonna die, every night”
- Taraji says she was having thoughts of suicide

Going through menopause attacks you physically, mentally, and emotionally

Mama Puah H/O/ Benjamin

- Sis is 69 yrs old
- You could not talk about menopause when she was growing up (it was taboo)
- It was considered to be “NOT Ladylike” to talk about
- My sister was going thru it at the same time as me, all of us around the age of 48-49
- Her sister was on hormone replacement therapy (HRT) when her dr. called and told her she needed to come in because the therapy was causing breast cancer and she needed to be eased off the treatment.
- She endured hot flashes, mood swings and depressions
- She started watching the food cravings and tracking when she had her hot flashes

While the bible speaks on honoring the physician, there are natural ways we can use to assist in the phases of menopause

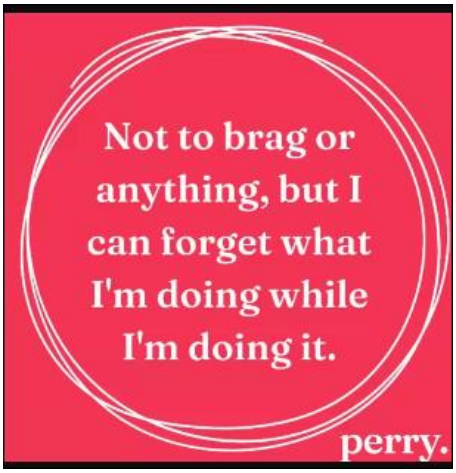
- There is no one solution for everyone
- Everyone is different so what works for you may not work for the other sister
- The only way to find out is to try other things

Mama Shamarah

- Listening to a lot of podcast about menopause and a lot of specialists are saying that they are having these conversation earlier with women in their 20’s and 30’s

As you can see everyone on the panel – talks about the physical, mental, and emotional changes that happen with menopause.

- Forgetfulness (pregnancy fog) is a large part that happens with menopause
- It’s possible that these things are happening and you don’t realize that it’s symptoms of pre-menopause.



DIVORCE & MENOPAUSE

Mark 10:12 (KVJ) – And if a woman shall put away her husband, and be married to another, she committeth adultery.

- Many women that file for divorces are in perimenopause or menopause and didn't even know it.
- New research suggests that menopause has a clear and negative impact on divorce, separation and relationships.
- Survey shows that 7 in 10 women (73%) blame menopause for the breakdown of their marriage.
- Only 1/5 of women seek support to talk about the changes because many aren't aware that this is the root of the problem

balance
by Newson Health

Menopause puts final nail in marriage coffin

Survey looked at impact of menopause on separation and divorce

New research released to coincide with World Menopause Day cements what has been long assumed, but never proven, that the menopause has a clear and negative impact on divorce, separation and relationships.

A survey conducted by The Family Law Menopause Project and Newson Health Research and Education, shows that 7 in 10 women (73%) who responded blame the menopause for the breakdown of their marriage. A further 67% of the 1,000 women taking part worryingly claimed it increased domestic abuse and arguments.

Sadly, only a fifth of those women had sought support to talk about the perimenopause/menopause because they didn't, at the time, think it was a contributing factor to the breakdown of the relationship.

There is this thing call "Gray Marriages" (men & women in their 50's & 60's)

- Men and women are getting divorce after 25-30 yrs of marriage
- The statistics in the article above support the rise of gray marriage divorce rate.
    - Many women have not realized the emotions and have not communicated effectively
- We must be in tune with ourselves physically, emotionally and spiritually to have a strong marriage
- We have got to let our lords know what is going on with us

A Good scripture to meditate on during those menopause moments:

Philippians 4:8 (KJV) - Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

Ask yourself

- Is the emotion true?
- You can be in your emotions but you are responsible for your behavior.

Mama Paryah

- It's a constant reminder of having rule over your spirit

Video: Tabitha Brown
https://www.tiktok.com/t/ZPRTMhFJW

Mama Paryah

- Experienced an "itching episode" and thought it was bedbugs
- The itching comes from a decrease in estrogen

All the little things that you think are something else could be part of a menopause symptom

- Frozen shoulder
- Itching all over
    - Try - Lymph brushing aka dry brushing
- Libido decrease

In communicating with your lord about a decline in your desire to have sex (due to menopause), be sure to mention FIRST that you are going through menopause.

- This is important because from a few experiences – MEN may only hear "You don't want to have sex with them" even though that's not what you are saying.
- MEN will feel rejected if not worded properly.

Ecclesiasticus 5:15 (Apocrypha) - Be not ignorant of any thing, in a great matter or a small.

- With the technology we have we need to make sure we are educating ourselves on this topic

Things that help during the changes

- Black Maca Powder
- Fenugreek seeds (helps increase moisture in private areas)
- E-fem (all natural - helps with libido and hormone balance)
- Flaxseeds (help with hot flashes)
- Hemp seeds (organic – help with hot flashes)
- Coco fresh tea
- Changing your diet and start exercising

- Exercise helps release the toxins and works with the changes your body goes through
- Magnesium should be taken with calcium and zinc
    - Nature Made (brand)
- Collegen
- B-12 – helps with hot flashes

Questions to ask your mother regarding menopause:

1. What age did you go through the change?
2. What age did your cycle stop?
3. How did you cope with the symptoms?
4. What supplements/herbs did you take?
    a. Your Genetic dispositions is very similar to your mothers
        i. So what worked for her may also be good for you or at least a starting place

Ecclesiasticus 7:27 (Apocrypha) – Honor thy father with thy whole heart, and forget not the sorrows of thy mother.

- This is where you are going in to having those conversations

Ecclesiasticus 38:1 (Apocrypha) – Honor a physician with the honor due unto him, for the uses which you may have of him: for the Lord hath created him.

There are certain foods that trigger hot flashes

- Sugar is a huge contributor to hot flashes
- Cutting back on caffeine and supplementing with more water instead
    - Having caffeine after 11am
- Having anxiety and not being able to sleep – ashwagandha helps with sleeping and relaxation

Sis Yo'ela

- Menopause is a time where TMH gives your body back to you
- It would behoove you to take the time out to relearn your body.
- The change in your diet is first and foremost
    - You can not continue to drink lots of soda or coffee like you use to
    - You cannot continue to eat the way you use to eat
        - If you keep your diet the same, you will not survive menopause
        - You have to eat much lighter and exercise more

VITAMINS & HERBS FOR MENOPAUSE

- **There was a big thing against soy in the health community – but be sure to examine and counsel with someone to understand what age group you are getting your information from and consider the source**
    - **But soy actually adds estrogen to your diet**
- **Exercise, exercise, exercise - You will not survive if you don't get your blood circulating**
    - **Loss of muscle starts in your 30's**
    - **Balancing exercising**

Video: (Nutrition Is Key) - What every woman over 40 should know ...
https://www.instagram.com/reel/C5PWyK2vJFw/?igsh=MTc4MmM1YmI2Ng==

- Changes happen in your digestion, body, brain
    - Brain fog
    - Night sweat
    - Hot flashes
    - Anxiety
    - Mood changes
    - Panic attacks
    - Vitamin D levels low
    - As our hormones change during perimenopause, our microbiome changes
    - We need to focus on nutrition during this time
    - Remember 30g protein – 30g fiber - 3 servings of probiotic food

Video: Seeds (Nutrition)

https://www.instagram.com/reel/C95FREyR3vW/?igsh=MTc4MmM1YmI2Ng==

testosterone = progesterone

Video: MAGESIUM (NUTRITION)

https://www.instagram.com/reel/Cvv7oKiM6HU/?igsh=MTc4MmM1YmI2Ng%3D%3D

Magnesium Affects:

1. Sleep Quality
2. Blood Glucose Control
3. Vitamin D Uptake
4. Brain Function

Top 5 Foods Rich in Magnesium

1. Pumpkin seeds
2. Chia seeds
3. Almonds (raw)
4. Spinach
5. Cashews

Supplement – Magnesium L-Threonate

Questions to ask your doctor:

- What are the side effects of the medicines you are suggesting?
- How does menopause affect your sex drive?
- Do you now of any natural supplements to take?
- Do you need a pap test and mammogram after menopause?

Mama Shamarah

- As a post-menopausal woman, paps are recommended every two years

- Brest exams are recommended
- Any bleeding after post-menopause is a cause for concern
- Scanned for depression, colon cancer screening, hepatitis -C, lung cancer, & brest cancer

Video: FAST BEFORE BED (NUTRITION)

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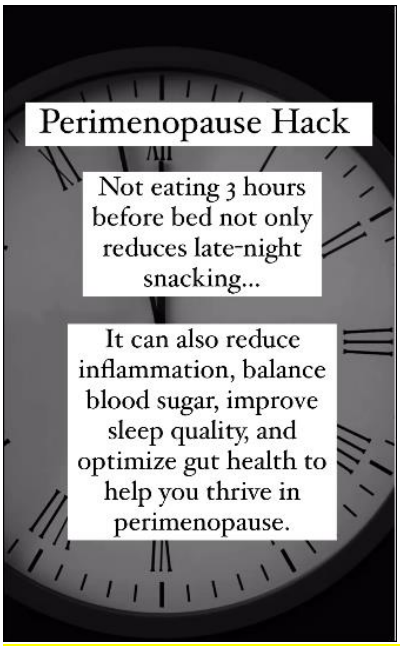

Video: DRINK WATER (EXERCISE)

https://www.instagram.com/reel/C97PezPJeOy/?igsh=MTc4MmM1YmI2Ng%3D%3D

- Alkaline water is for when you are sick
- All you really need is SPRING WATER
- Distilled water pulls all the minerals out of your body

- You can re-mineralize your water by adding cucumbers

Other Supplements

- OmegaGuard (supports the heart)
- B-Complex (Supports stress management)
- Vita-D3
- Menopause Balance Complex (helps mood regulation)
- Omega Guard
- Stress Relief Complex (should be taken at night to help relax)
- OsteoMatrix (blend of calcium, magnesium, zinc, and vitamin D)
    - You don't ever want to take calcium by itself
    - Good if you are pregnant
- Green Sea Herbal Mix (can add to smoothies, ensure, helps with hair growth
- 7-day Healthy Cleanse (helps to detoxify body and promote hormonal balance)
- Collagen-9 (good for a period of time, it can be hard on the kidneys)

Other Tips:

- Exercise – walking will help to relax you
- Meditation Time to yourself is extremely important

"Menopause is not the end, it's a new beginning!"