

JOYLUX

Breast Cancer Awareness Month

Social Media:

For breast cancer survivors, non-hormonal options for intimate health are important. vFit Gold PLUS is a great addition to your intimate wellness regimen, especially for those seeking an innovative, gentle option. Improve your intimate health and quality of life with vFit Gold PLUS today!

Email:

Natural Alternatives to HRT

While many women turn to hormone replacement therapy (HRT), it may not be the best choice for everyone. Women at elevated risk for breast cancer – or those who have already survived it – are understandably concerned about its downsides and often are precluded from using hormonal therapies by their provider. With more than 80% of breast cancers occurring in women over the age of 50, the decision over how to safely manage the changes with menopause is a big one.

Here are some natural ways to reduce the symptoms of menopause:

1. Focus on good nutrition and exercise
2. Cut down on alcohol, coffee and nicotine
3. Reduce stress or improve stress management
4. Avoid hot environments, beverages and spicy food and sip cold or iced drinks
5. Keep a cool water face mist on hand
6. Wear layered clothing made from natural fibers
7. Opt for a lukewarm shower or bath
8. Keep a towel by your bed in case of night sweats
9. Keep your bedroom as cool as possible
10. Give yoga, hypnotherapy or acupuncture a try

In addition to these lifestyle changes, vFit Gold PLUS is a revolutionary addition to your intimate wellness regimen, especially for those seeking an innovative, gentle option. This life-changing, non-hormonal device uses red light, gentle heat, and sonic technology to improve intimate wellness from the comfort and privacy of home.

If you have specific concerns, it's always a good idea discuss them with your healthcare provider to ensure you're making the right choices for your unique health needs. Our hope is that, with the right information and tools, you'll be able to feel a little more like yourself again.