Want to survive the menopause? Sorry, it's goodbye Wine O'Clock: CHRISTAD'SOUZA

Wish me luck.

Am I there myself? In this serene, self-accepting, super-sorted-out space? Do I make different buttons/is a smidgeon looser/is dyed a different colour. Unless you've got different buttons.

alcoholdidnothelpthetumourtogrow,itisreally, reallyhardtofindastudythatdid

I suddenly realised that I'd done enough on HRT in 2014, it didn't—unlike for a lot of women I know—go back down again. Well, lucky them, I say. Because my tolerance seemed to go up. And even after I went off HRT, it took me a bit to get my tolerance back down. That's why I stopped. And that's why I've got my tolerance back down to where it was before.

But what I always came unstuck on was the word 'moderate'—the word that means nothing. (Rosé, it turns out, has a higher sugar content than either white or red, and is the sweetest of them all. Sugar slips down so easily. It seemed more festive and sporty and outdoorsy than white, but mostly because it was spritzer.)

So I gave up. I've got my tolerance back down to where it was before.

From my perspective, the smart thing to do, according to Dr Martin Galy, a fashionable hormone doctor I met at a conference, is to stop drinking altogether. Or, at the very least, cut down on it to one glass a day. (Rosé, it turns out, has a higher sugar content than either white or red, and is the sweetest of them all. Sugar slips down so easily. It seemed more festive and sporty and outdoorsy than white, but mostly because it was spritzer.)

Her point was that there was no getting round that. Nor, more importantly, was there any evidence that drinking helped to prevent breast cancer. 

She was right. And I discovered this the hard way. I discovered that women who drank two a day had a 75 per cent increase in their chance of breast cancer. 

In 2008, a doctor in Toronto had concluded that women who had one drink a day had a 35 per cent increase in their chance of breast cancer.

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And being a feast-or-famine sort of person, the idea of cutting down to one glass a day was hard to stomach. It gave a sense of occasion to an otherwise humdrum day.

Alcohol was my link to the hurly-burly of my 30s and 40s—remind me that I could still be, as it were, fun and vivacious. It gave me a reason to dress up, to go out, to have a good time. And, of course, to participate in the rituals of the season—Christmas, without any mention of湿地 at all.

But then, as studies continue to prove, you can do all the hot yoga and pilates and treadmilling you like, but it's not going to help you lose weight or give you back your pre-menopausal energy. Amodicum of control has definitely been lost on me. But is it all bad? It is not.

This crucial part of the health message is not appreciated in recommendations to be more active, walk upstairs and eat more fruit and vegetables. The prescription needs to be anything but a sadistic one.

You may not need to, and if so I envy you. The idea of a summer holiday in Greece without rosé is pretty unspeakable, writes CHRISTAD'SOUZA

And the only way to do that was to give up completely.

I had slightly pressed the 'so what?' button around food in the run-up to the menopause. I didn't want to be obsessed with how slowly everyone else was eating. I didn't want to be the one who was always the last to finish her food. I just wanted to enjoy the food. But then, as studies continue to prove, you can do all the hot yoga and pilates and treadmilling you like, but it's not going to help you lose weight or give you back your pre-menopausal energy. Amodicum of control has definitely been lost on me. But is it all bad? It is not.

Meaning that if we ingest 1,000 calories before the menopause, we will burn about the same number after the menopause—hence the myth that we need to eat fewer calories. There is only one effective way to lose weight: and that is to eat fewer calories.

So the message is clear. But there is limited evidence to suggest it can blunt the surge in obesity,' according to Dr Martin Galy, a fashionable hormone doctor I met at a conference. 

What we must do now, I believe, is make our lives less complicated on the clothes front—creating a new kind of uniform for ourselves, a mixture of things we have, in the past, associated with our weight.

There are only two things that are certain in life: the menopause is one of them. And the other is that we will all get older. The two events are inextricably linked. The menopause is when the body stops producing eggs, and this is what makes it the beginning of the end. But it is also the time when many women find it difficult to lose weight. 

Meaning that if we ingest 1,000 calories before the menopause, we will burn about the same number after the menopause—hence the myth that we need to eat fewer calories. There is only one effective way to lose weight: and that is to eat fewer calories. 

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