

Download Grumpy Old Menopause

I was recently interviewed on BBC Radio 2 about grumpiness (much to the chagrin of my husband who believes he is far more qualified to discuss the subject). In her essay, Jennifer Overton of Brookside, Nova Scotia, reveals she is showing signs of Irritable Man Syndrome and seeks a remedy. When you're going through menopause, diet can help alleviate the symptoms that come with it: Mood swings, hot flashes, weak bones, slower reaction times. While most of us focus our thoughts on what we can't change, there are actually a number of things that can be done to help us age gracefully. A 50-year-old mother-of-four and grandmother-of-two who thought she was in menopause has given birth to a surprise baby boy, a report reveals. Michele Hall and her husband, Jerry, found out in ...