

MENOSTASIS

Meaning: Menostasis refers to the state of hormonal balance and stability in the body during menopause, despite fluctuating hormone levels.

1. Menostasis is a term often used in discussions about hormonal balance during menopause.
2. The concept of menostasis emphasizes the body's need for stability amidst changing hormonal levels.
3. Understanding menostasis can help women navigate the physical and emotional changes of midlife.
4. Researchers are studying menostasis to develop better therapies for menopausal symptoms.
5. In the context of menostasis, lifestyle choices can significantly influence overall well-being.

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