time to reduce the anxiety and depression. More study should be done with nutrition component, exercise and food supplements in ameliorating the symptoms.
REFERENCES


53. Wing PR, Matthews KA, Kuller LH. et.al., Weight Gain at the Time of Menopause. 

54. Poehleman E, Toth MJ. and Gardner A., Changes in Energy Balance and Body 

55. Thurston RC, Sowers MR, Sternfeld B., et.al., Gains in Body Fat and Vasomotor 
   Symptoms Reporting over the Menopausal Transition : The Study of Women’s 

56. Tapadar S., Mandal K.A., Debnmath G. M and Mandar K.S., Overweight 
   Hypertension and ECG Changes in Menopausal Women in West Bengal. *Ind. 

   Premenopausal and Post Menopausal Women of Jalandhar District, Punjab. 

58. Perry CA., Applegate BE. Allison LH., Miller CP. and Signorie, FJ, Relation 
   Between Anthropometric Measures of Fat Distribution and Cardiovascular Risk 

   predictability the Waist to Hip Ratio in Assessment of Cardiovascular Disease Risk 
   Factors in the Overweight Pre-menopausal Women. *American Journal of Clinical 

60. Key T.J., Appleby P.M., Reeves G.K., Roddam J.F. and Long Capec, Body Mass 
   Index, Serum Sex Hormones And Breast Cancer Risk in Post Menopausal Women. 


77. Lovejoy C J., Champagne M C, Smith R S., Jonge D L and Xie H, Ethnic Differences in Dietary Intakes, Physical Activity and Energy Expenditure in Middle


95. Husband A., Phytoestrogens and Menopause. BMJ. 2002:p.52


