



M A G A Z I N E

JUNE 2025

**MENOPAUSE**  
EVERYTHING YOU  
WANTED TO KNOW  
AND THE MIND-  
BLOWING STUFF YOU  
DIDN'T

THE REAL MEANING OF  
**EPHESIANS**

**5:22**

**Wives submit to  
your husbands**

**HER VERSE, HER VOICE**  
**IT'S NOT YOU, IT'S ME**

VIRTUOUS VICTORIOUS & VALUED



# *a note from* **Angie**



Founder & Chief Editor

Hey Christian Ladies,  
Welcome to the June issue of Virtuous, Victorious & Valued Magazine! This month's issue focuses on the many faces of menopause and how it impacts women's daily lives. I started researching menopause after experiencing unexplained headaches, muscle soreness and weight gain. I discovered that these are symptoms of perimenopause and that I would likely deal with them for years to come. I felt disheartened and helpless. But with knowledge comes power! So I read articles and books, watched videos and listened to podcast about menopause. I learned how to take control of menopause and not let it control me. I pray that you will too. Until the next issue, be virtuous, victorious and valued!

*Blessings,  
Angie*

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*Ephesians 5:22 is one of the most misquoted scriptures in the Bible. Find out what it really means.*

# MENOPAUSE:

EVERYTHING YOU WANTED TO KNOW



AND THE MIND-BLOWING STUFF  
YOU DIDN'T





There are over 70 symptoms of menopause.  
Yes, 70!

Growing up, I remember my mom getting dressed to go out. Even though she was freshly showered and standing in front of a fan, her make-up melted like wax and her armpits dripped sweat. She was constantly wiping sweat from her face and neck complaining about how hot it was. I thought my mom was some kind of human furnace. How is she sweating with the AC blasting and the fan on high?, I wondered. Now I realize she was suffering from hot flashes, a symptom of perimenopause and menopause.

Today I find myself walking, or should I say sweating, in her shoes. Let the hot flashes begin!

They came out of nowhere and showed up at the most inopportune times: during meetings, on airplanes, at 3:00 in the morning - the hot flashes were relentless. Thankfully, a colleague

at work told me red wine was a hot flash trigger (thanks Terri), so I switched to white wine, and they practically disappeared. I thought my problem was solved. Wrong! A tidal wave of new symptoms began: headaches, brain fog, muscle aches, fatigue, weight gain. What on earth was happening? Could all these symptoms be related to menopause?

I grabbed my phone and scoured the internet for anything I could find about menopause. I read articles, watched videos and read research conducted by the top menopause doctors. My suspicions were confirmed. These were symptoms of perimenopause. I'd never heard of perimenopause. Turns out, she's the big sister to menopause. She shows up on the scene between the ages of 30 and 50 and rolls out the red carpet for menopause. Great!

I wish I had known about this little sister sooner because as it turns out, there are tons of preventive measures we can take to minimize the symptoms and prolong our lives. Yes, I said prolong our lives! I'll get to that part in a minute. Let's start by talking about these two unacknowledged, misdiagnosed phenomena I affectionately refer to as *the pauses*.

## What is Menopause?

Menopause is the stage when your period stops and you can no longer get pregnant. It typically occurs between age 45 and 55.

Perimenopause occurs 8-10 years before menopause and begins when your estrogen and progesterone levels start to decline. It lasts four years (on average) but can span from a few months up to 10 years. Perimenopause hands off the baton to menopause 12 months after your last period.

## Symptoms

Dr. Mary Claire Haver, a board-certified Obstetrics and Gynecology specialist, and Certified Menopause Practitioner from The Menopause Society, describes over 70 symptoms of the pauses. The most common symptom, you guessed it, hot flashes! Other symptoms include:

- Tender breasts
- Low sex drive
- Fatigue
- Irregular periods
- Vaginal dryness
- Mood swings
- Insomnia
- Trouble concentrating
- Joint pain
- Muscle aches



Any of these symptoms sound familiar?

## Diagnosis

The pauses can be tricky to diagnose. They present themselves in a variety of ways so, all women don't experience the same set of symptoms. OB/Gyn's receive little to no training on menopause, so they often misdiagnose it as something else. Doctors may attribute symptoms to: fibromyalgia, long COVID, ADHD, leaky gut syndrome, interstitial cystitis, adrenal fatigue, fatty liver disease, depression, or anxiety. Blood test, such as the Follicle-Stimulating Hormone or FSH are often used to check hormone levels in a woman's blood in an attempt to diagnose *the pauses*. High FSH levels may point to *the pauses*, but hormone levels fluctuate throughout perimenopause, so the FSH test is not definitive.

## Life Impact

*The pauses* have a significant impact on the quality of your life. The symptoms alone are enough to disrupt your day to day living, but the drop in hormone levels also impacts every system in your body. *The pauses* can be the precursor for serious health problems like osteoporosis, heart disease, cognitive decline and certain cancers. Symptoms like low sex drive, mood swings and poor memory can impact your career and relationships.



## Myths and Misconceptions

In a recent interview, Doctor Fabrisia Ambrosio, Director of the Discovery Center for Musculoskeletal Recovery said “We lack data to understand how menopause affects aging and how it might contribute to disease or age-related declines. In preclinical models, it’s something that we just haven’t effectively addressed, and so we haven’t been able to study it well. The science has so much catching up to do.”

Gaps in medical research on aging women has contributed to the following myths and misconceptions about *the pauses*:

**MYTH:** You can't get pregnant during *the pauses*.

**FACT:** If you're in true menopause (have not had a period in 12 months) you can't get pregnant. If you are still having periods, you can.

**MYTH:** *The pauses* only happen after 40.

**FACT:** The most common age is 45 to 55, but it's possible to start as early as your 30s.

MYTHS & FACTS

**MYTH:** There's nothing you can do about *the pauses*.

**FACT:** Diet, exercise and lifestyle play a huge role in symptoms. There are several effective medications and treatments.

## **Disproportionality in Black Women**

The Study of Women's Health Across the Nation (SWAN), conducted the largest ongoing study of menopause. They found that Black women have a very different experience with *the pauses* in terms of symptoms and care. The SWAN determined the following:

- Black women reach menopause about 8.5 months earlier than white women
- Black women experience hot flashes, disturbed sleep and other symptoms more than white women
- Black women are less likely to receive hormone therapy, mental health services or medical help than white women
- Black women are more likely to have untreated hypertension due to menopause than white women

Talk to your doctor about your symptoms and consider treatment options that can help to include medicine and lifestyle changes. If your doctor is dismissive, find a doctor that is knowledgeable about the pauses. Websites like the Menopause Society have a health professional search feature to help you find a doctor that is right for you.

## **Treatment**

There is no cure for *the pauses* but there are treatments that can help ease the symptoms. Here's a list of prescription medications and home remedies.

Please note that taking medication is a personal choice. All medications come with side effects, so consult your doctor before starting any medication.

### **Prescription Medications:**

- Birth control pills – stabilize hormones and ease symptoms
- Estrogen therapy – stabilizes estrogen levels – comes in creams, gels, patches and pills
- Antidepressants – help with mood
- Vaginal creams – decrease vaginal dryness and sex-related pain

### **Home Remedies**

- Exercise
- Don't smoke
- Get more sleep
- Decrease alcohol
- Avoid caffeine
- Reduce stress
- Increase calcium



As with any medical condition, maintaining a healthy lifestyle will decrease menopause symptoms and reduce the chances those symptoms will lead to chronic disease. I hope the information in this article empowers you to take control of *the pauses*, so they don't take control of you!

# FREE DOWNLOAD

## 7 Steps to *Self-fulfillment*

A Guide for Christian Women



by Angela Manning



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# HER VOICE HER VERSE

SPOKEN WORD  
FOR THE SOUL

IT'S NOT  
YOU, IT'S ME

by Niya LeShea







# Strength through

## Scripture

Ephesians 5:22

*Wives, submit yourselves to your own husbands as you do to the Lord.*

The thought of being told what to do does not sit well with many women. This is often the interpretation of the words Paul wrote in Ephesians 5:22. If anyone has ever used this verse to convince you that submission is domination, they have taken Paul's words completely out of context. Paul clearly states that wives should submit to their husbands, but let's consider the context.

The submission Paul speaks of only exist between men and women in the context of marriage. God created marriage



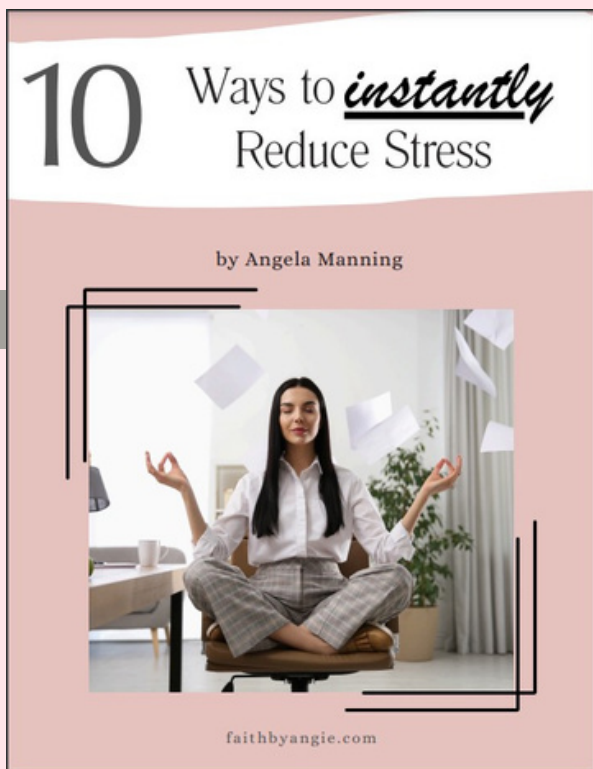
with the expectation that men love, respect and provide for their wives. The man is the head of the household and the spiritual leader. He is to cover his wife with provision and protection. This relationship closely mirrors the relationship that God, the bridegroom, has with us, the church. We, as women, submit ourselves to God because we know He loves us, provides for us, and always acts in our best interest. Even when we don't like or understand it. The same is true for our husbands.

So, ladies don't get bent out of shape when you hear this verse. If you marry a Godly man, you will find peace in submitting to him. Now this may take some prayer and supplication on your part – after all we're still human! But know this, a Godly husband will strive to fulfill the expectations God placed on him. Ephesians 22 details that expectation.

*25 Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. 28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. 29 After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.*

So wives, rest easy in your submission.

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through the lens  
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