

Menopause Sucks!

Written by

Tuesday, 27 January 2004 00:00



For the past six months, I have been experiencing the dreaded symptoms of menopause. Because, I had a partial hysterectomy when I was 33, I have no visible ways of knowing when I would reach that loathed time. However, the first time it became evident that my internal thermometer was really messed up was in the spring when I started to have "hot flashes". As the summer progressed I got to the point of not knowing how to dress because one minute I would be cold and the next, dying from the heat. At night I cuddle up to Rick to get warm and then kick off the covers to cool off. There's no consistency. Rick thinks it's funny because I used to always be cold and he was dying from the temperature I had the thermometer set at. Now at least HE is comfortable meanwhile I have learned to layer and I finally understand what women have been complaining about for years.

Today we went to [Wal-Mart](#) for a few things and ended up at [Camping World](#) to get the stuff that Wal-Mart just doesn't carry. On our way over there we stopped at Nature's Harvest, the health food store we found the other day to get some lunch. They have an in-store deli there and their lunch counter has both hot and cold entrees as well as an organic salad bar. It is a real find and fairly reasonable too! On our way back we also drove along a very pretty part of the city known as South Tampa where there are some really amazing old houses. It reminded us of [Rosedale](#), in Toronto only these are facing the water. The day was a mixture of sun and clouds but quite a good day to drive around. Tomorrow is supposed to be cold for here, only 13°C (55°F) with an overnight low of 2°C (36°F) so we aren't sure of our plans. I may finally get at the reading I have been planning on doing for days!

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This picture was taken using the timer on the camera. I wanted to see how it worked and it is not too bad!