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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Herbal Remedies For Menopause

By Mary Davis

People becoming educated about the efficacy of herbal remedies for many medical conditions

ranging from migraines to skin conditions. Many women have found more success using herbal remedies to combat their menopause symptoms than they did with prescription drugs suggested by their physicians. There are many different options available to women seeking herbal menopause remedies. It is important to learn which ones are most effective and provide the most relief for your particular symptoms.

Menopause symptoms are resultant from decreased estrogen and progesterone production in the ovaries. These hormone fluctuations can wreak physiological havoc on a woman. Among the symptoms a woman may experience are hot flashes, mood swings, night sweats, unexplained weight gain, exhaustion, and insomnia. Contain these symptoms is often very difficult and stressful. Prescription drugs can alleviate some of these symptoms; however, the prescription medications have drawbacks. Some have side effects so serious that they can be worse than the symptoms themselves. For example, some of the prescriptions made to treat hot flashes cause itchy rashes that cover the body. Other prescription medications have long term side effects, including diseases such as cancer. Often treating your symptoms with a safe, natural, herbal remedy is the optimal method for coping with menopause.

When you begin searching for an appropriate menopause symptom remedy, it might surprise and overwhelm you to see the vast quantity of available products. It can be difficult to Choose the right product. There are several people you might want to consult as you begin searching. Begin with a visit to your gynecologist. They will be able to advise you as to which herbal remedies are safe and appropriate for you. Moreover, they can also share information with you as to which methods have been effective for their other patients and which have not. In addition to your doctor, you might speak to a consultant in your local herbal store. More than likely, they have talked to other women who coping with the same symptoms. Based on this knowledge, they may be able to point you down the right path.

Black Cohos is one of the most popular herbs used to alleviate symptoms of menopause. This herb is effective for a number of different menopause symptoms including anxiety, hot flashes, and night sweats. The extensive studies on this herb suggest that is very effective. Pasque Flower has also

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shown itself to be a beneficial herbal remedy for coping with menopause symptoms. It offers a mild sedative-like effect. An herbal combination called MellowPause might also be helpful for some symptoms. It has a soy base, and mixes the power of Black Cohosh and Pasque flower to help you fight hot flashes, night sweats, mood swings, and insomnia. Menocore is yet another herbal combination that deals with the same symptoms. It contains a mixture of different natural herbal products.

One final product that might be successful on your symptoms is Triatone. The ingredients include Isoflavones, Black Cohos, Dong Quai, Chasleberry, and Licorice Root. This product not only alleviates many symptoms, but it may also leave you with an overall sense of well-being. You might also desire to contact your local natural food or herb store and to find out what natural supplements they carry. In addition to their side-effect free effectiveness, they tend to cost far less than the available prescription options.

Mary Davis contributes to several web sites, including

<http://dukof.com>

and

<http://femik.com>

Herbal Medicine

By Ken Shorey

Herbal Medicine is the use of botanicals (plants) either alone or in combination to prevent and treat certain ailments and illnesses. Singularly or in combination, the numbers of herbs available is astounding. There are over a half million known herbs that could be used as possible remedies.

Herbal remedies around the globe vary in strength from very mild, gentle remedies that we even use as food, to potential poisons if taken at the wrong dose. The old adage that, "an ounce of prevention is worth a pound of cure" could not be more true. This is especially true when it comes to natural remedies.

People native to different geographical locations have long used plants and plant extracts to cure specific maladies.

Sometimes the use of herbs is referred to as "folk" medicine. Folk use of herbal remedies is familiar to all of us in some form or another, because this is how these remedies are learned. Remedies and recipes for herbal teas are handed down from generation to generation and are still remembered and used to this day. Unfortunately, that is what fuels the fire of the scientific community and their disdain. It really is their loss, because generations of experience and knowledge should not be so readily dismissed. In fact, many of our modern medicines have their roots in herbal medicine.

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With all our so-called advancements in the medical field, it's interesting that physicians are still treating "effect" rather than "cause."

Thankfully, the current changes in the world toward traditional remedies is changing for the better.

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VibrantHealthnow.com provides ebooks and information to help you improve your health.



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