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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!

Menopause Natural Remedy

By Melissa Ream

Menopause, which is sometimes referred to as the 'change of life,' usually affects women ages 50

and over. In some cases, however, women under 50 have been known to experience menopause. In an effort to ease the discomfort associated with this natural occurrence, many women turn toward a menopause natural remedy.

A common menopause natural remedy is the use of cotton fabric as both apparel and bedding. Being that it is a breathable fabric, cotton is often recommended as the most comfortable clothing to wear during menopausal hot flashes. During the night, cotton bedding will be comfortable and breathable and help to absorb moisture from sweating during a hot flash.

Among the remaining menopause natural remedy treatments are acupuncture, hot or cold packs for aching back muscles, aromatherapy, relaxation techniques and improved sleeping habits. During menopause, sleep disturbances are very common. In order to help make each night a more restful one, individuals often try to make their accommodations more comfortable. This is the perfect menopause natural remedy for improved sleep and is often accomplished by making sure the temperature is comfortable in the room, the use of cotton bedding and a comfortable mattress, an air purifier to make the air clean and cool, etc.

During menopause, many women suffer from mood swings. In an effort to reduce this occurrence, many turn toward relaxation techniques and breathing exercises to help maintain a healthy balance. In addition, many find that yoga exercises are beneficial in teaching relaxation, breathing and other positive goals.

There are also a number of herbal remedies, which can be explained by a physician or through reading various books dedicated to the treatment of menopause. A physician would be an excellent source of information relating to the various menopause natural remedy treatments that would be the safest and most effective for each individual patient.

The symptoms of menopause vary from one woman to another, but most commonly include hot flashes, sleep disturbances, menstrual irregularity, back and muscle pain, irritability, fatigue and mood

swings. If a women begins to experience any or all of these symptoms, she should visit a local physician in order to confirm the diagnosis and obtain a recommended treatment method.

The information in this article is to be used for informational purposes only. It should not be used in place of, or in conjunction with, professional medical advice. Anyone with questions regarding a menopause natural remedy should consult their physician for further information.

Melissa Ream is the wellness and health content editor at

<http://symptomsofmenopausenow.com>

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our website to learn more about a natural remedy for menopause, and the symptoms of menopause. Answer our menopause survey.

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

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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 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>



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