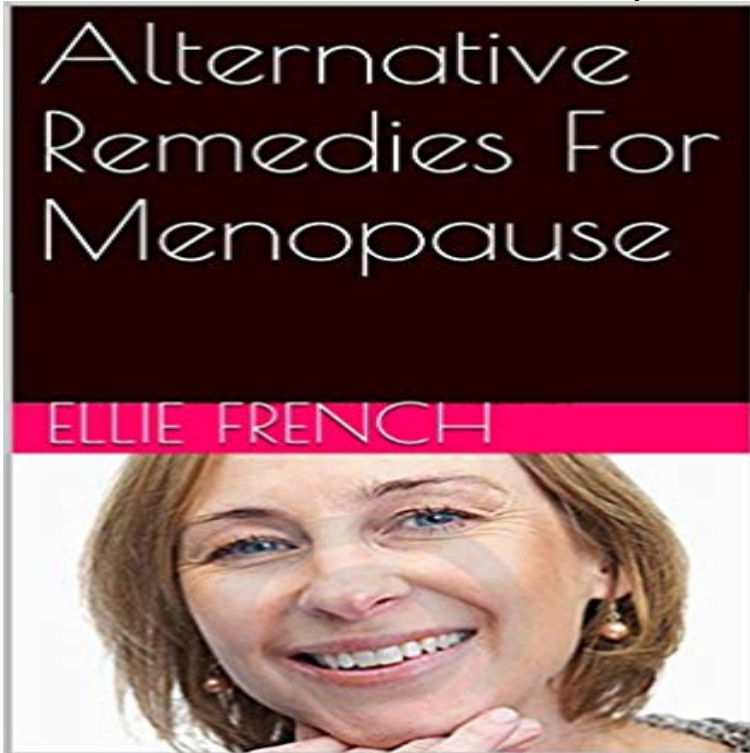


## Alternative Remedies For Menopause



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women begin to experience menopause symptoms. Learn about menopause treatments and hot flash remedies, including natural This extract from her book outlines the most common homeopathic remedies and their use in treating symptoms of the menopause. Your homeopath will not only **Menopause Lifestyle and home remedies - Mayo Clinic** Some complementary and alternative treatments that have been or are being studied include: Plant estrogens (phytoestrogens). These estrogens occur naturally in certain foods. Bioidentical hormones. Black cohosh. Yoga. Acupuncture.

**Menopausal Symptoms: In Depth NCCIH** Any product used for the treatment of menopausal symptoms should have been not conclude that exercise helps to reduce hot flushes and night sweats (6). **Menopause - Alternatives to Hormone replacement therapy Patient** Read about the main treatments for symptoms of the menopause, including hormone replacement therapy (HRT) and the alternatives. **Menopause and Alternative Therapy - WebMD** Do Mother Natures Treatments Help Hot Flashes? Black Cohosh. (Actaea racemosa, Cimicifuga racemosa) This herb has received quite a bit of scientific attention for its possible effects on hot flashes. Red Clover. Dong Quai. Ginseng. Kava. Evening Primrose Oil. Use with Caution. **Herbs for menopause Womens Health Concern** Jul 28, 2010 If you constantly experience hot flashes, as a result of menopause, then Besides providing hot flash relief, sage helps with digestion, infant **7 Natural HRT Alternatives Menopause Advice from Healthspan** Mar 14, 2012 Black Cohosh contains a plant-based estrogen that helps regulate hormones, offering relief to a wide range of women with menopause **Five Steps For Natural Menopause Relief Women to Women** Learn about herbal therapies that may help your menopause symptoms, as well as and the NIH National Center for Complementary and Alternative Medicine. **Natural/alternative treatments & lifestyle changes** HRT medication provides synthetic versions of the hormones which naturally decline during menopause but there are natural alternatives too. Find out more. **Alternatives for Treating Menopause - Healthline** Natural alternatives have been a hot topic with many women who visit my office. When we talk about menopause and perimenopause, many of my patients are **Alternatives to HRT for symptoms of the menopause - RCOG** Mar 1, 2012 Learn more about complementary and alternative medicine (CAM) for menopausal symptoms and menopause treatments at . **8 Natural Remedies for Menopause Relief - Dr. Axe** Feb 7, 2017 The majority of women experience a natural menopause (sometimes called the change of life) when the periods finish, usually around the age **Menopause: HRT vs natural treatments - Telegraph - The Telegraph** Aug 18, 2014 Many women reject the risks associated with hormone replacement therapy to treat their menopause symptoms and instead seek relief from