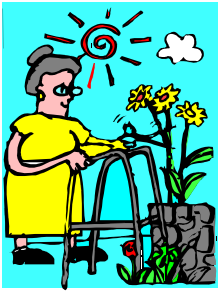


Comfort Herbs for Menopause



It always amazes me that in our era menopause very often is considered a condition needing medical intervention. Menopause is neither a medical condition nor is it a disease. It is a time when a woman goes through great hormonal changes just as she did in her teenage years. Some women go through menopause without discomfort and others experience a variety of uncomfortable symptoms such as hot flashes, insomnia, poor concentration, acne, lymphatic congestion, water retention, weight gain and

mood swings. Herbal remedies, as many menopausal women already have discovered, can offer great comfort in alleviating these problems. And, women who do take ERT (estrogen replacement) or HRT (hormone replacement) may be surprised to discover that herbal medicine has a lot to offer to counter side effects caused by these pharmaceutical hormones.

Herbs For Hot Flashes And Night Sweats

Since 1992 **Centered Women**© has been a reliable herbal formula in balancing and supporting women going through their menopausal years experiencing uncomfortable symptoms. **Centered Women**© includes the following herbs:

Chasteberry balances hormones through the pituitary gland (master gland). It is frequently recommended as *Vitex agnus-castus* by European doctors to ease hot flashes.

Wild Yam regulates hormone production. Whenever both the liver and the reproductive system are implicated as the cause of hormonal imbalances, wild yam has the capability of regulating hormone production. (Caffeine can cause hormonal imbalances). Plant steroids in wild yam provide building blocks needed in the production of progesterone, estrogen and cortisone. Wild yam is usually sold as a cream or lotion to be applied on the body (make sure it reads wild yam cream and NOT progesterone cream).

Motherwort calms the heart, the physical and emotional heart. It reduces the severity of hot flashes, calms emotions and relieves heart palpitations (and strengthens the heart).

Dandelion root supports the liver (helps metabolize hormones).

Eleuthero is an adaptogen, supporting the endocrine system

Black Cohosh is high in phytosterols and can effectively relieve hot flashes. Estrogen pre-cursor.

Ginger allows for better digestion and absorption of nutrients

American Ginseng gives energy without stimulating the body.

Cool Down© is another popular formula for hot flashes and night sweats containing **sage** to reduce perspiration; **motherwort** for heart palpitations, **wild yam** to regulate hormone production, **black cohosh**, a hormone precursor; **eleuthero** to balance endocrine activity; **Korean ginseng** to increase energy levels, and to reduce discomfort caused by menopausal symptoms due to a drop in estrogen levels.

Other herbs, such as **hibiscus**, **sage** and **oatstraw** have shown to be very effective in reducing hot flashes. You may be surprised to find useful herbs growing in your garden such as **mints** and **mallows** (your hollyhocks growing in your garden) to cool the body and relieve hot flashes.

Herbs For Strong Bones

Menopausal women are at greater risk for osteoporosis. An infusion of horserail, shavegrass, nettle, oatstraw or dandelion may keep the bones strong, strengthen the nerves, help reduce emotional distress, promote sound sleep and to strengthen libido.

Herbs For A Healthy Heart

Women in their menopausal years experiencing heart problems have had a positive experience with **hawthorn**. This herb has long been celebrated for its protective effect on the heart. **Hawthorn** is absolutely amazing. Over the years I have known many people with serious and not so serious heart problems who have taken hawthorn and totally recovered in a short time. The “emotional heart” too can benefit from a cup of “heart warming” **hawthorn** tea to ease anxiety and panic attacks.

Can Herbs Replace ERT /HRT?

More than three-quarters of women in America over the age of fifty have refused ERT/HRT. If you want to join them, taper off your dosage slowly, while continuing to use nourishing and tonifying herbs such as dandelion, motherwort, red clover, oatstraw, and seaweed. To learn more, pick up a copy of *New Menopausal Years the Wise Woman Way* from Susun Weed.