Natural Menopause Treatments That Always Work

Women who experience moderate to severe symptoms of menopause share a common desire: to find a safe and natural way to control or end the discomfort. While some home remedies that are based on folklore can bring some relief, there are better and more effective ways to treat the symptoms of menopause while avoiding the health risks and side effects commonly associated with hormone therapy. Here are some important facts that will help you find the best remedies for relief of menopause symptoms.

Common Menopause Symptoms

The first symptoms of menopause are irregular menstrual cycles, hot flashes, night sweats, and difficulty sleeping. In addition to these, PMS-like symptoms can occur including breast tenderness, bloating, cramps, headaches, and irritability. Some women will also experience memory loss, sexual dysfunction, weight gain, and anxiety disorders such as nervousness or panic attacks. Thinning hair can also present as a symptom. Every woman can experience menopause differently. In fact, many women experience little discomfort. This is not the case, however, for everyone.

Causes Of Menopause Symptoms

Hormonal fluctuations are the leading culprit of nearly all menopause symptoms. As the ovaries shut down, estrogen levels decline. Since estrogen has played a significant role in most of the body’s processes up to this point, the lack of estrogen brings about physical changes within the internal workings of the body. Vaginal tissue may become more fragile and can atrophy, natural lubricants during sex may lessen, and painful intercourse can be the result.

Why Are Natural Supplements Superior To Hormone Replacement Therapy (HRT)?

Although hormone replacement therapy can be highly effective in relieving menopause symptoms, it comes with a high risk for side effects, long term damage, and even life threatening health complications. Natural menopause supplements, created from plant extracts, do not damage the body.

Phytoestrogens and isoflavones are compounds proven to be effective in relieving the symptoms of menopause. They help to restore hormonal balance within the body so it can function much as it did prior to the onset of menopause or perimenopause. There are few, if any, known side effects and no known long-term health risks associated with their use.

The plants that are high in these compounds include black cohosh, red clover, passionflower, wild yam, chaste berry, dong quai, flaxseed, and soybeans. Red clover powder is known for it’s amazing ability to deal with the mood swings that are so common in menopausal women.

Important Lifestyle Changes That Can Also Help Ease Menopause Symptoms

In addition to the use of natural supplements, you can help to reduce your symptoms by taking some common sense steps to improve the health of your body. This begins with eating regular, healthy, and balanced meals. This will provide the body with the nutrients that it needs for optimal functioning. Make sure that you exercise regularly. This along with eating healthy will help you to lose any extra pounds that you may have gained. Maintaining a healthy weight can also make a difference in reducing menopause symptoms. Limit or avoid excessive alcohol use, eating fatty foods, overeating and smoking. If you follow these guidelines, you will help to reduce some of the factors that can contribute to the

intensity of menopause symptoms.

Conclusion

If you struggle with moderate to severe symptoms of menopause, there is a safe and natural alternative to HRT. Ensure that the natural supplements you use contain phytoestrogens and isoflavones, both of which can help to restore hormonal imbalance within the body. In addition to supplement use, you can make lifestyle changes that will help to eliminate some of the triggers that can make menopause symptoms more intense. Eating right, getting plenty of exercise and avoiding harmful habits such as excessive alcohol consumption, overeating and smoking are all lifestyle changes that will help to improve the body’s immune system and overall health. When you’re looking for remedies that always work, go natural and take charge of your health. You may be surprised at the results.