

NATURAL REMEDIES FOR MENOPAUSE



Natural Remedies For Menopause

Do you believe that you are suffering from menopause?

If you are, you should know that you are not alone.

As uncomfortable and as life altering as many of the menopause symptoms can be, it is a natural occurrence that many women experience, typically around the age of forty.

As hard as it can be for some women to associate menopause with good news, there is.



That good news is that it is relatively easy for you and other women to treat the symptoms of menopause and you can do so with many natural remedies, also commonly referred to as home remedies.

Eating properly is an ideal way to relieve many of the common symptoms of menopause.

For some women, it can be difficult to change their eating habits at this point in their lives, but many are pleased with the results.

Foods rich in **calcium and vitamin D** are recommended.



Although vitamin supplements can be taken, many menopause sufferers find the best success when adding additional calcium rich foods, such as milk and cheese, into their diets.

Lots of **water** should be consumed and caffeine consumption should be limited.

Beet juice is also effective in providing those suffering from menopause with relief.

This natural remedy for menopause has been proven successful on a number of occasions.



Although you will find some variances when researching beet juice and menopause, most recommend consuming around sixty millilitres a day, two to three times daily. Sugar can be added for taste, although this additional step is optional.

Soy is also an ideal and natural way to reduce or treat menopause symptoms.

Soy is an ideal method of treatment for many, as it comes in a number of different formats.

For example, soy foods, such as soy milk can be purchased. Drink mixes are also available for purchase both on and offline.



As for **natural herbs**, black cohosh is recommended for those suffering from the symptoms of menopause.

Black cohosh, like many other natural remedies for menopause has been proven effective in many studies; however, other additional studies have had inconclusive results.

With that being said, many claim that black cohosh can help to reduce hot flashes.

Hot flashes are one of the most common symptom complaints from menopause sufferers.



In addition to hot flashes, black cohosh has also reportedly helps with sweating, another common menopause symptom.

Another natural way to relieve the symptoms of menopause involves getting proper **exercise**.

Aerobic exercises have been proven in numerous studies to help with hot flashes.

Although aerobic exercises are recommended, it is important not to underestimate the important activity of walking.



In keeping with exercises, many women suffering from menopause have seen success with **yoga**.

Although there are many disputes associated with the claim of yoga, there are a number of yoga postures which claims state that they specifically target many menopause symptoms, including hot flashes.

In addition to hot flashes, insomnia is another complaint made by those suffering from menopause.



If you are finding it difficult to fall asleep at night and if you are suffering from menopause, there are a numbers of steps that you can take to see relief, steps which should make it easier for you to fall asleep at night.

These simple steps involve creating a night time routine for yourself, avoiding caffeine, alcohol, and sleeping pills, as well as keeping your bedroom at a cool and comfortable temperature.

Although not as natural as the natural remedies above for menopause, these steps may be able to help you get a good nights sleep, even when suffering from menopause.



The above mentioned steps and natural remedies for menopause are just a few of the many that you may want to try, if you find that your menopause symptoms are unbearable.

As a reminder, although these natural and home remedies have proven successful for many, there are no guarantees that they will provide you with relief.

However, since these remedies are natural, typically no harm can come from giving them a try, as long as you keep your allergies, should you have any, in mind.



You will find information on holistic treatments for menopause in our healing portal.

**This Ebook was written for
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