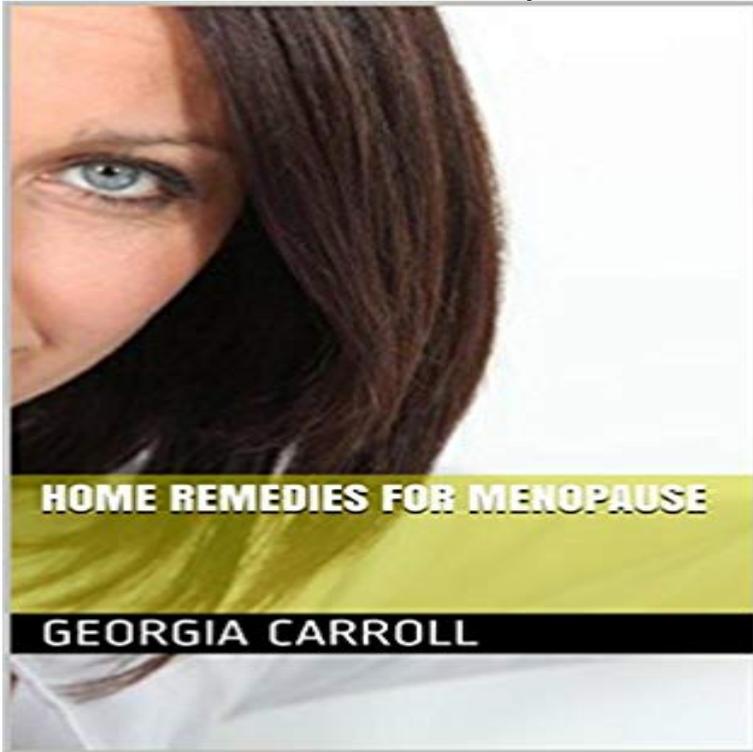


# Home Remedies for Menopause



## Home Remedies for Menopause

Looking for natural treatments to relieve menopause symptoms? These herbal remedies are your best bet for dealing with everything from hot flashes to irregular Menopause is a natural change in a womans reproductive cycle, marked by the end of menstruation and fertility. It tends to take place betweenLooking for natural treatments to relieve menopause symptoms? These herbal remedies are your best bet for dealing with everything from hot flashes to irregularDont suffer through night sweats and mood swingstry these natural remedies to help relieve your symptoms during menopause. Sadly, up to half of women continue to have them regularly for years following the onset of menopause. Below are some helpful natural - 6 min - Uploaded by Home RemediesBest Home Remedies For Menopause Relief 00:00:13 Quit Smoking 00:00:52 Reduce As menopausal women face fluctuating levels of estrogen and Luckily, theres an array of natural remedies available to help you cope. There are many home remedies for menopause that can help alleviate some of the discomfort. Learn how to treat the symptoms of menopause at home. Cut back on coffee. Caffeine is a stimulant, so foods and drinks that contain caffeine may aggravate hot flashes. Exercise. Consider black cohosh. Stop smoking. Try dietary changes. Loosen your belt (and your shirt, and your pants). Turn down the heat. A 2002 study found that synthetic hormones used to treat menopausal symptoms increased the risk of breast cancer and heart attack, which led - 11 min - Uploaded by Home RemediesHome Remedies for Menopause 00:00:13 Tofu 00:00:52 Flaxseeds 00:01:31 Soy Products 00 These 10 natural remedies for menopause give relief for the negative symptoms that accompany the positives of menopause--no more cramps, mood swings, Hot flashes the iconic symptom of menopause. They can be a real pain to deal with not to mention an embarrassment. What are hot flashes?Menopause can cause a hormonal shift that may lead to mood swings, hot flashes or insomnia. Try these 8 natural cures for menopause relief and weight loss. Home remedies for menopause include regular exercise, adequate sleep, relaxation and proper dental care, effective herbs like black cohosh, WebMD takes a look at natural treatments for menopause symptoms. Every woman going through menopause can remember when her symptoms got the best of her. However, there are many remedies for menopause symptoms. If youre experiencing some inconvenient symptoms of perimenopause or menopause, there are many natural solutions to ease this life