

Natural Choices For Menopause Safe Effective Alternatives To Hormone Replacement Therapy

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Best Menopause Supplements of 2020 #1 Amberen. Amberen is manufactured by Lunada Biomedical, which is a company with an overall good rating. This product... #2 Profemin. Another excellent supplement for women who are experiencing the symptoms of menopause is Profemin, a... #3 Feminelle. Feminelle is ...

The 7 Best Menopause Supplements | 2020 Top Picks

Here are the most common natural supplements for reducing symptoms of menopause: Phytoestrogens: These can be consumed through natural food sources or supplements such as red clover extracts. There is... Black cohosh: Although some studies found that black cohosh may effectively alleviate hot ...

11 Natural Ways to Reduce Symptoms of Menopause

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Complementary and alternative treatments, such as herbal remedies and bioidentical ("natural") hormones, aren't recommended for symptoms of the menopause, because it's generally unclear how safe and effective they are. Some remedies can also interact with other medications and cause side effects.

Menopause - Treatment - NHS

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These include: hormone replacement therapy (HRT) – tablets, skin patches, gels and implants that relieve menopausal symptoms by... vaginal oestrogen creams, lubricants or moisturisers for vaginal dryness cognitive behavioural therapy (CBT) – a type of talking therapy that can help with low mood and ...

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At least one study showed valerian root and hops to be better than placebo at reducing sleep disturbances and other menopause symptoms when taken together. Evening primrose oil

36 Alternatives to HRT: Diet, Supplements, Lifestyle ...

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