

Natural Help 4...

Menopause



What is Menopause?

Although it may sometimes feel like it, [menopause](#) is not a disease or an ailment – it is a natural transition that occurs for all women when they reach a particular age. Generally occurring in women between the ages of 45 and 55, [menopause](#) is the complete cessation of a menstrual cycle where the body goes through a number of hormonal changes and the **ovaries stop releasing eggs for possible fertilization**.

The phase of [menopause](#) when these changes begin is known as [perimenopause](#). It is during this phase where women experience a number of **physical and emotional symptoms** such as [hot flashes](#), mood swings and irregular or abnormal periods.

These changes are often frustrating and difficult for many women and it is a transitional phase that may last anywhere between a few months and few years. Once a woman has **stopped having her period for 12 consecutive months**, [perimenopause](#) is considered to be over and pregnancy is no longer possible.

[Symptoms of menopause](#) tend to vary between women and may include any of the following in varying degrees:

- [hot flashes](#)
- [vaginal dryness](#)
- loss of libido
- mood swings
- depression
- insomnia or difficulty sleeping resulting in fatigue
- difficulty concentrating
- hair loss
- irregular or abnormal menstrual bleeding
- changes in skin and hair
- achy joints
- headaches
- frequent urination

Help for Menopause

While [menopause](#) is a natural and expected process for every woman, the associated symptoms can be difficult and trying on both physical and emotional levels. Many women are now turning to the use of natural herbal and homeopathic remedies to counteract these symptoms and nature has a medicine chest of ingredients that suit this purpose. Black cohosh is one such herbal ingredient that



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

is well known for its ability to **support estrogen balance in the body** and treat a number of [menopause](#) related symptoms such as [hot flashes](#), mood swings, and [vaginal dryness](#).

Other highly successful ingredients for the treatment of menopausal symptoms include pasque flower which supports female health and soothes the nervous system, and Dong Quai which works to **support the balance of female hormones** while treating many of the symptoms related to PMS and [menopause](#).

More Information on Menopause

While the [symptoms of menopause](#) may leave you feeling desperate and frustrated, rest assured that it is a temporary phase that will pass in time. In the meanwhile there are a few self-care tips that you can use to help relieve some of the troublesome symptoms.

- Keep [hot flashes](#) in mind when dressing each day. Choose loose fitting and breathable clothing, and in cold weather dress in layers that can be quickly removed when you suddenly get hot.
- Avoid any triggers that might prompt a hot flash such as hot drinks, spicy food and stress.
- Make sure you are getting enough sleep. If insomnia is a problem then cut down of caffeine, make sure you get a daily dose of exercise and try a few deep breathing relaxation techniques.
- Eat a healthy and balanced diet with ample fruit, vegetables and fiber. Consider eating smaller meals at more regular intervals to reduce the sensation of lower abdominal bloating.
- Limit your intake of salt and salty foods to reduce bloating and fluid retention.
- Add Omega-3 fatty acids and calcium to your daily supplements if you are not getting enough of these in your diet.
- Stop smoking naturally! Smoking has been linked to the early-onset [menopause](#), greater intensity of [menopause](#) symptoms, and the incidence of osteoporosis after menopause.
- Look after yourself. Find a quiet place that you can unwind, relax and come to a place of peace. Whether it is a quiet room in which to meditate, read, pursue a hobby, or simply your bathroom where you can de-“stress”:[all-natural-stress-relief-info.html](#) in a hot bath.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

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Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Dong Quai : Promotes a healthy reproductive system, premenstrual, menstrual and menopausal health.

Dong Quai, one of the most important of the Chinese tonic herbs, is used as a **nourishing blood tonic and to support the menstrual cycle**. Dong Quai has been used for centuries by Asian healers to support **balance of female hormones** and to promote hormonal health during the menopause and perimenopause. More recently, clinical research has confirmed the effectiveness of this tonic herb.

[Learn more about Dong Quai](#)

MellowPause: Supportive remedy for menopausal women - promotes balanced mood restful sleep

MellowPause is a 100% safe, non-addictive natural herbal formula containing a selection of herbs to **support a woman's overall health during perimenopause and menopause**. MellowPause supports the temperature-regulating mechanisms of the body (to **address hot flashes** commonly associated with the change of life), while helping to **maintain healthy sleep patterns and balanced mood**.

Especially formulated for women by a Clinical Psychologist, MellowPause has been used for many years to safely **support the female system** during the common process of menopause. MellowPause **supports overall systemic health**, without compromising health or risking serious side effects.

MellowPause is presented in handy tincture form for **rapid absorption into the system**. The formula remains true to the whole spectrum method of herbal



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extraction, ensuring the potency, bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

In **combination with a healthy lifestyle and diet** which excludes excess sugar, stimulants, artificial preservatives, colorants and excessive alcohol intake, MellowPause can make all the difference, **without compromising health or risking serious side effects**. While soy has been shown to have positive effect on hormone balancing, MellowPause's combination of herbal ingredients supports not only routine **balanced hormonal levels in the female body**, but also helps to maintain healthy sleep patterns and balanced mood.

[Learn more about MellowPause](#)

Mens-Reduce: Promote normal menstruation support female reproductive health

Mens-Reduce is especially formulated for women and contains a combination of herbal ingredients well-known for their positive and tonic effects on female hormonal balance as well as their benefits in **maintaining a regular menstrual cycle** with normal menstrual flow.

Mens-Reduce comes in a convenient and easy-to-use tincture form, ensuring optimal bio-availability as well as concentrated and therapeutic doses of all the ingredients in the formula.

[Learn more about Mens-Reduce](#)

Calm Within CD: Improve relaxation, support balanced emotions and stress levels.

The Calm Within CD is composed by our Clinical Psychologist to promote good physical and emotional health using a specially developed therapeutic sound techniques and [soothing music](#).

A combination of therapeutic script and natures [soothing sounds](#) induce a state of [deep relaxation](#), effectively relieving tension and supporting the body's natural ability to heal. In therapy with music that heals anxiety and depression such as natures soothing sounds the listener is taken through a series of progressive relaxation steps, leading to a state of deep relaxation. Thereafter guided imagery is used to further enhance and expand therapeutic benefits.

[Learn more about the Calm Within CD](#)

Read the testimonials for these quality products [here](#)!

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



[Read more about the Native Remedies Full Spectrum Approach™](#)

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