



Natural Solutions For Menopause

In light of the recent news headlines regarding the unwanted side effects of hormone replacement therapy, you may see an increase in the number of women that are now seeking information about natural alternatives to addressing menopause. To help you with understanding all the information available, we have summarized valuable information here regarding herbal and nutritional alternatives to use in your practice.

The goal of herbal and nutritional therapy for menopause is to assist with the adjustment to this important natural body change. It is often the case that herbs and nutritional supplements will need to be taken for a few years, but eventually the patient will adjust to her new post-menopausal estrogen levels and will be free of symptoms even when the herbs and whole food supplements are withdrawn.

Here are some herbal and whole food supplements that you can use with great success in your practice to alleviate the symptoms associated with menopause.

Wild Yam Complex tablets can help:

- Provide relief from discomfort associated with menopause
- Maintain feelings of general well-being
- Balance and support normal female physiology and function
- Calm the nerves and restore balance in temporary mood swings.*

Suggested use: 1 tablet 3-4 times daily, up to 6 tablets may be needed in severe cases.

Tribulus tablets can help:

- Provide relief from discomfort associated with menopause
- Maintain feelings of general well-being
- Balance and support normal female physiology and function.*

Suggested use: 1 tablet 2-4 times daily.

Chaste Tree tablets can help:

- Promote a natural, healthy balance within the female endocrine system
- Support female reproductive system health.*

Suggested use: 1-2 tablets once daily on rising.

Other herbal products that can also be considered:

- **St John's Wort** to provide a tonic for the nervous system. Suggested use: 2 to 3 tablets or 4 mL 1 to 2 times per day of the 1:2 extract
- **Sage** to provide relief from discomfort associated with menopause. Suggested use: 4 mL per day of the 1:2 extract
- **Licorice High Grade** to promote healthy adrenal gland function.* Suggested use: 4 mL per day of the 1:1 extract

Drenamin® supplies:

- **Adrenal Protomorphogen**™ extracts – Adrenal support is important because of its role in estrogen and progesterone production in menopause.
- **Vitamin C complex** – The adrenal glands store and utilize high amounts of vitamin C.
- **Specific B vitamins and lipotropic factors** needed for optimal liver function. The liver has a central role in clearing exogenous hormones via the bile.*

Suggested use: 6 tablets per day.

Symplex® F supplies:

- Support for the pituitary, thyroid, adrenals, and ovaries utilizing Protomorphogen™ extracts.*

Suggested use: 3 tablets per day.

Wheat Germ Oil or Wheat Germ Oil Fortified™ supplies:

- A rich source of fat-soluble vitamins, especially vitamin E. A source of sex hormone precursors.*

Suggested use: 6 perles per day.

Other whole food supplements that can also be considered:

- **Ovatrophin PMG**® supports the ovaries utilizing Protomorphogen™ extracts.* Suggested use: 3 tablets per day.
- **Betacol**® provides nutritional support for the liver to optimize clearance of exogenous hormones. This formula includes betaine hydrochloride, choline, inositol, and disodium phosphate to help facilitate bile flow and production.* Suggested use: 2 capsules per day.