

# Menopause HRT

Contributed by Webmaster

By Fran Messersmith

Menopause is a physiological process that all women must experience. If they are well prepared to face it, the experience is much less traumatic. But first, understanding the mechanisms of menopause is important.

The depletion of estrogen as a result of the ovaries gradual shut down makes menopause uncomfortable. As soon as the estrogen levels fall, a chain reaction occurs inside the body. The hormones influence the temperature regulation and create hot flashes and night sweats. This can create loss of sleep, making the woman totally miserable.

The lack of sleep in turn affects the moods, which culminates into bouts of depression. All these happen because the levels of hormone in the blood are decreasing. Logically, it follows that the remedy is to increase the levels.

The menopause HRT treatment

Modern medicine prescribes HRT or Hormone Replacement Therapy for the immediate alleviation of menopause symptoms. The menopause HRT is indeed one of the best possible treatments available today in terms of relief time. The therapy provides almost instant relief which allows the women to get back to their lives with the least inconvenience.

Anyone who knows what it means to spend nights awake will appreciate the efficiency of the menopause HRT treatment. This is why this is one of the most popular methods of treatment.

The downside of menopause HRT treatment

Although it eliminates the symptoms almost overnight, HRT also can promote cancer and blood clotting, both with fatal results. This is why women have moved away from the treatment in search of safer yet equally efficient treatments.

Surprisingly, many plants offer the estrogen content that the menopause HRT replaces in the blood. These plants are rich in phytoestrogen (plant estrogen) which alleviates the symptoms as well as the synthetic hormone replacement. HRT is slowly being pushed out as the alternative for treating menopause specifically due to this purpose. Thankfully, there are a number of feasible choices available. Many doctors now prescribe the HRT in combination with the natural treatments in order to diminish the risks involved.

Fran Messersmith has been studying early menopause symptoms for over twenty years. Read more at [Menopause Care Info](#).