

# Herbs For Menopause Symptoms

Contributed by Webmaster

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Menopause is a fact of female life. It is a condition that every woman will experience. Some will feel the effects profoundly, for others the symptoms will be very much less severe, and still others (likely the majority) will likely experience virtually nothing and breeze through the whole experience, unaware of it except the unmistakable termination of menstrual periods.

As an inescapable fact of life, it's crucial that women understand the signs of menopause and how their effects will impact her, and make sure she's ready for the symptoms that are likely to come up and the options and choices that are open to them.

## What May Happen During The Menopause

When a woman approaches menopause, your body reduces the production of progesterone and estrogen, causing menstruation to cease. The beginning of these events is what brings on menopause symptoms.

Some of these may be short-term, for example hot flashes, weariness, night sweats, mood swings and headaches. There are others however which are more long term, such as vaginal sensitivity and urinary problems, of which some may remain permanently but are not life-threatening, and can be remedied or at least eased by several menopause treatment options.

However, there are other effects of the decrease in progesterone and estrogen at menopause that could be serious which you may not pick up on, until they become a potential problem. One of the more serious risks to your health when you reach menopause is the possibility of osteoporosis. This is a loss of bone mass that can be extremely dangerous and in some cases life threatening. There are also some other serious conditions that women are at risk from when these female hormones start to decline are cardiovascular disease which can be the cause of heart attacks, cerebrovascular disease which can lead to strokes, and specific cancers.

But looking on the bright side, there's plenty of medical and natural remedies for menopause based on what symptoms your experiencing, these include hormone therapy (HRT), natural HRT, to nutritional menopause supplements and from dietary changes to low intensity exercises.

HRT has been used extensively by a huge number of women in countries everywhere, but the medical argument regarding its impact on long term health is controversial and still under discussion, and the guidelines on how it should be used have altered in light of the recent research.

## Reviewing Menopause Supplements

Creams, patches, tablets, implants and even nasal sprays are in widespread use most of which can offer relief from menopause symptoms and increased protection against particular health conditions.

Even so, understanding the mass of advice being put forward by various medical professions is from time to time very confusing, so it's vitally important that each woman looking at HRT or similar menopause treatments is made aware of her options, and discusses these with her doctor to totally understand the features that each treatment can provide, and to think about all the prospective benefits against any manageable perils.

Due to the intricate nature of the physical, emotional, psychological and intellectual exchanges that come about during menopause, it's crucial to understand all the unique natural remedies for menopause that are available to deal with your particular menopause symptoms.