

# Night Sweats and Hot Flashes: A Natural Remedy for Menopause May Be the Answer

Contributed by Webmaster

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Some of the most commonly complained about and experienced symptoms of menopause for women, who are in the midst of undergoing this natural physical change in their body, are night sweats and hot flashes. These symptoms include the sudden and unexpected feeling of an intense heating, which often causes them to break out into a cold sweat. Night sweats are scary for some women because they can awake from a lucid dream and feel like they are overheating. Hot flashes are equally as detrimental because they can occur sporadically throughout the course of the day, and both of these aforementioned symptoms can greatly take their toll on the quality of life of the sufferer.

## Why a Natural Remedy for Menopause can Treat Night Sweats, Hot Flashes

A natural remedy for menopause may be just the answer that most women who are suffering from common symptoms of menopause have been seeking. The best menopause cures utilize clinically proven proprietary ingredients that effectively relieve many of the known symptoms of menopause. Ingredients like Vitamin D, Vitamin K, Calcium, Red Clover Flower Powder, Red Clover

Powdered Extract, Green Tea Leaf Powdered Extract, Guggul Gum Resin Powdered Extract, Chaste Berry Powder, Dong Quai Powder, Soy Isoflavones, Wild Yam Root Powder, Black Cohosh Root Powder, Cnidium Monnieri Fruit Powder and Bioperine all have been clinically and scientifically proven to be as effective as the popular hormone therapy drugs in treating the symptoms of menopause, such as hot flashes and night sweats, yet without causing any adverse or dangerous side effects.

For the millions of women who currently are in the middle of menopause, or for the hundreds upon thousands of them that are about to enter this natural phase, their best bet at defeating and combating the symptoms of menopause many times lies in the safety of a natural remedy. Furthermore, the cost comparison of natural cures for menopause versus the prescribed variety are greatly different; natural cures are far more affordable and do not require a prescription from the doctor.

For more information on how you can effectively treat the symptoms of menopause by using all-natural, clinically proven, safe and effective Menersa menopause remedy, please visit them online at: <http://www.menersa.com>.

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