15 Fabulous Herbs for Menopause

by PATRICIA BRATIANU

Herbal Menopause Treatment

If you are in the perimenopausal or menopausal stage of your life, you may want to consider using herbs for menopause to improve your health, relieve discomfort and enhance your vitality. Herbs benefit your body by providing nourishment, soothing frayed nerves, cooling hot flashes, and boosting energy levels.

They also provide environmentally friendly and ethically kind assistance to make this the best time of your life. Unlike harsh drugs, herbs gently but powerfully work with your body. Some herbs take a month or more to provide optimal results, but others work within minutes.

If you are making herbal teas, use four teaspoons of dried herb per four cups of water. Drink two to four cups of tea each day. Let’s look at some of the best herbs for menopause.

1. Eleuthero

Formerly known as Siberian ginseng, eleuthero is not in the ginseng family, however it enhances the flow of blood throughout your body. If you, like many other women, think that your memory is not quite as sharp as it used to be, the increased circulation to your brain can help. Additionally, increased blood flow to your sexual organs supports sexual satisfaction.

Euthero can also lower levels of unhealthy LDL cholesterol. It will help you to cope better in response to physical, mental, and emotional stressors, eases symptoms of mild depression and supports estrogen balance.

2. Ginkgo

Like eleuthero, ginkgo improves circulation. Research shows that ginkgo supports several actions that make sex more pleasurable, enhancing levels of arousal, aiding lubrication of the vagina, intensifying orgasm, and supporting your body after sex. It also improves the circulation of your brain.

If you are taking antidepressant medications, which are prescribed for many reasons in addition to depression, you may find that gingko relieves sexual dysfunction which those medications often cause.

3. Black Cohosh

Extensive research has been conducted on black cohosh. Most studies indicate that the herb is beneficial for women who are undergoing menopause. Black cohosh is among the most commonly employed herbal remedies used to relieve menopausal symptoms. It can reduce hot flashes and night sweats and relieve headaches and muscular aches.

However, I don’t recommend using it if you have history of breast cancer, liver disease or are allergic to

salicylates. Don’t use black cohosh if you are taking any type of hormonal therapies, anticoagulants, or medications used to treat high blood pressure without consulting a qualified health care provider.

4. Tribulus

This plant is also known as puncture vine. Tribulus helps your hormone levels become and stay balanced. It is rich in phytochemicals and has been used for centuries as a remedy for sexual problems.

5. Muira puama

This South American herb has been studied extensively. It can boost sexual desire. Muira puama is especially effective for women who are undergoing menopause. It can increase the strength of orgasms.

6. Sage

This ordinary kitchen herb is my favorite remedy for hot flashes and night sweats. It takes a couple of weeks to work, but it is very effective. Do not use sage medicinally if you have a history of seizures. Drink sage tea chilled or at room temperature.

7. Red Clover

Red clover makes a tasty, relaxing tea. Try combining it with sage; you may sleep better. Red clover relieves spasms and calms nerves. It is a rich source of phytoestrogens, which are weak estrogen-like substances, beneficial while you undergo menopause. Red clover contains antioxidants that prevent aging, as well as compounds that prevent cancer. It may help to relieve hot flashes.

Check with your health care provider before using red clover if you have had a hormonally-impacted cancer, such as breast or ovarian cancer, or if you have an elevated risk of developing breast or ovarian cancer.

8. Hawthorn

It is important that you focus on your whole being when you address menopause. All women experience a higher risk of heart attack once they undergo menopause. The herb hawthorn protects your heart. It is calming and well tolerated. Do not use hawthorn if you take digoxin. Consult with your health care provider if you are taking any medications that affect your heart prior to using this balancing herb.

9. Nettle

This wild herb is packed with vitamins, minerals, and other nutrients that will make menopause easier. The herb enhances vitality and strengthens your whole body. Many women who are undergoing menopause suffer from urinary infections and incontinence. Nettle reduces inflammation, tones the perineal muscles, and relieves vaginal dryness.

The herb will also help to protect your heart, which is important because you lose the protective benefits that estrogen provided before menopause. Nettle helps to balance hormone levels. It enhances the strength of your bones.

10. Vitex

Also known as chasteberry or chaste tree, vitex relieves peri-menopausal symptoms. Vitex reduces hot flashes and vaginal dryness. It combines well with black cohosh and dong qui. Do not use vitex if you are taking hormone replacement drugs.

11. Dong Qui

This ancient herb relieves menopausal discomforts. It can help to protect your heart and prevent strokes. It is one of the most popular herbs worldwide that is used to support women's health. Do not use dong qui if you have uterine fibroids, or if you are taking blood thinners. Dong qui is always combined with other herbs, such as black cohosh or vitex.

12. Motherwort

This underused herb relieves anxiety and palpitations, which may occur during menopause. Motherwort has diverse actions which makes it an ideal herb to employ. It relieves vaginal discomfort and spasms. Motherwort lessens back and pelvic pain. This herb has few side effects and is safe for most adults.

13. Aloe

If you experience vaginal dryness, try using aloe gel as a lubricating agent. Do a skin test by applying a small amount of the gel to your forearm. Leave it unwashed overnight. If you do not experience irritation, you may safely use it in your vagina.

14. Dandelion

The leaves promote fluid and electrolyte balance. They are very nourishing. Dandelion greens, along with nettle tops, are among the best sources of high quality plant based calcium. You need to make sure that you get adequate amounts of calcium, as your risk of developing osteoporosis increases during and after menopause. Chickweed and seaweeds, such as dulse, kelp, and wakame are good sources of easily absorbable calcium too.

15. Soy

This may be consumed as an herb or as a food. Soy may help to reduce hot flashes. It can protect your heart and lower your chances of contracting certain forms of cancer. Multiple research studies have revealed that Japanese women have much lower incidences of hot flashes than women in western nations. The researchers attributed the lower rates of hot flashes to the Japanese women's high consumption of soy. Studies indicate that soy may reduce hot flashes by almost sixty percent and night sweats by over forty percent.

Check with a health care provider if you are considering using soy. Some experts do not recommend its use for women who have had breast or gynecological cancers or have an elevated risk of developing these and other forms of cancer.

Using herbs for menopause can play an important role in making a smooth transition. They not only relieve symptoms, but will enhance your life.