

NATURAL REMEDIES FOR MENOPAUSE SYMPTOMS

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IMPORTANT

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Introduction

Pre-menopausal symptoms can include:

Pre Menopause Symptoms include:

- Mood Swings- Bouts of being emotional, cranky or anxious
- Irregular menstrual cycles, usually with very heavy flow and abnormal clotting
- Sleeplessness or difficulty staying asleep
- Night sweats
- Hot flashes
- Headaches
- Joint and muscle pain or overall achy body
- Incontinence - Bladder suddenly releasing small amounts of urine.
- Vaginal dryness
- Hair and skin become dryer

Alternative Remedies

Diet - high-fibre carbohydrate (HCF) diet

No sugar, tea, coffee, cola drinks, alcohol.

Leon Chaitow (naturopath, osteopath, and acupuncturist) recommends a diet consisting of:

Breakfast

Live yoghurt
Fruit,
Seeds
Nuts

Lunch

Mixed raw salad
Cottage cheese
Wholemeal bread or jacket potato

Dinner

Copious serving of lightly cooked vegetables
Fish, lean meat, poultry, or a vegetarian savoury dish

Deserts and Snacks

These should consist of fresh fruits, and drinks of fruit juices, herb teas, and mineral water

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Moderate Exercise

A brisk walk of 10 to 209 minutes daily is also recommended

Relaxation

Relaxation and visualisation programs are also recommended - see <http://campbellmgold.com> for titles.

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Tissue Salts

Calc Fluor - 4 tabs, 4 x daily
Mag Phos- 4 tabs, 4 x daily
Ferr Phos- 4 tabs, 4 x daily

General Supplements

6 to 10 brewer's yeast tabs daily
2 x kelp tabs daily
1 x good multivitamin/mineral tab daily

For hot flushes and Post Menopause

Oil of Evening Primrose - 500 mg daily
Vit E - 400 iu, 2 x daily
Selenium - 50 mcg daily
Vit C - 1 to 3 grams, 2 x daily
Vit B complex - 100 mg daily
Vit B5 - 500mg daily

Vit B13 Calcium - 1 gram daily
Vit B13 Magnesium - 500 mg on retiring to help with sleep problems

End

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