

~ A Healthier You ~

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When I surrender, the Universe moves.  
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## Balance Hormones Naturally

With recent documentation of the adverse side effects of HRT (Hormone Replacement Therapy), more and more women are switching to natural alternatives for the relief of menopause (change of life) symptoms. The human body responds positively to herbs that have been used for hundreds of years with no associated health risks. These herbs work with the body to bring a state balance, naturally. With this natural balance, symptoms will greatly diminish, or disappear altogether.

Most women start experiencing signs of menopause between the ages of 35 and 58, with the average age being 50. The symptoms of this natural cycle could be all or any of the following: mood swings, panic attacks, sleep disturbances, depression, anxiety, changes in tolerance to heat or cold, joint and muscle pain, allergies, night sweats, hot flashes, fatigue, vaginal dryness, fluctuations in

sexual desire, forgetfulness, weight fluctuations and headache. The symptoms could be relatively mild or quite severe, depending on the women's genetic make-up, diet and emotional state. They are largely due to the decrease in body's production of estrogen.

The main and most traditional herb used for the symptoms of menopause and/or PMS is **Black Cohosh** - a medicinal plant used for hundreds of years by Native Americans and early American colonists. Black Cohosh is backed by modern clinical research and has been demonstrated to be as effective as HRT for relief of all menopausal symptoms, without the associated health risks. The scientific research on specific chemistry actions of this herb has shown that it suppresses the secretion of "lutenizing hormone", or LH. One of the functions of estrogen is to suppress the effects of LH. Researchers believe that several of the plant's compounds may be involved in this biologic activity, as well as its ability to relieve anxiety, irritability and mood swings.