

~ A Healthier You ~

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When I surrender, the Universe moves.  
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## Faced with a decision about Hormone Replacement Therapy? An Herbal Solution is here!

Hormone Replacement Therapy (HRT) is the prescription drug regimen of estrogen and progestin for treatment of menopause symptoms. An estimated 20 million women in America take HRT and until just recently there wasn't much documented evidence for long-term risks. However, in 2002 WHI (The Women's Health Initiative) presented the results of their groundbreaking study. They found that women taking HRT had significantly more heart disease, strokes, blood clots in legs and invasive breast cancer than the placebo group. Fortunately there are several safe and effective nutritional supplements for treating menopausal symptoms without the HRT - associated risks.

**BLACK COHOSH:** Modern clinical research has shown that this herb is as effective as HRT for the relief of hot flashes, night sweats and vaginal dryness, headaches, and heart palpitations, but without its complications. This natural

medicine works by suppressing the secretion of a substance called 'luteinizing hormone (LH). One function of estrogen is also to suppress the effects of LH. Menopause results in high levels of LH in the blood, which in turn causes lots of uncomfortable symptoms. Black Cohosh has been used in this country since the flourishing days of the American Indian. More recent studies have shown that several chemical compounds may be involved in the beneficial activity, and 80% of women involved, experienced beneficial results after six to eight weeks of treatment.

It is important to remember: Menopause is a normal part of aging and can be treated naturally. Besides Black Cohosh, there are some other herbs that may be useful for reducing the uncomfortable symptoms of this 'change of life' period. These are: ginseng, green tea, valerian, **vitex berry**, hops, and red clover. There are also many good combination products on the market today for you to choose from, as well. As is all healing, you are encouraged to do your own research, ask lots of questions and above all- listen to your innate intelligence- it's your best source of wisdom.