

# Natural Choices For Menopause Safe Effective Alternatives To Hormone Replacement Therapy

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Complementary and alternative treatments, such as herbal remedies and bioidentical ("natural") hormones, aren't recommended for symptoms of the menopause, because it's generally

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unclear how safe and effective they are. Some remedies can also interact with other medications and cause side effects.

## **Menopause - Treatment - NHS**

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These include: hormone replacement therapy (HRT) – tablets, skin patches, gels and implants that relieve menopausal symptoms by... vaginal

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oestrogen creams, lubricants or moisturisers for vaginal dryness  
cognitive behavioural therapy (CBT) – a type of talking therapy that can help with low mood and ...

## **Menopause - NHS**

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This ebook is wonderful. Of course, it really is perform, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is simply after i finished reading this ebook

## **Natural Choices for Menopause: Safe, Effective ...**

At least one study showed valerian root and hops to be better than placebo at reducing sleep disturbances and other menopause symptoms when taken together. Evening primrose oil

## **36 Alternatives to HRT: Diet, Supplements, Lifestyle ...**

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Effective Alternatives to Hormone Replacement Therapy Summary  
Natural Choices for Menopause: Safe, Effective Alternatives to Hormone Replacement Therapy by Marilyn Glenville. Unfortunately we do not have a summary for this item at the moment.

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