

## Menopause-Related Problems

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Every woman must experience the change that occurs when ovulation and menstruation stop. At this point a woman is going through menopause and child-bearing is done. Estrogen, progesterone, and testosterone levels decrease. The decrease in these hormones effects the reproductive organs, as well as other parts of the body. Common discomforts include hot flashes, dry skin, anxiety, bloating, headaches, insomnia, mood swings, night sweats, weight gain, and decrease in libido.

**Slippery Elm and Aloe Vera- External** Purposes: Relieves vaginal dryness. Dosage: Mix together into a paste form and insert into the vagina at night.

**Damiana- Internal** Purposes: Boosts sexual desire and pleasure.

**Amaranth, chickweed, dandelion greens, nettle, seaweed, and watercress- Internal** Purposes: Protects against osteoporosis.

**Anise, Black Cohosh, fennel, licorice, raspberry, sage, sarsaparilla, squawvine, unicorn root, and wild yam root- Internal** Purposes: Promotes natural estrogen. Cautions: Licorice is not to be used on a daily basis for more than 7 days. Sage is not to be used if you have a seizure disorder.

**Chamomile and valerian root- Internal** Purposes: Relaxes the body to provide restful sleep. Cautions: Never use chamomile if you have allergic reactions to ragweed and never use for an long term basis.

**St. John's Wort- Internal** Purposes: Relieves depression and anxiety.