

FACT SHEET

By no means are any of the following a means to STOP menopause symptoms, but they can help ease the transition. You could also keep a diary of your symptoms to see if there is a pattern

NATURAL REMEDIES –and what symptom/s they help. Recommended to try for a minimum of 4 months. Available from local supermarkets and health food shops. **Do not use with HRT Check for Side Effects.**

Black Cohosh – Flushes and night sweats

Chasteberry – Anxiety, flushes.

Evening primrose oil – healthy skin and helps regulate hormone levels

FX tablets – increase energy, wellbeing, sleep, flushes, joints

Ginseng or Dong Quai – mood symptoms, sleep disturbance, an overall sense of wellbeing.
Increased libido

Maca – a vegetable same family as, broccoli, cabbage and Brussel sprouts – moodiness, vaginal dryness

Neroli essential oil - increases libido in post menopause

Passion Flower Herb – depression, anxiety, stress, insomnia

Red Clover – Flushes, night sweats and osteoporosis

Sage – memory and flushes

Serenity cream – most menopause symptoms – available from Wellsprings natural hormone, or Amazon

Soy (soybeans) – produces estragen

Star flower oil – healthy skin and helps regulate hormone levels

St Johns Wart – low moods and reduce anxiety

Testosterone cream – available from GP – brain fog, increases libido

Vitamin e, supplement or cream – dry skin and vaginal dryness

INSTANT RELIEF

Cool off citrus ice towelettes - internet

Thera med collar cold pack - internet

Cool gel pillow – internet / pet stores

DIET

Eat foods with phytoestrogens – these have oestrogen like effects on the body. Such as soy beans and soy products, linseed (flax), sesame seeds, oats, barley, lentils, celery, chick peas and kidney beans.

Eating YAMS and SWEET POTATOES – can influence the production of several useful hormones in humans including oestrogen.

Fish oils – for joint pains, dry skin and vaginal dryness. Oily fish such as salmon and maceral.

GRADUALLY cut back on caffeine – as this aggravates hot flushes.

EXERCISE

Any form of exercise for 75 – 150 minutes a week can help against weight gain, joint pain, loss of muscle mass, relieve stress and low moods. **Ensure you also get adequate rest and relaxation**

HELPFUL WEB SITES

[M-brace the change](#) – Face Book Page.

<https://thebms.org.uk> - look for your nearest menopause specialist, ask your GP to refer you

<https://www.menopausematters.co.uk>

<https://femininity.atavist.com/if-im-transgender-do-i-go-through-menopause>

<https://www.nhs.uk>conditions>menopause>

[menopause.org.uk](https://www.menopause.org.uk)

<https://www.healthline.com>health>male menopause>

<https://www.webmd.com>guide>male menopause>

<https://www.unison.org.uk>menopausefactsheet>

www.avogel.co.uk?menopause

<https://www.womens-health-concern.org>menopause>

<https://sleepfoundation.org>sleep-topics-menopauseandsleep>