

Self Help Remedies

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 (including what symptom/s they help. Recommended to try for a minimum of 4 months. Available from local supermarkets and health food shops.)

If you are using HRT, please check for side effects before using any natural remedies.

- 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
- Passionflower 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 oestrogen
- 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 soybeans and soy products, linseed (flax), sesame seeds, oats, barley, lentils, celery, chick peas and kidney beans.
- Fish oils – for joint pains, dry skin, and vaginal dryness. Oily fish such as salmon and mackerel.
- Gradually cut back on caffeine – as this aggravates hot flushes.