

MENOPAUSAL HERBAL TEA INGREDIENTS:

BLACK COHOSH - Based on current research, black cohosh is most likely to relieve symptoms related to reductions or imbalances in the hormone estrogen. A 2010 review concluded menopausal women experienced a 26 percent reduction in night sweats and hot flashes when using black cohosh supplements.

RED CLOVER - Red clover contains isoflavones, a type of phytoestrogen. Phytoestrogens have a similar chemical makeup to estrogen, the female hormone that declines with menopause. For this reason, it may have benefits for menopausal symptoms.

KUDZU ROOT - Kudzu is thought to help to treat menopausal and perimenopausal symptoms, such as hot flashes and night sweats, due to its estrogen-like characteristics.

PASSION FLOWER - If depression is related to the menopause then Passion Flower could be the most effective herb. As well as alleviating symptoms such as hot flashes and night sweats, the alkaloids "chrysin" and "benzoflavone" present in this herb have been found to increase GABA (gamma amino-butyric acid) in the brain. GABA is one of the inhibitory neurotransmitters, used by the brain to prevent over-excitement and attain balance.

CHASTEBERRY - Almost all of symptoms associated with the menstrual cycle can be treated with this plant. It is the single best herb for treating the many possible symptoms of PMS: cramps, flooding, headaches, depression, water retention, constipation, acne, breast tenderness, and irritability. It can help normalize irregular or scanty periods.

WILD YAM - Wild yam is an herbal remedy for menstrual discomfort and menopausal symptoms, and an alternative to hormone replacement therapy (HRT).

ASHWAGADHA - Ashwagandha acts on the endocrine system (which produces hormones) by encouraging hormone balance and reduces hot flashes and anxiety.



"Herbs that work!"