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## 5 Ways to Manage Menopause Naturally

*Natural Remedies and Techniques for Night Sweats, Hot Flashes, Insomnia and More*



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Hot flashes, night sweats, insomnia, thinning hair, lower sex drive—these are just some of the unpleasant menopause symptoms you may be experiencing that make you feel unlike your normal self. But conventional hormone replacement therapy, which may minimize your symptoms, may also expose you to higher risks of cancer and other health issues (1). If you're looking for natural remedies for your journey through menopause, we've got what you're looking for!

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## 1. Minimize hot flashes



Photo credit: Flickr / camknows

Some herbal remedies for hot flashes include black cohosh, dong quai, B vitamins, vitamin E, and oils like evening primrose and black currant. You may also wish to incorporate some foods such as soy, which is high in isoflavones that mimic estrogen and flaxseed which modulates the metabolism of hormones (2).

## 2. Cut down on night sweats



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Soy is also a great food for helping with night sweats, as are cold drinks like

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water or juices infused with green vegetables.

### 3. Use natural insomnia remedies



Photo credit: Flickr / Archangeli

Insomnia can be a huge problem for you if you're experiencing menopause, especially if you suffer from night sweats. To combat this, start by having a consistent bedtime routine, reducing or avoiding caffeine, and ensuring you get regular exercise. Then add other natural remedies like spending time outdoors, using relaxation and meditation techniques, and taking natural sleep aids like valerian root or melatonin.

### 4. Prevent thinning hair



Photo credit: Flickr / MarxFoods

Hormonal changes with menopause can lead to thinning hair known as female pattern baldness. You can do some things to prevent it by avoiding certain prescription drugs (like blood thinners, gout treatments, or blood pressure meds), cultivating a diet high in omega-3 fatty acids, and minimizing hair treatments and twisting or tight styling techniques (3).

### 5. Avoid fluid retention



Photo credit: Flickr / NellieMcS

Menopause can make you feel puffy and uncomfortable. To avoid fluid retention, eat a diet low in sodium and incorporate natural diuretic foods into your diet, like celery, eggplant, asparagus, or onion. You may also benefit from herbal remedies like hawthorn (*crataegus oxycanthus*) (4).

In addition to these natural remedies for the big menopause symptoms, lifestyle habits like getting enough exercise, meditation, yoga, and relaxation

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techniques can also help to make you feel more like yourself through this important transition.

## Limited Time Offer!

Manage your menopause symptoms using an all-natural drug-free herbal remedy with this week's ethicalDeal, delivered right to your door via Canada Post: **Save up to 46% on Zwell menomendZ - 1, 3, or 6 month supply + \$25 bonus coupon.** Special offer only available August 28-September 6, 2013. Get it before it's gone!



## About the author:

*Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).*

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