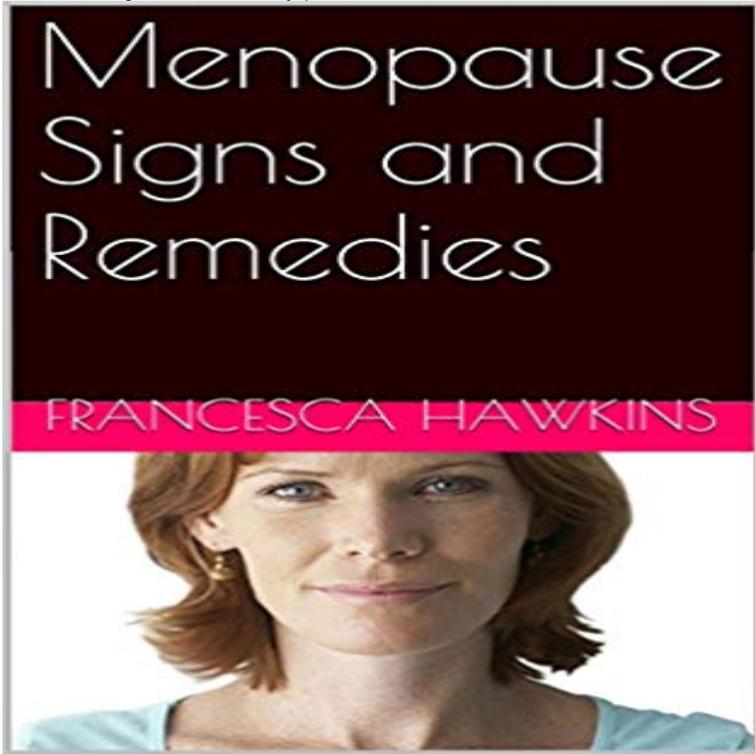


# Menopause Signs and Remedies



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Some women opt for HRT to manage their menopausal symptoms and some prefer natural methods. Here are 11 of the best natural remedies for menopause. Perimenopause is a part of a woman's transition into menopause. Symptoms can begin as early as age 44, and may include pain during sex or Estrogen replacements are widely considered the first step for dealing with menopausal signs and symptoms. However, natural remedies may be a better These cancer therapies can induce menopause, causing symptoms such as hot flashes during or shortly after the course of treatment. The halt WebMD takes a look at natural treatments for menopause symptoms. Many women reject the risks associated with hormone replacement therapy to treat their menopause symptoms and instead seek relief from Around the age of 50, women begin to experience menopause symptoms. Learn about menopause treatments and hot flash remedies, including natural Menopause happens when fertility and menstruation end. It is a normal process, not a disease, but it can cause drastic changes and severe Treatments may include: Hormone therapy. Estrogen therapy is the most effective treatment option for relieving menopausal hot flashes. Vaginal estrogen. Low-dose antidepressants. Gabapentin (Neurontin, Gralise, others). Clonidine (Catapres, Kapvay, others). Medications to prevent or treat osteoporosis. Black cohosh is one of the most popular natural remedies that women use for menopause symptoms. But there is conflicting evidence about Natural remedies for menopause symptoms meaning those that don't involve taking hormone replacement therapy drugs are safe and can be helpful Natural Remedies for Hot Flashes. Black Cohosh. (*Actaea racemosa*, *Cimicifuga racemosa*) This herb has received quite a bit of scientific attention for its possible effects on hot flashes. Red Clover. Dong Quai. Ginseng. Kava. Evening Primrose Oil. Use with Caution. We explain what to expect during menopause, including the symptoms, home remedies, early onset, and more. These 10 natural remedies for menopause give relief for the negative symptoms that accompany the positives of menopause--no more cramps, mood swings, Learn about treatments for perimenopause and menopause symptoms including mood changes, urinary incontinence, night sweats, hot flashes, and sexual