

Easing the Symptoms of Menopause

The onset of menopause symptoms represent a natural phase of a woman's body, and shouldn't be ignored – or simply endured.

From hot flashes to night sweats (and everything in between), these inconvenient symptoms can greatly impact the everyday lifestyle of every woman.

Physicians, pharmacists, and naturopaths have come a long way in encouraging women to speak up, confront their symptoms, and seek solutions.

With a plethora of options available to treat and control these symptoms, it's important for women to assess their individual needs and find the best option for their own personal experiences with menopause.

Find the options that address your hot flashes directly. A targeted approach will benefit you in the long run.

In conjunction with a proper diet and active lifestyle, women may seek herbal solutions to address their symptoms. In these cases, there are a number of natural health products available made from fresh, organic ingredients.

For hot flashes and night sweats, try a product made from fresh *salvia officinalis* – a specific type of sage. When your sleep is affected, use a product made with hops and valerian. For other symptoms like joint pain, try an arnica-based product.

For more information about natural health products to target the symptoms of menopause - including hot flashes, visit your local pharmacy and click the link below:

www.HealthandFamily.ca/HotFlashes

