

MENOPAUSE

Menopause is a natural process, not an illness. It is the time of life when a woman stops ovulating and menstruating. At this time, the ovaries stop producing the hormones estrogen and progesterone. Other glands should take over some hormone production. Menopausal symptoms can begin around fifty and last for approximately five years, however, this may vary. A woman who has had a hysterectomy and has had both ovaries removed usually goes through menopause immediately and it can be quite severe, especially if the other glands are unable to produce hormones. Symptoms of menopause include hot flashes, sweats, anxiety, headaches, moodiness, vaginal dryness, dry skin and hair, and insomnia. The individual may also be at risk for developing cardiovascular disease or osteoporosis. For cardiovascular disease, please refer to the Cardiovascular Disease section; for Osteoporosis, please refer to the Osteoporosis section of this guide.

Homeopathics

Adrenapar™- glandular homeopathic for adrenal support, indicated for relief of nervous exhaustion, fatigue, and forgetfulness.**

Anpituipar™- glandular homeopathic for endocrine balance, indicated for relief of weakness, weariness, thirst, PMS, and bone pain.**

Estrogen Phenolic- estrogen balancer, indicated for reactions to estrogen such as breast tenderness and menopausal symptoms.**

Gynestat™- detoxifier of female reproductive system, indicated for relief of menstrual pain and vaginal irritation.**

Hepapar™- glandular homeopathic for liver support, indicated for relief of abdominal bloating and soreness, constipation alternating with diarrhea.**

Hypothalmupar™- glandular homeopathic for hypothalamus, pituitary, and pineal support, indicated for relief of weakness, exhaustion and dizziness, and difficult mental concentration.**

Lachesis - single homeopathic remedy indicated for hot flashes and discouraged or distrustful mood.**

* **Menotone™**- tonifier for persons with menopause, indicated for relief of flushes of heat with attacks of perspiration, headaches, moodiness with symptoms ever-changing.**

* **Menopause HP™**- high potency formula for menopausal symptoms, indicated for relief of symptoms due to hot flashes, dryness and irritation of the vagina.**

Ovapar™- glandular homeopathic for ovarian support, indicated for relief of painful menses and menstrual cramps.**

Pituistat™- detoxifier of the central nervous system, indicated for relief of mental sluggishness, confusion, weakness, lethargy, thirst, and frequent urination.**

Progesterone Phenolic- progesterone balancer, indicated for mood swings, painful menses, breast tenderness, and nervousness. **

Pregnenolone 30C- single homeopathic remedy to promote hormone balance.**

**Denotes primary remedies*

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Sepia - single homeopathic remedy indicated for hot flashes and feelings of indifference towards loved ones.**

Thyropar™- glandular homeopathic for thyroid support, indicated for relief of exhaustion and heaviness of the body, dry rough skin, dry cough, difficulty swallowing and swollen throat.**

Herbals

Ashwagandha- adaptogenic herb that helps promote energy and vitality as well as mood support during menopause.

Barleycom™- fortifier for persons with mineral deficiencies, features mineral rich herbs for bone health and endocrine and nervous system support.

Burdocom™- fortifier for the skin and liver, supports a healthy liver to promote skin health and hormone metabolism.

Chaste Tree- single herbal to help support a natural, healthy balance within the female endocrine system. It has also been used to promote healthy skin and sleep.

Cohoshcom I™- fortifier for the female reproductive system in menstruating women, to support women's normal hormone balance and help ease PMS discomfort, headaches, and mood issues.

* **Cohoshcom II™** - fortifier for the female reproductive system in perimenopausal and menopausal women, to support hormone balance and ease hot flashes, menstrual irregularities, headaches, mood issues, and uterine disorders.

Dandecom™- fortifier and detoxifier for the liver, indicated for liver support for hormone metabolism, constipation, hypoglycemia, skin disorders, and headaches.

Gencom™- detoxifier for the general system, indicated for liver health, constipation, hormone imbalances, inflammation, and fatigue.

Gingercom™- fortifier for the pancreas, liver, and adrenals, to support digestion, adrenal balance, and healthy glucose metabolism.

Gotacom™- fortifier for the brain and endocrine system, this rejuvenating formula supports nerve and adrenal health to help ease fatigue, headaches, mood issues, and insomnia.

Jambulcom™- fortifier for the pancreas and liver, to support the liver and gallbladder and healthy blood sugar levels.

Kelpcom™- fortifier for the thyroid, indicated for endocrine imbalances, including thyroid, pituitary, and adrenal glands.

Licrocom™- fortifier for the adrenal glands, indicated for thyroid imbalance, hypoglycemia, adrenal exhaustion, and heart palpitation.

Female Formula- Amazon rainforest formula that relieves PMS, soothes nerves, balances hormones, and eases menstrual cramps.

Valericom™- fortifier for the nervous system, indicated for insomnia, restlessness, and anxiety.

**Denotes primary remedies*



THERAPEUTIC GUIDE

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Nutritionals

B Complex- B Vitamins for adrenal health and mood support.

Calcium 6 Plus- six sources of calcium plus supporting nutrients to help support bone health in postmenopausal women.

Calcium D-Glucarate- may help support hormone balance by preventing the deconjugation of estrogens that have been neutralized by the liver.

Enervimin™ Menopause Focus- full spectrum vitamin and mineral supplement designed for individuals with menopausal symptoms.

* **G.L.A. Borage-** source of gamma linolenic acid to help reduce inflammation, breast tenderness, and hot flashes.

H.D.A. (High Delivery Acidophilus)- combination of eight different cultures to support healthy digestion and the activation of certain dietary phytoestrogens.

* **Initial E™** - essential nutrient that may reduce the intensity of menopausal hot flashes and ease vaginal discomfort.

Intact Adrenal- freeze-dried adrenal concentrate for optimal adrenal nourishment and support

Intact Liver- freeze-dried liver concentrate for nutrition and liver support.

Intact Multigland- multi-glandular support for endocrine and immune balance.

L-Taurine- amino acid to help support bone health and the absorption of essential fatty acids.

* **Magnesium Chelate-** may help reduce intensity and frequency of hot flashes.

Primrose Oil- essential fatty acid for hormonal balancing.

Additional Considerations

Many of the symptoms of menopause can be relieved with proper nutrition and exercise. Encourage patients to eat legumes and ground flax seeds for natural sources of phytoestrogens. Avoid red meat and dairy products as they promote hot flashes, as well as caffeine, alcohol, and sugars. Drinking plenty of purified water can help alleviate dry skin.

Encourage regular moderate exercise. This also helps reduce stress.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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