

WOMEN'S HEALTH

Tips On Managing Menopause Naturally

(NAPSA)—A third of American women—more than 35 million—are now perimenopausal (the time surrounding menopause).

Fifty to 80 percent of them will experience symptoms like hot flashes, night sweats and mood swings.

Dr. Susan Love, women's health expert, breast cancer surgeon, and author of *Dr. Susan Love's Breast Book* and *Dr. Susan Love's Hormone Book*, answers a question on managing menopause symptoms.

Q: I'm 51 and have begun to experience menopausal symptoms. I've heard that black cohosh can help relieve my symptoms naturally. How do I know if this is the best herbal remedy for me?

A: Shopping for herbal therapies can be confusing and not all products contain what they claim. It's important to choose a product that's reliable, safe and effective. Here are a few things to keep in mind as you search for a product that's right for you:

- **Think about what's bothering you:** If you're experiencing hot flashes, an herbal remedy that contains black cohosh may be right for you. If the problem is anxiety, Kava Kava may be a good choice. Consult someone who is experienced in herbal remedies for guidance.

- **Do some research:** It's important to make sure the product is supported by scientific research. Black cohosh is not a new treatment. Native Americans have used the herb for centuries.



Check to see that a product contains high-quality ingredients that will be standardized from dose to dose

RemiFemin Menopause, an exclusive black cohosh extract has been the subject of many clinical trials that support its effectiveness and safety with no serious side effects and has been a popular treatment in Europe for more than 40 years. Soy protein has been shown to help hot flashes. Vitex chasteberry has been shown to help PMS.

- **Read the package:** Is there information about the product's ingredients on the package? Do you recognize the name of the manufacturer?

It's important to know that a product contains high quality ingredients and is coming from a trusted manufacturer that can produce standardized products dose to dose.

- **Visit the World Wide Web:** You can find information about menopause, various symptoms and treatment options on the Internet. Web sites such as www.SusanLoveMD.com, www.womenswellnessmatters.com and www.power-surge.com can be helpful.