

4. Ginseng – stress, adrenals, fatigue
5. Red clover – isoflavone source, maximizes estrogen production
6. Ginkgo – memory, circulation, depression
7. Licorice – anti-inflammatory, adrenal support, immune enhancing
8. St. John's Wort – depression, weight gain
9. Valerian – relaxing, nervine, insomnia, irritability
10. Kava – anxiety, muscle tension
11. Sage – antiperspirant (hot flashes, night sweats)
12. Shepherds' Purse – normalizes progesterone levels, regulates menstrual cycle, slows "flooding"
13. Sarsaparilla – fatigue, sexual energy
14. Kelp – thyroid support, high trace minerals
15. Cranesbill – excessive menstrual flow
16. Motherwort – calming, anti-cramping
17. Ashwagandha – reduces fatigue, anxiety,
18. Maca – , stamina, increases sexual energy
19. Oatstraw – nervine, bone support
20. Epimedium – tonic, increases libido
21. Shatavari – "she who possesses 100 husbands". Female tonic. Reduces hot flashes, aphrodisiac, contains phytoestrogen, reduces stress, increases energy.

D. Homeopathy – see handout, also www.homeoint.org/site/price/menopause.htm

E. Acupuncture

F. Bodywork/Movement/Exercise

Suggested Reading and Resources

- *New Menopausal Years, Susun S. Weed
- *Natural Hormone Balance, Uzzi Reiss
- *Strong Women Stay Young, Mirian E. Nelson
- *A Women's Guide to Natural Hormones, Christine Conrad
- *The Wisdom of Menopause, Christiane Northrup, M.D.

www.IACPRX.ORG International Academy of Compounding Pharmacists

www.Naturalwoman.org Christine Conrad, - maintains a national list of physicians and health practitioners who prescribe bio-identical hormones.

www.drnorthrup.com Christiane Northrup, MD author of "Women's Bodies, Women's Wisdom"



Rebecca's
NATURAL FOOD

Susan J Dunlap, CHC