The Herbal Menopause Book

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The Herbal Menopause Book can be seen as a contribution to one essential aspect of this process—namely, the process of providing information about alternative views and natural healing approaches that is a necessary educational prerequisite of self-empowerment. The demedicalisation of menopause is one thing; a fair question to ask then is what exactly is menopause once the conventional medical model is rejected? Perhaps the best that can be said is that this major transition is itself in transition—in terms of how it is understood.

The causes of menopausal symptoms, why they occur in the first place and ways to naturally ease the symptoms of menopause using teas. Going through the menopause is part of life's natural rhythm. It marks the beginning of a new chapter in a woman's life and can often be a time for renewed self-confidence. But for many women these hormonal changes can create an unwanted challenge; with both emotional and physical symptoms to deal with, such as hot flushes, night sweats, loss of sex drive, weight gain and mood changes. We caught up with our Senior Herbal Specialist, Katie, to explore the causes of menopausal symptoms and why they occur in the first place.
The Herbal Menopause Book. Read reviews from world’s largest community for readers. This book offers a wealth of natural self-care therapies for wom... Drawing on the author's extensive practice as an herbalist, this comprehensive volume provides dozens of specific herbal remedies and other natural therapies for women facing the health issues that arise in premenopause, menopause, and postmenopause. Get A Copy. Amazon.
Want to tackle menopausal symptoms naturally? Here are six natural menopause treatments and the scientific evidence that backs them up.

The helpful herb could reduce psychological symptoms of menopause, such as mood swings, by 47%, too. In the study, women took a tablet containing fresh sage, but you could try making a tea with sage leaves. Sea buckthorn to boost your sex life. A 2014 Iranian study found that women taking the herbal remedy every day for 30 days felt more sexual desire compared with those taking a placebo.

Ginkgo biloba has also been shown to help relieve memory problems and mild anxiety – both (less well-known but still significant) symptoms of menopause. So, ginkgo can restore your get-up-and-go in more ways than one! Keto Diet Cookbook for Beginners The Complete Ketogenic Cook Guide Recipe Book. (5). £6.00 New.

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