



# *Natural remedies for menopause symptoms*

Menopause symptoms range from annoying to nearly unbearable. Hot flashes, mood changes and sleep problems are just a few things that come with this transition.

Some women get relief from their menopause symptoms with complementary or “natural” approaches. Here’s what you should know about these remedies.



## **ACUPUNCTURE**

Acupuncture involves stimulating specific points on the body. Usually, a practitioner will insert thin needles into the surface of the skin. Some studies have found acupuncture lowered the frequency and severity of hot flashes. But other studies have found no benefit.

If you decide to try acupuncture, make sure you use a licensed and experienced practitioner. They should only use sterile, single-use needles.



## **HYPNOTHERAPY**

Hypnotherapy is when a provider uses hypnosis for health reasons. During a hypnotherapy session, your attention is concentrated and focused. You’ll have a stronger response to things that your provider says.

Some evidence suggests that hypnotherapy can provide relief from hot flashes. Hypnosis is generally safe if a trained, licensed health care provider performs it. But if you have any mental health conditions, ask a provider before trying hypnotherapy.



## **MINDFULNESS MEDITATION**

Mindfulness meditation is a mental training exercise. It means you completely focus on what’s happening in the moment. It might include breathing, guided imagery or other techniques.

Some evidence suggests that mindfulness meditation training helps menopausal women with:

- How much hot flashes bothered them
- Anxiety
- Sleep quality
- Stress
- Overall quality of life

Meditation is generally safe. But ask a doctor before trying it if you have any physical or mental health conditions.



## **HERBS FOR MENOPAUSE SYMPTOMS**

Some studies have shown benefits to taking herbs for menopause. But others found that they didn’t help and could even be dangerous.

Many supplements can interfere with medicines or cause problems if you have health conditions. In some cases, herbal supplements may contain things that aren’t listed on the label.

Always talk to your health care provider before taking any herbal or vitamin supplement.

Sources: National Center for Complementary and Integrative Health, U.S. Department of Health & Human Services Office on Women’s Health