

# Natural Menopause Remedies - Some to Think About

Contributed by Webmaster

By mogsta22

All women will eventually reach Menopause and many dread it coming since it brings with it a whole load of bothersome and sometimes painful or debilitating symptoms. The purpose of this article is to give you some information on a variety of herbal and non-herbal treatments available that may be of help to you dealing with any symptoms you may feel. These include:

**Phytoestrogens-** Derived from plants, phytoestrogens are of a similar makeup to the estrogen produced within the human body. They are often used to treat Menopause symptoms since the body cannot see the difference between this and your own natural hormone. **Wild Yam Creams-** Wild Yam creams are common since they can be bought over the counter. There is little medical evidence to support the wild yam cream as an effective Menopause remedy. The Diosgenin contained in Wild Yam is capable of being synthesized into progesterone but only in a laboratory not your body. **Herbal Medicines-** Herbal remedies remain very common for treating Menopause naturally. Herbalists or naturepaths often prescribe herbal treatments to ease the symptoms experienced during Menopause. **Progesterone Treatments-** symptoms experienced at Menopause. Progesterone remedies are normally taken in the form of a cream. Progesterone treatments can often be taken with other hormone treatments. This is the most effective Menopause remedy that there is.

Menopause does not have to be such a hard time to get through since there are treatments that you can try. I have outlined four treatments that you may wish to try in your bid to rid yourself of Menopause symptoms naturally.

Visit [Buy Natural Progesterone](#) for more information about menopause and how Natpro natural progesterone cream can help.

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