

---

# The Most Common Symptoms of MenopauseHow to Remedy Them Naturally

Contributed by Webmaster

By Michael-Jon Lazar

Every single day nearly four thousands women will enter the first phases of menopause. From that day forwards, many of them will be plagued by the different symptoms of menopause, symptoms that can really make life a lot more difficult than it has to be. For years the medical community has striven to great lengths to try and devise a means at which to remedy the many different ailments that afflict women who are in menopause. But many of the modern day treatments involve the usages and applications of synthetic drugs, or risky hormone replacement therapies. Sometimes the adverse side effects of such treatments inhibit many women from seeking them out in the first place.

What other option are there?

But for the women out there who are not so sure about taking hormone replacements, some of which have been linked to uterine caners, or using risky injections, which can have their own array of adverse and known side effects, there are other options that lay before them. Options like a homeopathic remedies that utilize a blend of ingredients which are found naturally on earth, and work with the body to help and stabilize the hormone levels and relieve the many common symptoms of menopause.

How effective are natural remedies for menopause?

When choosing a natural remedy for menopause, you want to look for a few specific high-potency phytoestrogen botanicals, like black cohosh, soy isoflavones, Red Clover Powdered Extract and Dong Quai Powder. Such ingredients work to relieve symptoms that are associated with menopause like irritability, vaginal dryness or irregularity, headaches, lack of sex drive, hot flashes and night sweats. And thankfully there are some newer, natural supplements, like Menersa, that offer such blends of ingredients that will help you to fight back against menopause and enjoy your life during the finest years that it has to offer you.

For more information on how you can naturally control the symptoms of menopause using Menersa, please visit them online at: <http://www.menersa.com>. Michael-Jon Lazar is a leading content author on the web, and has written more than 20,000 articles and blogs in printed and online mediums around the world over the past five years. If you need quality content with a fast turnaround, please visit him online at: <http://www.content-author.com>.