

## Menopause and Naturopathic Medicine

Many of the discomforts of the menopausal period can be alleviated with simple, natural remedies that you can use at home, such as increasing your consumption of foods that contain natural plant estrogens, drinking adequate amounts of water, taking selected nutritional supplements and using certain herbs. Over 300 different plants contain estrogenic substances. Although these are fairly weak estrogens and are present only in very little quantities, they can still result in estrogenic effects. Alfalfa is a medicinal plant that contains coumestrol, which has been found to cause infertility in animals. Of all the plant estrogens, coumestrol is, by far, the most potent, although it is still 200 times less potent than human estrogen. The herbal plant red clover also contains coumestrol and can be taken in the form of an herbal tea, or it can be prepared as fresh sprouts from red clover seeds. As some varieties of red clover are poisonous, however, it is best to obtain herbs from a reputable herbalist or health food store. Soybeans, soybean sprouts and crushed flaxseeds are excellent sources of natural estrogens as well as of protein and essential fatty acids. They are also anti-aging foods for menopausal women. Natural plant estrogens provide a useful form of estrogen supplementation for women who are unable to or who choose not to take estrogen replacement therapy. Because the plant estrogens are low in potency, they are safe and will not produce the side effects sometimes seen with hormone replacement therapy. If you need to boost your estrogen level, for a woman in menopause, you may eat approximately two cups daily of foods like mixed sprouts, parsley, soybeans, legumes and fennel, along with a wide variety of fresh vegetables. It is good to vary your sources of plant estrogens by using different foods each day to make up your two cups' worth of estrogenic foods. Plant estrogens are also present in bourbon, whiskey, gin and beer. These estrogens are partly responsible for the breast development seen in alcoholic males, as their damaged livers are unable to break down and inactivate the estrogens found in alcoholic beverages. However, it is not advised that you try to increase your estrogen levels by drinking alcohol. Many women find the drinking of pure water a chore. It is an acquired habit, but once you start drinking between one and two-quarts of pure water daily, your body will soon crave it if you forget. You may flavor your water with herbal teas or a dash of fresh citrus fruit, or otherwise leave it pure, so that it can act as a cleanser and detoxifier. There is no other cleanser like water. If you are already in menopause, it is wise to start drinking pure water today. Drink at least one glass of pure water gradually, throughout the morning and afternoon. By drinking cool water regularly, you will reduce hot flashes, headaches, fatigue, joint pains, dry and itchy skin and all the other symptoms of menopause, while rejuvenating your entire cardiovascular system.

## About the Author

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