

Natural Medicines for Hot Flashes Can Be Safe And Effective

Of all the natural medicines for hot flashes that have been studied and evaluated for safety and effectiveness, black cohosh appears to be the best. When you think of natural remedies for hot flashes, you usually think of herbs and other supplements that can relieve them, but there are lifestyle and dietary factors that can contribute to their frequency and intensity. Most menopausal women can describe a hot flash for you. If you are awake, you can feel the heat start in your chest, work its way up your neck, face and to the top of your head. No one really knows what causes them. They are believed to be related to lessening estrogen production by the ovaries. Since, surgical removal of the ovaries, at any age, causes them and estrogen replacement therapy relieves them. According to some studies, the majority of women do not feel that hot flashes have a major impact on their quality of life, but, undoubtedly, many women would disagree. When they happen at night, you may wake up with a pool of sweat on your chest, finding linens wet. Once you cool off, you often feel chilled. Hands and feet often feel cold while the chest, neck and face feel hot. Hot flashes that occur at night are often referred to as night sweats and they can affect the quality of a woman's sleep, sometimes make it difficult to get back to sleep and even cause insomnia in some women. Because hormone replacement therapy has been shown to have numerous unwanted side effects and is linked to health risks, such as blood clots and stroke, natural medicines for hot flashes have become increasingly popular. This popularity has some doctors and researchers concerned about safety issues related to long term use of herbs. Most herbalists separate herbs into three groups; those that are common food items or commonly used to flavor food, those that are strictly used for medicinal purposes and those that are dangerous, poisonous and not safe for human consumption. The natural remedies for hot flashes that have been used historically by native healers and are commonly recommended by herbalists belong to the first and second groups. Traditional healers tested plants by ingesting them or learned about their poisonous affects by treating others who had ingested them. Modern day scientists test plant components first on cell lines in a laboratory setting, then on animals and finally on people if relative safety has been established. These are the same trials that newly designed synthetic medications must pass, before being marketed. When it comes to new medicines, the safety of long-term use cannot be readily established and many drugs are released and then removed from the market, because of safety concerns. When it comes to natural medicines for hot flashes or any other condition, the safety of long-term use has been established by historical use, but for those who are still unsure, we can consult the scientists.

About the Author

Provides information about the facility, including hours of operation and offers photos of exhibits. Also features information on classes.

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