

Natural Hormone Replacement Offers Overall Health Benefits for Women

It is estimated that the average woman will live 30% of her life in the post-menopausal stages. This is a very large portion of a person's life, especially to live with the symptoms many women experience after, during and prior to menopause due to the natural decrease of female hormones (estrogens) and subsequent increase of male hormones (androgens). This hormonal imbalance, while more severe in some, tends to cause a lot of unpleasant and sometimes downright unbearable side effects such as moodiness, hot flashes, sleeplessness, anxiety, lack of focus and memory loss, unusual hair growth, and several other unsavory conditions. Natural hormone replacement is an excellent choice for many women experiencing hormonal imbalance. What is natural hormone replacement? Natural hormone replacement, or bio identical hormone therapy, is usually a mixture of plant-derived substances which have natural hormone balancing and estrogenic (estrogen mimicking, therefore "biologically identical" to estrogen) properties. Is Natural Hormone Replacement Effective? Absolutely! Many women have had excellent results with natural hormone therapy - as long as they've chosen a quality product with the right blend and purest grade of ingredients. There are a lot of watered down, ineffective products out there in this field as their popularity increases, so buyer beware. One of the best and most beneficial ingredients is pure soy, a specific compound that is actually harvested from the soy bean, that when refined correctly and in pure form, has overall therapeutic and hormone equalizing effects in the female body. Black cohosh is another hormonally therapeutic botanical (herb) which has been used for centuries by herbalists, naturopaths and holistic doctors as a natural hormone replacement remedy for women in menopause or with hormonally related conditions. Medically administered HRT (Hormone Replacement Therapy) has been treated with growing wariness and skepticism due to findings in 2003 that it can have serious health-damaging and even life-threatening side effects including increased risk of stroke and heart attack amongst others, leading women to seek out healthy alternatives to traditional hormone replacement therapy. With natural hormone replacement products (the GOOD ones), traditional HRT may soon be extinct, yielding a higher quality of life and health for women experiencing hormonal imbalances.

About the Author

Information about natural family planning from the American Academy of Family.

Source: <http://www.productsherbal.com>