

Red Clover: Hot Flashes Reduced In Some Women Using This Supplement

Studies concerning red clover, hot flashes and other menopausal symptoms return mixed results. All natural herbs for hot flashes are increasingly popular, due largely to reports by the Women's Health Initiative concerning the health risks associated with long-term use of hormone replacement therapy. For many years hormone replacement therapy or equine estrogens alone was the treatment of choice for women suffering from symptoms related to menopause. Health risks related to estrogen only therapy were first identified in the mid seventies, when researchers identified an increased incidence of endometrial cancer among women taking equine estrogens for hot flashes and other menopausal symptoms. Health care professionals, guided by pharmaceutical companies, believed that adding a synthetic form of progesterone to the therapy would reduce the risks. However, the reports released by the Women's Health Initiative indicate that while this combination hormone replacement therapy may reduce the risks associated with estrogen replacement alone, it can increase the risk of developing other health problems. In fact the number of reported adverse events caused the researchers to stop the trials earlier than planned. Studies concerning red clover, hot flashes and other menopausal symptoms may have returned mixed results concerning effectiveness, but no adverse events have been reported after use and no health risks are associated with the use of the herb. It is after all a food source for other animals and was used historically by Native Americans as a medicinal herb and a food source. Studies concerning some other all-natural herbs for hot flashes have been more promising. The medical community typically avoids the recommendation of herbs and botanicals to treat symptoms of any kind. It is understandable that there are many medical conditions that are best treated with conventional medicines, but menopause is not a "medical condition". It is a natural part of every woman's life. Women have gone through menopause for as long as women have existed. As a woman's life span grows longer, the number of years following menopause increases. Many women experience hot flashes for several years before menopause and most experience them for at least a couple of years following menopause, meaning that the majority of women need an effective hot flash treatment for about five years. The health risks associated with hormone replacement therapy increase dramatically after five years of use. There are many effective all natural herbs for hot flashes. There are many different herbs because women all over the world experience hot flashes and different herbs grow naturally in different parts of the world. For example, red clover grows wild in North America. Native American healers had many medicinal uses for red clover; hot flashes, hormonal imbalances and pain relief among them. Traditional Chinese healers, on the other hand, often used dong quai, which grew abundantly in China. According to researchers, many women try a variety of all natural herbs for hot flashes, sometimes without success. The effectiveness of red clover is questionable, but black cohosh and other botanicals appear to be more effective.

About the Author

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