

# Complete – and Natural – Menopause Relief

There are times when it can feel like menopause – and not you – is in charge. This inevitable change in a woman’s life brings with it a host of symptoms – sometimes severe, and sometimes not – that need to be addressed in order to keep a healthy, vibrant life and a positive perspective.

Unfortunately, many of the conventional choices available bring with them the risk of serious consequences, including the increased risk of cancer and heart disease. Fortunately, there is a natural way to fight mood swings, night sweats, hot flashes, and other symptoms without resorting to risky hormone replacement therapy (HRT). In this *Terry Talks Nutrition®*, we’ll look at ingredients that can help make a big difference without the risks associated with these drugs.

## First, Menopause is NOT a Disease!

Menopause is natural. Women going through menopause hardly need a primer from me telling them what it’s all about, but for those who aren’t yet in menopause, or those who live with someone who is, we’ll look at a few basics.

Menopause “officially” begins when a woman has gone for 12 consecutive months without menstruating, and on average it occurs at 50 years old. Of course, that doesn’t mean that she can’t experience some menopausal symptoms beforehand. In fact, some women in their late 30s and early 40s may have hot flashes, night sweats, or other symptoms that could be called “perimenopause”, but still have regular monthly periods.

Major signs and symptoms of menopause include:

- **Hot flashes and night sweats:** Hot flashes and night sweats are common, occurring in 75% to 85% of all women during menopause.
- **Irritability:** The unpredictability of fluctuating hormone levels, the discomfort of hot flashes, and a lack of sleep (brought on by night sweats) make irritability one of the common symptoms of menopause.
- **Loss of libido:** Whenever there’s added stress, loss of libido is an understandable result.

During menopause, some of the reasons can have very common physical causes, such as vaginal dryness, associated with itching and irritation. If this applies to your own experience of menopause, I would recommend my article about sea buckthorn, an amazing botanical that can hydrate the mucous membranes throughout the body – including the vagina – and be very helpful during this time.

For a long time, hormone replacement therapy (HRT) was considered standard conventional treatment. Then, in 2002, a clinical trial known as the Women’s Health Initiative spotted a correlation between combined hormone therapy and the increased risk of heart disease, stroke, and breast cancer. As a result of these findings, many women experiencing menopause are looking for a natural alternative that works with the body, and without the risk.

Here are the natural, tested ingredients you need to stop menopause symptoms:

**Hop Cone Extract (*Humulus lupulus*):** Most people have heard of the hop plant’s ability to promote sleep – which is certainly important for anyone dealing with night sweats – but this plant provides other benefits, too.

A part of the plant called hop cones contains naturally-occurring phytoestrogens that have mild estrogenic effects and are extremely safe. The most active estrogenic compound is called 8-prenylnaringenin (8-PN) and is probably the most responsible for the reduction in hot flashes and night sweats seen during clinical trials.

In one double-blind, placebo-controlled clinical study, 67 post-menopausal women were evaluated. Menopausal symptoms were scored by physicians, and after only six weeks, hop cone extract reduced general menopausal symptoms by more than 200% compared to the placebo group. Of the symptoms, hot flashes were reduced in the group using hop cone extract by 400% compared to the placebo. These results were so astounding, that a second double-blind, placebo-controlled crossover clinical study was conducted to confirm the results. In this second

To your good health,  
Terry... Naturally




## TERRY’S BOTTOM LINE:

*Women facing menopause often think they must choose between taking risky hormone replacement therapy (HRT) or simply suffering through their symptoms. Fortunately, there are other options.*

*I recommend a combination of hops, black cohosh, and pomegranate that works synergistically for menopause symptom relief and more. Together, these ingredients will:*

- *Help stop hot flashes and night sweats*
- *Reduce irritability*
- *Protect breast cells and prevent tumor formation*
- *Improve sleep*
- *Keep skin healthy and young looking*
- *Protect joints and stop damage to cartilage*

**To relieve hot flashes and other symptoms of menopause, take standardized extracts of hops, black cohosh, and pomegranate daily.**

clinical trial, 36 women were selected to take the patented hop cone extract for an eight week period before or after a placebo treatment.

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As in the first study, a significant treatment effect on general menopausal symptoms was observed in both group 1 and 2 when supplemented with hop cone extract, as compared to the baseline. In both clinical studies, scientifically validated participant questionnaires were used. These served as a self-evaluating instrument to measure menopause-related quality of life in relation to discomforts reported by the women in the studies.

Not surprisingly, results showed that the participants felt much better when supplementing with hop cone extract daily. And they reported a strong tendency to the total reduction of menopausal discomforts. When all the parameters are studied, women noticed 300% fewer hot flashes and 200% less night sweats than those taking a placebo. Hop cone extract is a natural solution for all menopausal symptoms and is also suitable for those who have trouble sleeping and need natural support.

Combined with the fact that hop cone extract also helps stabilize mood swings, getting better sleep enhances concentration, decreases irritability, and removes much of the stress of menopause. Look for a hop cone extract with a high flavonoid content standardized for 8-prenylnaringenin (8-PN).

**Pomegranate** (*Punica granatum*): Clinical and scientific research shows that this amazingly strong antioxidant supports the cardiovascular system, reduces inflammation, protects joint cartilage, and for individuals with diabetes, raises levels of glutathione (the body's own natural antioxidant) by 141%.

There is also some mild estrogenic activity attributed to pomegranate. In a laboratory study, pomegranate extract showed that it may relieve some of the symptoms of depression and bone loss associated with menopause. It's an exciting reason to include a pomegranate extract in a natural menopause regimen, but by no means is it the only one. Polyphenols (important compounds found in pomegranate and other fruits) from fermented and fresh pomegranate juice were tested against breast cancer cell lines in vitro. Interestingly,

polyphenols from fermented juice showed twice the antiproliferative effect as fresh juice. In another study, pomegranate seed oil showed a **90% inhibition of MCF-7 breast cancer cells**. Other tests have shown similar results – pomegranate oil and fermented pomegranate juice seem to have the strongest effects on breast cancer cell growth.

### Get the Right Pomegranate Extract!

This is one reason why I recommend using a pomegranate extract standardized to contain 60% (or higher) polyphenol content as part of the menopause regimen. Breast cancer is an unfortunate reality for many women as they approach menopause, due in part to dramatic changes in hormone levels. Another factor to look for in pomegranate extracts is one that has a very high ORAC (Oxygen Radical Absorbance Capacity) value. ORAC values are typically presented as a way of determining the free-radical fighting power of a given fruit or vegetable. While there's no way of duplicating the complex structure and synergy of a food, there are improved ways of taking some of the best components of fruits and vegetables and concentrating them to the point where you see extremely high ORAC values. Pomegranate extract has an amazing ORAC value of 13,000 – one of the highest I've seen for fruit extracts!

### Other Reasons to Add a Strong Pomegranate Extract

Pomegranate can keep the joints healthy by acting as an anti-inflammatory and preventing damage to cartilage and joint structure. Pomegranate has very strong antibacterial power as well, and it's free-radical fighting power is a must for keeping skin looking younger and more vibrant.

**Black cohosh** (*Cimicifuga racemosa*): Black cohosh was used as a medicinal plant by the Native Americans, and has been the focus of research (and real life use) for over 50 years. Clinically studied black cohosh is standardized to 2.5% triterpene glycosides. Black cohosh is an interesting botanical because even though it doesn't have phytoestrogen content (at one time researchers thought that it did), it *does* have strong menopause symptom effects, and over the course of decades of study and use has

been shown to relieve hot flashes, night sweats and other symptoms.

Black cohosh is very well tolerated, and may provide some protection against the development of breast cancer cells as well. That's because of its influence on hormonal balance as a selective estrogen receptor modulator (SERM). In a scientific study, black cohosh inhibited breast cancer cells (MCF-7).

In fact, for this reason, it has been considered an excellent intervention for breast cancer survivors who need to reduce menopause symptoms, but don't want to deal with the risks of standard hormone therapy. In one 12-month clinical trial, 46% of the women taking black cohosh were free of hot flashes, while none in the placebo group were. Of course not all women experience relief by using black cohosh alone, which is why I recommend it in combination with other botanicals like hop cone extract and pomegranate.

### Be Smart About Your Approach to Menopause:

I believe this combination of hop cone extract, black cohosh, and pomegranate can provide a very complete supplemental approach to dealing with the symptoms of menopause *and* other health concerns. While each ingredient is strong on its own, I think they are much better together. Menopause can be a difficult time for some, so if you're going through it, I encourage you to give these powerful ingredients a chance to reduce symptoms so you – and not menopause – can be in charge of your life. <sup>TM</sup>

*When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.*

