

The Most Effective Natural Treatment For Menopause Hot Flashes and Night Sweats

By Rebecca Tkach HHP, CST, LMT

I have personally tried every natural treatment for hot flashes that come with menopause that I could get my hands on. I went to China Town and got a Chinese herbal formula, recommended by an herbalist. I have taken several western herbal hot flash formulas and every cream I could get my hands on. Some of them would work for a short amount of time. Others would slightly lessen the severity of the symptoms.

The thought of taking the drugs my doctor wanted me to take made me cringe. I could never participate in the cruelty inflicted upon the horses to make the drugs. By taking the drugs we support the inhumane treatment of animals. My comfort could never be bought at the price of such cruelty.

So what finally worked for me was homeopathy. Use Belladonna 6C or 30C, take 3 or 4 pills and let them dissolve under your tongue every morning. The Belladonna is for perspiration.

Glonoinum 6C or 30C for sudden flash, take 3 or 4 pills and let them dissolve under your tongue at each flash.

Lachesis mutus 30C for hot flash, take 3 or 4 pills and let them dissolve under your tongue three times a day.

Take this combination for up to seven days. Take the remedies at least 15 minutes before or after you eat or drink anything. Do not touch the remedy. Pour it into the cap, then into your mouth. Strong odors such as mint can stop the remedy from working. It is best if you can refrain from drinking coffee and excessive amounts of alcohol as well. When the symptoms stop, you stop taking the remedy.

You may find yourself feeling a little warm once or twice a day. After a period of time if you start to have hot flashes again you can repeat the treatment. I have recommended this course of treatment many times with excellent results with other women as well as myself. I am a Certified Holistic Counselor but nothing convinces anyone as much a personal experience. These recommendations are not intended to

replace the advice of your doctor. Always follow the advice of your doctor.

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