



BLACK COHOSH COMPLEX WITH SAGE

The menopause can be accompanied by symptoms which vary in severity from slightly uncomfortable to distinctly unpleasant. During the menopause, these symptoms can include hot flushes, night sweats, mood changes, depression, poor concentration, fatigue, insomnia, loss of libido and vaginal dryness. After the menopause there is an increased risk of heart disease and osteoporosis. Many cultures have a long tradition of using herbs to counter the undesired effects of the menopause. Natures Aid Black Cohosh Complex with Sage combines the properties of several of these herbs in a product that is specially designed to support health and well-being during the menopause and beyond and is often used as a replacement for HRT.



The Benefits of Black Cohosh Complex with Sage

Black Cohosh - has been shown to relieve common menopausal problems such as hot flushes, sweating, nervousness, irritability, insomnia and vaginal dryness.

Liquorice - helps the body to adapt if stressed, maintains natural sleep patterns and moderates the effects of fluctuating oestrogen levels. Isoflavones are thought to protect against narrowing of the arteries in postmenopausal women and to reduce cholesterol levels.

Wild Yam - reduces spasms that can cause pain in the ovaries and the womb. It helps normalise levels of cholesterol in the blood, which can deteriorate after the menopause.

Siberian Ginseng - has been shown to maintain high levels of performance under conditions of mental and physical stress. It has long been used to boost energy reserves when they are flagging or to improve stamina when demands are high. The effect is apparent as soon as 30 minutes after taking.

Sage - is traditionally used to treat symptoms of menopause, especially hot flushes and excess sweating.



Properties

Black Cohosh - during the menopause, a decrease of oestrogen levels is linked with an increase in levels of the luteinising hormone (LH). This results in hot flushes, sweating, nervousness, irritability, insomnia and vaginal dryness. Black Cohosh has been shown to decrease the secretion of LH and reduce these symptoms.

Liquorice - contains glycyrrhizic acid (also called glycyrrhizin), which is believed to reduce inflammation by way of prolonging the effectiveness of cortisol, the body's own anti-inflammatory substance. This action may help women where sex has become uncomfortable. Liquorice also contains several isoflavonoids, giving liquorice 'phyto-oestrogenic' properties. Phyto-oestrogens are thought to mimic human oestrogen, though are very weak in comparison. However, that weak level of activity balance hormone fluctuations by adding a little extra when oestrogen is very low, and reducing oestrogenic activity in times of excess by displacing oestrogen in the tissues.

Wild Yam - contains a group of steroidal compounds known as saponins, including diosgenin, which has been shown to have an oestrogenic and antioxidant effect. It is also anti-spasmodic, increases the elimination of cholesterol in the bile and reduces inflammation.

Siberian Ginseng - contains active components known as eleutherosides. These are thought to act on the adrenal glands preventing them from enlarging and producing more hormones when the body is stressed. Siberian Ginseng also exhibits powerful anti-oxidant activity, which is thought to help protect the body during high physical demand. It appears to moderate the release of energy-rich chemicals in response to stress hormones, resulting in a prolonged energy supply rather than a short sharp burst followed by exhaustion. It also contains caffeic acid derivatives, which have some mild stimulatory effects.

Sage - contains rosmarinic acid, tannins and flavonoids. A German study found that sage reduced sweating by as much as 50%.



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