Homeopathy for Women in Menopause

Including: Hormone Replacement, Bone loss, Breast fibroids, Hair loss, Heart, Hot flashes, Incontinence, Insomnia, Thyroid, Uterine, and Vaginal Problems

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Feeling Good through the Menopausal Years
by David R. Card

Menopause can be a time of life of great joy and good health if you do the right things naturally; by avoiding certain foods or drugs, and by adding a few natural supplements. You can sail through menopause without feeling like an old crone. We will be discussing some of the following subjects in this class:

- Hysterectomy & Hormone Replacement
- Homeopathic Remedies for Menopause
- Bone Loss (Osteoporosis)
- Breast Fibroids
- Hair Problems
- Heart Problems
- Hot Flashes
- Incontinence
- Insomnia
- Memory Loss
- Thyroid
- Uterine Prolapse
- Vaginal Dryness

Menopause Facts
Menopause starts, generally, between the age of 45 and 50. Sometimes it may start before 40 and last as long as 55. A woman’s period becomes irregular, becoming less frequent, and will finally leave during this time, or women may have more frequent periods with heavier bleeding. In other cases the period becomes lighter and more watery, often becomes darker with clotty discharges, and can become mucus-like.

Also during this time the face grows round, the breasts sag. Others lose weight and severely wrinkle. The face gets more hair. The hair of the head thins, as well as the posture. The uterus and ovaries recede. The ovaries and eggs turn to connective tissue. The function of the ovaries changes as well as hormones. Often the uterus sags; prolapse is common. This is why many women get hysterectomies. It is for this very reason you must not forget how important the care of your pelvic area is.

For information on how to use herbs and homeopathic remedies found in this document, please go to http://daveshealingnotes.com/learning-center.html.

For more information on female issues go to http://daveshealingnotes.com/ailments.html.

Hysterectomy and Hormone Replacement

Hysterectomy
The removal of the uterus is called a hysterectomy. It may be removed because nature is not doing its job (or we are convinced otherwise). If a woman is under 50 years of age and has had a partial hysterectomy, that’s good news because the ovaries can produce estrogen and progesterone at near normal levels until menopause comes on.

A full hysterectomy is the removal of the ovaries as well as the uterus and can be dealt with reasonably well. We can help nature by getting the adrenals to do their job by producing estrogen and progesterone and storing them in the fat cells (encouraged by using an adrenal formula).
The adrenals as hormone producers in menopause.
When a woman loses her ovaries from surgery, the adrenals must take over and produce the hormones and store them in the fat cell of the body. (Super skinny women are at a disadvantage here.) The adrenals are the size of a ping pong ball and come in a pair which sits on top of the kidneys. They have an outer part, called the cortex, and an inner part called the medulla, which produces the hormones.

Symptoms that the adrenals are not working can be weight gain, low energy, poor sleep, changes in sex drive, and cancer. Dr. Kevin Millet, in a recent talk said that adrenal problems can be caused by poor sleep, excessive exercise, relationship problems, financial stressors, parasites, chronic infections (vaginal, sinus, etc). Other signs include anemia, blood sugar problems, chronic pain, food sensitivities, or thyroid problems. Sounds gloomy, but is it not.

There are several herbal and homeopathic solutions to helping nature to feed and nourish the adrenals. One of the easiest solutions in the Dr. Christopher’s Adrenal formula, 2 capsules, 3 times a day for several weeks. Also you may want to check with your doctor to rule out other problems.

Hormone replacement vs natural treatment

Estrogen hormone replacement is popular because it produces fast results in treating hot flashes, vaginal dryness and thinning, and osteoporosis. It has also shown to improve emotional symptoms in some women. There is much controversy as to heart and cardiovascular benefits.

Considerable research that shows that hormonal replacement therapy alters monthly cycles, causes cancer, liver disease, and increases risks of gallbladder disease. It has been shown to produce depression and promote or cause uterine fibroids. Interestingly, some research shows it causes cardiovascular diseases such as high blood pressure, heart attacks and even blood clots (strokes)!

The choice really comes down to know your options and being informed about them. Some doctors take the risks in stride and call them acceptable as your hot flashes and other symptoms subside. It is the old “cost vs risk” equation.

Progesterone replacement therapy is also very popular with almost every one as progesterone crèmes touted as “natural.” The fact is that there are no natural progesterone crèmes, PERIOD. They are derived from Wild Yam in a laboratory. It comes out as a chemical just like any other drug. By mouth or by skin it is a drug. Some studies show that it reduces the risks of uterine cancer.

They also show that it negatively effects cholesterol, blood sugars, can cause high blood pressure, heart attacks and strokes. It also changes the emotions and causes breast cancer. Remember, it is the game of cost versus benefit. Do you want to play the game? Even if these drugs may help you to feel better, there are three important risks:

1. They atrophy your glands. If you don’t use them, you lose them.
2. They damage your feedback mechanisms (a constant bombardment of hormones may damage your receptors).
3. Cellular hormonal resistance is dead-ended and the cells no longer respond. (There’s no natural ebb and flow or hormones.)

IF THESE PROBLEMS cause permanent damage, YOU MAY BE STUCK ON DRUGS UNTIL YOU DIE!
**BIO-IDENTICAL HORMONES** doesn’t mean natural, just more specific drugs. They are usually compounded at a special pharmacy and like all drugs can treat symptoms quickly, especially hot flashes, vaginal thinning and dryness, and might even treat a low sex drive. They have many of the same drawbacks as normal hormonal replacement therapy.

OK, OK, so now you have heard the bad news.

THE GOOD NEWS IS – all you have to do is help your body work the way it is supposed to and nature will take away most of the symptoms of menopause! The rest of this class is the good news how to help your body to function and do its job.

**Homeopathic Remedies for Menopause**

The following are the most frequently used homeopathics for menopause. See symptoms in individual remedies following. 3=most useful, 2=useful, 1=relatively useful.

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Aurum met: flushes of blood to the heart and head; high blood pressure; bluish red face: stress from financial problems; suicidal feeling.


Conium mac: Nervous exhaustion, circulatory disturbances, fear of being alone, trembling, cold sweat on the head; lower abdominal itching; sun sensitivity; uterine prolapse; effects from repressed sex. Breast fibroids, tumors, cancer. Stitching pains in nipples.

Gelsemium: fear getting up in front of groups; dull headaches. Heart problems; red face; cold hands and face. Headaches with a rush of blood to head. Dizzy, shaken bruised feeling. Flu-like symptoms. Low back pains. Uterus feels squeezed. Sex painful from tight vaginal muscles. Weak heart sensation.
Glonoinum: High blood pressure, whole head pulsates; sudden hot flashes with sweating; dizziness, weakness; nausea.

Graphites: obesity, skin scars easily, or eczema with honey-like discharges. Constipation and light period, with corrosive white watery discharges. Menopausal depression, weight gain. Crying, low self esteem. Hot flashes that starts from below to upper body. Sweating is bad smelling and sour. Periods become irregular, months apart. Exhausted, apathetic.


Manganum ace: Becomes sad and discouraged. Sudden heavy facial hot sweats and itch. Changes in the voice. Skin sore to touch; Parkinson’s, knee pains, anxiety and fears. Feels better from lying down.


Psorinum: hot flashes with sweating-feels as if warm water was poured over them. Menses early with heavy bleeding and weakness. Skin problems with intense itching. Painful periods nearing menopause.

Pulsatilla: fearful, whiny voice, wants to be held. Symptoms are changeable or alternate. Mucus conditions including sinus, bronchitis. Liver or gallbladder problems shown by an inability to tolerate fats. Varicose veins with inflammation. High sex drive from fear of abandonment.


Tuberculinum: hot flashes with sweating and tendency to chills. Breast tension and pain before or during menstrual bleeding. Respiratory problems. Likes to travel.
Bone Loss (Osteoporosis in Menopause)

Osteoporosis comes as your body's ability to absorb calcium decreases, thus weakening the bone structure. David Christopher, from the School of Natural Healing, looks at osteoporosis as a plague in America which is caused by an over-consumption of dairy products. The cause is our Great American Diet. It is too rich in protein and sugar. Even natural and raw sugars rob the body of calcium. Processed food also lacks calcium and other critical minerals.

The protein content in a person's diet is too high and the digestive system can't absorb it effectively. Foods high in protein, or a protein-rich diet, generally cause calcium loss. Soda pop binds the calcium so that the body can't absorb it. Sugar robs the body of calcium gram for gram!

Herbs and foods that are rich in calcium and are easily absorbed are: alfalfa, beans, broccoli, carrots, oats, and strawberries. Make sure you have at least one bowel movement a day to keep toxins from building up in the body. Treat the liver with dandelion root for detoxification and use homeopathy to help calcium absorption. Homeopathy works to help the body absorb and metabolize calcium properly.

Homeopathic Remedies for Bone Loss

A good homeopathic combination called Calcium Absorber by AVogel contains: Urtica Dioica, Silicea, Calc Carb, Calc Phos, and Nat Phos.

Calc Carb: especially with weight problems. Cold damp hands and feet. Upper spine curvature.

Calc Fluor: weakness of connective tissue (tendons, sinews, etc). Tips of teeth translucent. Weak or hardened tissues. Teeth enamel problems. Tendency to varicose veins.


Mag Fluor: Osteoporosis with exhaustion. All symptoms worse mornings especially 3 am. Severe back pains. Worse from cold; better from motion and warmth.

Nat Fluor: Lightning fast pains as if from an injury. Feels worse from resting. Parathyroid (glandular): Use in low potency with other remedies as a parathyroid is responsible for calcium levels in the body.

Sepia: a hormonal remedy to strengthen estrogen production during menopause. The adrenals produce estrogen after the ovaries shut down. Low sex drive, isolation, and irritability.


Strontium Carb: forgetful; anxious. Weak ankles, bone problems; weakness, high blood pressure; arteriosclerosis; severe weak back. Worse night.

Symphytum: broken bones as a result of osteoporosis.
Tellurium Met: Osteoporosis and spondylitis (vertebral arthritis). Low back pains. Symptoms worse from smiling and coughing; better from warmth and motion.

**Homeopathic Remedies for Bone Loss continued...**

Thallium Met: Osteoporosis with emaciation and a feeling of bodily cold. Broken bones. Sensitive palms of the hands and soles of the feet. Better warmth and rest; worse motion.

Thyroid (glandular): a Sarcode in low potency to improve thyroid.

**Breast Fibroids (Fibrocystic Breasts) in Menopause**

In homeopathy, fibromas, cysts, polyps, and tumors are often treated by the same remedy as an abnormal growth in the body. Always check with your doctor when finding a lump.

**Using Breast Massage**

A strategy employed by the Chinese is regular breast massage. Using a few drops of olive oil, massage the nipples gently for a couple of minutes in a clockwise fashion, then similarly to the bulk of the breast for 2 minutes. This 8 minute exercise will balance hormones and promote a sense of euphoria.

**Homeopathic Remedies for Fibrocystic Breasts**

Calc carb: Hot swelling breasts; nipples cracked, tender. Obesity; gets out of breath easily; weak ankles; hands and feet are cold and clammy. Better dry climate, after breakfast; worse from cold raw air, bathing, ascending. Takes cold easily; is over-worked and exhausted, worries about responsibilities and duties; apprehensive, forgetful.

Conium: Breasts enlarged and become painful, worse before and during menses; tumors after injury; breast cancer with hard tumor; hard tumors in breasts, stitching and piercing pain; enlarged glands. May have dizziness. Better fasting, walking; worse bodily or mental injury, celibacy, or when idle. Progressive debility; weak memory, depressed.

Lachesis: Breasts inflamed, bluish; nipples swollen, erect painful to the touch; often left-sided. Better cold drinks, warm applications, open air; worse hot drinks, suppressed discharges, pressure of clothes, touch or pressure. Jealous, talkative, suspicious; can't wear tight clothing.

Phytolacca: Heavy, stony, hard swollen or tender breasts, purple hue; pains go from nipple to all over body; tumors of the breast with enlarged lymph glands in armpits (axillary glands); breast cancer. Better warmth, rest, lying on stomach; worse damp cold weather, rain, right side. Indifferent to life, disgust for business, refuses food.

Silicea: Hard lumps with itching; nipples sore, ulcerate easily; threatened abscess of breasts; sharp pains in breasts and uterus. Cold and thin women; scar easily; unhealthy skin; breaking fingernails. Better in warm room, wrapping up head; worse cold, air, drafts, damp. Timid, loss of self confidence, anxious; person lacks grit.
**Hair Problems in Menopause**

Estrogen helps hair to be lustrous as a result of oil glands secreting normally. Excess hair or hair loss is a result of hormonal imbalance; hair on the face, hair loss, dry hair or brittle, breaking hair. This has to do with loss of estrogen. Treatments that follow are homeopathics shown to help, over the past 200 years.

These homeopathics help the body to restore hormonal balance. Treat the adrenals to produce more estrogen and you may use DIM (diindolylmethane by Nature’s Way, a broccoli extract to utilize estrogen). Also strengthen the liver to convert estrogens efficiently. Some authorities feel that most cases of hair loss are related to low thyroid functioning (hypothyroid). When hair won’t grow, it may be a hyperthyroid condition.

**Homeopathic remedies for Hair loss in Menopause (in order of importance)**

- Sepia: hair loss in menopause and hair loss, especially after fevers. Itching head. Uterine problems, irritability with low sex drive. Hair falls out with chronic headache. Hair roots sensitive to combing.

- Calc Carb: hair falls out with combing, especially after pregnancy and during nursing. Scales on head. Falling out of hair from the sides of the head. Weak ankles.


- Lachesis: can’t stand anything around the neck, talkative, left-sided problems, hot flashes at night, hair loss. High sex drive.

- Nat Mur: grief issues, falls when touched, head sensitive, skin greasy. Hair falls out near the temples of the head. Dandruff. Salt cravings.

- Belladonna: associated with fevers or inflammation and throbbing.


- Selenium: hair falls when combing. Falling out of hair of the eyebrows, face, genitals. Head tingles and itches and scalp feels tight.


- Causticum: sensitive, feels injustices from society. Worse change of weather. Paralysis of single parts.

- Rhus Tox: arthritic problems worse cold damp weather. Stiffness in the morning. Itching head and eruptions on scalp.

Hair Problems in Menopause continued…

Hair gain on face in menopause homeopathic remedies

ACTH: a homeopathic for adrenal normalization.

Adrenal (glandular): to normalize adrenal function.

Cortisone: to normalize adrenal and endocrine function.

Nat Mur: grief issues, use with ACTH

Pituitary, anterior (gland): to normalize endocrine function that influences hair growth.

Sepia: hair on face and chin, from hormonal issues, birth control pills or hysterectomy.

Thuja: dry hair and dandruff.

Thyroid (gland): to normalize thyroid function.

Heart Problems during Menopause

Premenopausal women have very little risk of cardiovascular disease when other factors are ruled out. Estrogen seems to have a cardiovascular protective effect. Those women who have a hysterectomy (full or partial) tend to go into menopause earlier and have more cardiovascular disease. Unless a pre-menopausal or menopausal woman has normal estrogen levels, the heart may suffer. Heart problems include high blood pressure, heart attack, high cholesterol, or stroke. As I have mentioned before, get the adrenals functioning correctly.

Cholesterol is produced by the liver and is also responsible for hormone conversion. A healthy liver creates better hormonal and cholesterol health. If the liver and adrenals are functioning correctly, we must look to the heart and cardiovascular health.

Always look to the original causes. Similar to high blood pressure is kidney disease (look to before the heart). Often heart pains are a muscular pain that comes from a rheumatic pathway or a pelvic disturbance. Similarly there arises a heart valve inflammation from arthritis and other infections such as blood poisoning, whereby the end affected is the heart valves. The result of such an inflammation is mitral valve failure (cause of much heart problems). Then the heart must work harder to compensate, by enlarging. Now nutrition plays a more vital roll.

Next to valvular failure can be muscular inflammation; there are many causes (infection, poisonous and mechanical issues, work, alcohol, etc.) that slowly initiate cholesterol buildup. High blood pressure is a weakness of the heart that we call heart disease. It is obvious that fats build around the heart and the blood flow can no longer be compensated (becomes insufficient). The heart of the athlete can be damaged similar to the drinker or over eater by lack of oxygen to the heart – they overwork so hard that the muscles are get in all the oxygen. Especially fearful are the circumstances of heart cramps and heart asthma that are not described here in detail.

It is always important to find the original cause. It is understandable that thyroiditis can appear to be the cause, but one must look to why the thyroid is malfunctioning. Perhaps it is the capillary failure (lack of blood flow) or general bodily acidity. Now we see a high blood pressure condition, and the thyroid can be enlarged. Poor nutrition can make the condition worse. Healing nutrition with heart herbs can improve the conditions.
Heart Problems during Menopause continued…
We must understand that it is wrong to think that organic heart problems can be treated without addressing other organs (the most important being the stomach, liver, kidneys, and lungs. One cannot address heart problems without herbal medicine.

Hot Flashes in Menopause
Hot flashes are experienced by 85% of all women. They may start in your thirties and extend 3 to 4 years after the end of menopause. It has to do with the hypothalamus and its ability to regulate body heat along with the autonomic nervous system that affects the blood vessels.

There are estrogen receptors in the hypothalamus; again the diminished estrogen. Estrogen replacement therapy can be effective to stop hot flashes but has its own signs of side effects and does not address the cause. When the causes are solved, the problem goes away and you do not need the dangers of hormone replacement therapy.

Homeopathic Remedies for Hot Flashes

Adrenal (glandular): for healthy adrenals to produce estrogen.

Amyl Nitrosum: Flushing and then sweating. Congested head; for symptomatic relief.

Belladonna: red face; often right-sided; throbbing; worse jarring or sudden motion.


Crotalus: face can flush to blue, congested head.

Digitalis: sudden hot flashes, slow pulse, nervous, weak, worse motion.

Estrogen: for a healthy estrogen response in the body.

Hypothalamus (glandular): to help balance temperature control.

Kreosotum: burning sensation; better > heat. Hot flashes extend to the whole body.

Lachesis: left-sided symptoms; can’t stand anything around the neck. Head hot, feet cold. Worse sleeping or napping. Talkative.

Manganum Ace: always feels overheated, Parkinson-like shaking, nervousness.

Phosphorus: hot flashes with palpitations; fear of the dark, anxious, social, sensitive.

Pulsatilla: several hot sweats a night, weepy, whiny. Worse hot room. Emotional hot flashes. Face hot, body cool.

Sanguinaria: hot flashes with right-sided headaches or migraines.

Sepia: low sex drive, avoids family, prolapse uterus, cold despite hot flashes. Feels like uterus wants to fall out.

Sulphur: hot flashes with sweating of head, feet, and armpits. Hot all the time, worse heat, especially heat in bed. Skin problems.
Incontinence in Menopause

Urine leakage, when laughing or coughing, costs Americans up to 20 billion dollars annually (for medications and pads). Despite medical failures, natural solutions abound. When the estrogen levels at menopause decrease, it affects the muscles of the body and especially the urethra. It also affects the muscles of the pelvic floor.

Homeopathics for Incontinence

Adrenal (glandular): used to help the adrenals with estrogen production and more energy.

Apis: urine burns and smarts, worse nights and coughing.

Causticum: urine leaks at night, by coughing, sneezing.

Estrogen: to strengthen the adrenals to produce more estrogen.

Ferrum Phos: worse from coughing, leaking constantly. Helps on inflammation and anemia.

Natrum Mur: worse when walking or coughing. Accompanied with dryness or depression.

Pulsatilla: weepy. Urine leaks from coughing, gas or being surprised.

Sepia: worse from laughing, coughing, sneezing. Vaginal prolapse: low sex drive.

Zincum Met: leakage from coughing or sneezing. Nervous conditions.

Insomnia in Menopause

Sleep disorders in women are often related to hormonal imbalances. (What isn't for women?). The chemicals that affect the hormones also influence sleep. Menopausal symptoms may bring on heart problems. The Chinese describe the heart as the seat of the soul, and they say that when the heart is disturbed it sends “vapors” to the brain and the mind talks. Digestion can bother sleep, so don’t eat after 8 pm. Drinking alcohol affects sleep also; it is calming at first and then wakes most people 2 to 4 hours later. Depression affects sleep.

Homeopathic Remedies for Insomnia

Below is a list of homeopathics that have been successfully used for menopausal insomnia. These remedies work in the short term. See a professional for long-term solutions.

Aconite: conditions of fear or fright can’t sleep.

Arnica: bed feels too hard. Aching muscles.

Belladonna: throbbing, sudden onset. Fever or headaches prevent sleep.

Cimicifuga: feels depressed (like a black cloud hanging over). Backache, neck and shoulder pain.

Coffea Cruda: mind races from overexcitement, anticipation of projects, business.

Gelsemium: sleepless from fear of the future, fear of events. Internal trembling.
Homeopathic Remedies for Insomnia continued...

Kali Brom: for nervous conditions and feeling of guilt.

Senecio: insomnia from hormonal issues and imbalances.

Sulphur: feels too hot, kicks off covers when too hot. Skin problems.

Zincum Met: nervous excitement and muscular tension.

**Menopause and Memory loss**

Problems with memory can be related to hormonal changes during menopause. The brain has estrogen receptors that influence memory. The cause is loss of estrogen due to weakness in the utilization of estrogen from the pituitary and adrenal function. Care – dietary improvement... (Try Dr. Christopher’s mucusless diet.) Heavy meat contributes to poor hormonal health.

**Homeopathic Remedies for Memory loss**

Aethusa: exam “funk”, fear makes the mind go blank.


Anacardium: for intensive study where a person can’t remember what he has just learned. Also can’t remember an event that just happened, can’t remember names.

Kali brom: confuses ideas or words. Apathetic, grief ridden, and tendency to nightmares.

Kali phos: head feels tired. Tired during the day. Anxious. Poor memory. Worse < morning, during mental work, and being cold. Appears depressive, stressed, can’t concentrate.

Picric acid: before a test, brain fatigue.

Silicea: lack of self confidence, can’t pay attention to a line of thought.

Sulphur: poor name recognition, and immediate loss of an idea.

**Thyroid Problems in Menopause**

The thyroid regulates the endocrine system, involving metabolism. Thyroid dysfunction affects up to 25% of the American population, consisting mostly of women. Hyper thyroid is an over production of thyroid hormones (affecting sex hormones and metabolism) and is relatively rare. The endocrine system is “turned up” and a person’s metabolism is overactive. Western medicine has few options (permanent medication, surgery, or radioactive removal) to treat the imbalance. Alternative medicine is much more successful.

Hypothyroidism is a lower functioning thyroid and is the most common. Menopausal symptoms are generally associated with this problem as it mimics menopausal symptoms. Hypothyroid can be treated naturally in most cases. If hormonal measures (natural of course) are unsuccessful, have your thyroid checked. Ryan Drum, PhD, discusses the protective effects of seaweed in the article Thyroid Dysfunction, and specifically natural iodine consumption - to nourish and protect the thyroid from chemical and radioactive contamination and pollution. He also recommends raw powdered seaweed of 1 to 3 teaspoons per day. You may use this in a “green” drink or in a smoothie. It can also be sprinkled on food that is compatible with a salty taste (like popcorn).
Uterine Prolapse in Menopause

The uterus falls from poor connective tissue (tendons, sinews, etc) health and may be seen outside the body. Causes may be childbirth or poor nutrition. Natural therapies can often reverse the situation, but don’t rule out surgery. Homeopathics are prepared similarly to cell salts and can be added to your cell salt solution. They are both completely safe to use with any medications and anyone under any condition. Use a 30c (2 pellets) by itself or put in the Cell Salt Solution. Use one of the following remedies that relates closest to your individual situation. In addition to the following remedies you may use Uterus 6c, in your Cell Salt Solution, to strengthen that area.

Homeopathic Remedies for Uterine Prolapse

Argentum Nit: fearful, anxious, fear of heights. Craves chocolate or sweets. Left ovarian pain. Sex painful and bleeding afterwards.


Calc Carb: Sensitive to bad news; obesity, weak ankles, flabby tissue, cold hands and feet. Sleeps with few covers.


Pulsatilla: weepy; whiny; fear of abandonment. Changeable symptoms. Worse lying down, worse menses. Finds it hard to make decisions.

Sepia: wants to be alone. Yells and screams at husband and children. Crosses legs to feel better. Low sex drive worse afternoons, during menses. Only feels good when exercising.

The following are less common remedies, yet important if the symptoms fit.

Bellis: prolapse of the uterus, bladder and vagina. Injuries to pelvic region. Uterus feels sore and a squeezed sensation. Heavy sensation in uterus.

Helonias: heaviness in pelvic area, prolapse uterus, consciousness of the womb. Menses too soon or too heavy. Back pains. Feels better moving around.


Stannum Met: bearing down sensation (heaviness in pelvis), general weakness or exhaustion; prolapse of uterus and vagina with a heavy sinking feeling in the stomach. Vaginal pain radiating upward to the spine. Respiratory problems.


Fraxinus Americana: feeling depressed. Severe sinking sensation in the lower abdominal area. Can also be used for uterine fibroids and strong watery vaginal discharges. Hot flashes.
**Vaginal Dryness in Menopause**

Vaginal dryness results from lack of estrogen and vaginal tissue weakness and shrinkage and lack of lubrication which can cause sexual discomfort or pain.

**Homeopathics Remedies for Vaginal Dryness**

Aconite: hot, dry vagina.

Bryonia: with severe constipation, sharp pains when moving.

Calendula: as a crème or gel for soothing and lubricating the vagina.

Causticum: raw, sore sensation, discharges at night. Better damp weather.

Ferr Phos: sensation of hot, dry pains in vagina. Sex causes spasms and pain.

Kreosotum: irritating, bad smelling discharges with extreme itching.


Medorrhinum: sensitive breasts, genital itching. Problems worse from thinking about it.

Nat Mur: extreme dryness of vagina, while nose runs clear discharges. Depression, grief, and isolates self. Craves salt.

Nitricum Acid: vaginal smarting and splinter-like pains. Genitals red, cracking, splitting or infected. Negative attitude, bad moods.

Platinum Met: genital dryness and itching. Excessive sex drive and painful irritation. Arrogant attitude.


Sepia: low sex drive, prolapse; painful sex; avoids family. Vagina feels like falling out.


Sulphur: genital opening red to the anus. Itching worse from heat or heat of bed. Yellow discharges.

Tarentula Hisp: nervous tension. Hard to concentrate. Hot, dry, itching vagina.

Thuja: super sensitive vagina. Sexual excitement or feels partner’s genitals are disgusting.