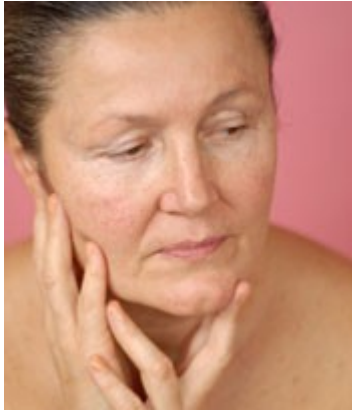




Natural Herbal Remedies for Menopause



What is Menopause?

Although it may sometimes feel like it, menopause is not a disease or an ailment – it is a natural transition that occurs for all women when they reach a particular age. Generally occurring in women between the ages of 45 and 55, menopause is the complete cessation of a [menstrual cycle](#) where the body goes through a number of [hormonal changes](#) and the ovaries stop releasing eggs for possible fertilization.

The phase of menopause when these changes begin is known as perimenopause. It is during this phase where women experience a number of physical and emotional symptoms such as [hot flashes](#), [mood swings](#) and irregular or abnormal periods.

These changes are often frustrating and difficult for many women and it is a transitional phase that may last anywhere between a few months and few years. Once a woman has stopped having her period for 12 consecutive months, perimenopause is considered to be over and pregnancy is no longer possible.

Symptoms of menopause tend to vary between women and may include any of the following in varying degrees:

- [hot flashes](#)
- [vaginal dryness](#)
- [loss of libido](#)
- [mood swings](#)
- [depression](#)
- [insomnia](#) or difficulty sleeping resulting in [fatigue](#)
- [difficulty concentrating](#)
- [hair loss](#)
- irregular or abnormal menstrual bleeding
- changes in skin and hair
- [achy joints](#)
- [headaches](#)

- frequent urination

Help for Menopause

While menopause is a natural and expected process for every woman, the associated symptoms can be difficult and trying on both physical and emotional levels. Many women are now turning to the use of natural herbal and homeopathic remedies to counteract these symptoms and nature has a medicine chest of ingredients that suit this purpose. Black cohosh is one such herbal ingredient that is well known for its ability to support estrogen balance in the body and treat a number of menopause related symptoms such as hot flashes, mood swings, and vaginal dryness.

Other highly successful ingredients for the treatment of menopausal symptoms include pasque flower which supports female health and soothes the nervous system, and Dong Quai which works to support the balance of female hormones while treating many of the symptoms related to [PMS](#) and [menopause](#).

More Information on Menopause

Tips for coping with menopause:

While the symptoms of menopause may leave you feeling desperate and frustrated, rest assured that it is a temporary phase that will pass in time. In the meanwhile there are a few self-care tips that you can use to help relieve some of the troublesome symptoms.

- Keep hot flashes in mind when dressing each day. Choose loose fitting and breathable clothing, and in cold weather dress in layers that can be quickly removed when you suddenly get hot.
- Avoid any triggers that might prompt a hot flash such as hot drinks, spicy food and stress.
- Make sure you are getting enough sleep. If insomnia is a problem then cut down on caffeine, make sure you get a daily dose of exercise and try a few deep breathing relaxation techniques.
- Eat a healthy and balanced diet with ample fruit, vegetables and fiber. Consider eating smaller meals at more regular intervals to reduce the sensation of lower abdominal bloating.
- Limit your intake of salt and salty foods to reduce bloating and fluid retention.
- Add Omega-3 fatty acids and calcium to your daily supplements if you are not getting enough of these in your diet.
- Stop smoking naturally! Smoking has been linked to the early-onset menopause, greater intensity of menopause symptoms, and the incidence of osteoporosis after menopause.

- Look after yourself. Find a quiet place that you can unwind, relax and come to a place of peace. Whether it is a quiet room in which to meditate, read, pursue a hobby, or simply your bathroom where you can de-“stress”:all-natural-stress-relief-info.html in a hot bath.

Natural Herbal Remedies for Menopause

FemaLube™



FemaLube Benefits:

- Provides everyday lubricating comfort
- Helps maintain vaginal tone and elasticity
- Perfect for sexual activity

Related Products:

- [Thanda Passion Booster™](#) is an herbal remedy to support healthy libido in women

[Get more information on FemaLube™](#)

Comfort is key

Proper lubrication is essential to vaginal comfort during arousal and intercourse. Inside the vagina, a thin layer of moisture coats and lubricates the vaginal walls. Most natural vaginal lubrication consists of clear fluid that seeps through the walls of the blood vessels encircling the vagina.

When a female is sexually aroused, more blood flows to the pelvic organs, creating more lubricating vaginal fluid. Unfortunately, this moisture is **largely dependant on hormonal changes**, age, childbirth and breast-feeding – which may all may disrupt this process and lead to vaginal dryness and reduced female sexual comfort.

The natural way

There is a lot that can be done in the privacy of your own home. Try to lubricate your vagina a few hours before sexual contact. Apply a natural lubricant to your vaginal opening and again prior to sexual intercourse (also apply it to your partner's penis).

Take the time to **make sure you are sufficiently aroused** to help reduce vaginal dryness. This may mean talking to your partner about what feels good for you, or soaking together in the tub to promote relaxation. The important thing is to take it slow. Foreplay should continue to **increase vaginal lubrication** until you are adequately aroused and completely relaxed.

Avoid using hand lotions to lubricate – these will just irritate your vagina and cause more discomfort. Natural remedies on the other hand, have been used for thousands of years to **support female sexual health**.

What is FemaLube?

FemaLube is a 100% safe, natural formula. FemaLube contains extracts of herbs and essential oils especially chosen to support **healthy vaginal lubrication**.

This remedy has been formulated in conjunction with a female doctor and psychologist with many years of experience regarding sexual health.

Used regularly when needed, FemaLube is nature's helping hand, **using only natural tested ingredients**.

How has FemaLube helped others?

“Just wanted to let u know how pleased I am with [Triple Complex] UT Tonic- have been taking for 1 and 1/2 weeks... went to doctor for ... check up.... after taking [Triple Complex] UT Tonic, [I am better]!! Great stuff!! I am continuing to take 2-3 times a day [as maintenance prevention] ...since I have 2 and 1/2 bottles left (smile). Also, FemaLube is so great!! Used [another brand] I bought at drug store, not pleased with it; it got all sticky and messy and unpleasant... went to health food store and bought [another] not so good either... neither can compare (for me) with FemaLube!!! Finally a product that is right for me!! No drying out, no stickiness, just pure and healthy, and most of all, makes sex very exciting once again! My husband was very impressed with FemaLube too. Thank you soooooo much for such great healthy products, next I want to try the Thanda Passion Booster; your products are far superior to any other I have found at retail health stores! ...I try to be very healthy and use the best of products for my body. I am [healthy], and I intend to stay that way with healthy food and exercise, and with your healthy products. Thank you for being so conscientious with your wonderful products!!”

- **Nancy R.**

“My wife is a different person. I can't believe it, really...”

- **Sam, MA, USA**

“After having 4 kids one after another I had lost my natural vaginal moisture. Even if I was turned on

with my husband I would still have sex with a dry vagina. After trying your FemaLube product 5 years later me and my husband are having the times of our lives in bed and I am now so confident as a woman and a wife. I feel like I have been given a second chance in life. Thank you to everyone here at Native Remedies!”

- **Kalia Janae G., WA, USA**

“**FemaLube** has really helped my relationship with my wife, thank you so much...”

- **Mark J.**

“FemaLube has put the spark back into our sex life, thanks to this gift! Thank you for giving my wife and I this product. Our intimate moments were not pleasant due to my wife’s lack of vaginal moisture, but now, everything is fine, she is far more comfortable and she says it feels great...FemaLube has really helped my relationship with my wife, thank you so much...”

- **Clifford and Margot, Australia**

[View All Testimonials](#) [Add Your Testimonial](#)

What are the Ingredients?

FemaLube contains the following ingredients:

- **Wild Yam** (*Dioscorea villosa*) has been studied in relation to female hormones and sexual health. (Komesaroff, P. A., Black, C. V., Cable, V., and Sudhir, K. “Effects of wild yam extract on menopausal symptoms, lipids and sex hormones in healthy menopausal women”. *Climacteric* 2001;4(2):144-150).
- **Rose essential oil** is excellent in a general capacity to support skin care, especially dry, sensitive or aging skin.
- **Neroli essential oil** is a relaxing oil that has a wonderful balancing effect on all skin types – especially dry skin.
- **Lady's Mantle** has been used traditionally to address a variety of female issues. This herb contains 2.22% flavonoids, 1.18% glucuronyl-3 quercetol, 16.0% tannins and 0.36% ellagic acid.
- **Aloe** is derived from a hardy plant indigenous to the southeastern Cape of South Africa; aloe was even used in Ancient Egypt, supporting the skin of the royal family! Studies have shown this herb to have skin supportive properties. (Reuter, J., Jocher, A., Stump, J., Grossjohann, B., Franke, G., and Schempp, C. M. “Investigation of the anti-inflammatory potential of Aloe vera gel (97.5%) in the ultraviolet erythema test”. *Skin Pharmacol Physiol* 2008; 21(2):106-110.)
- **Vitamin E** supports skin health, (Vijayaraghavan R, Suribabu CS, Sekar B, et al. “Protective role of vitamin E on the oxidative stress in Hansen's disease (Leprosy) patients.” *Eur J Clin Nutr* 2005 Oct;59(10):1121-8.).

- **Gel base:** Distilled water, glycerine, cellulose, citricidal, Propylene glycol.

Native Remedies' products are created using our Full [Spectrum Approach™](#) (FSA), a set of standards and processes that combines the best quality, laboratory-tested, raw ingredients, good manufacturing practices and a Full Spectrum manufacturing method to guarantee you products of the highest quality, safety and effectiveness.

This product contains absolutely no parabens, sodium laurel sulfate (SLS) or harmful petrochemicals. It does not contain animal products, gluten, artificial colors, flavors or preservatives, is suitable for lacto-vegetarians, and is not tested on animals. It is also backed by [our One Year Unconditional Money Back Guarantee](#).

How do I use FemaLube?

Apply directly onto the affected area with fingers.

Adults: Dispense a dime size amount onto fingers and apply to inner and outer vaginal area when needed.

Caution: For topical use only. Safety during pregnancy has not been determined. Keep out of reach of children.

FemaLube is highly recommended along with the following natural remedies for maximum effectiveness.

- [Thanda Passion Booster™](#) is used to promote a healthy libido and sexual pleasure in women
- [Dong Quai](#) is used to promote hormonal balance and helps keep estrogen and progesterone levels within the normal range

How long until I see results?

FemaLube will get to work right away to lubricate the vagina and benefits should be noticed within the first few minutes, continuing with regular use.

How long will a bottle last?

One tube of **FemaLube** should last approximately 30 days. Exactly how long a tube lasts will depend on the frequency of use.

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To save more than 33% on your FemaLube purchase, see our **Buy 2 Get 1 Free** special below.

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Order Securely Online

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[Click Here to Buy FemaLube](#) **Retail Price: \$47.95 Your Price: \$37.95**

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All of our products are backed by our [one year money-back guarantee](#) so you can experience results risk-free.

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