
QUESTION OF THE WEEK

Q: Are there any natural remedies for the symptoms of menopause?



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Seventy percent of menopausal American women may have hot flashes — while only a fraction of Japanese women eating a traditional diet experience symptoms. The answer may be that the Japanese have a diet rich in soy and unprocessed food.

In addition to a less processed diet, some foods may help reduce hot flashes, including fermented soy in miso or tempeh.

Also, ground flax seeds (2 tablespoons twice daily) are rich in lignans that may combat symptoms. Some foods can actually trigger hot flashes, such as caffeine, spicy and hot-temperature foods.

Vigorous exercise may relieve vasomotor symptoms significantly.

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