

# Menopause

(e.g. hot flushes, night sweats)

**Recommendation** (can take 2-6 weeks for effect)

1-2 cups of soy milk daily, or 1 soy yoghurt daily,

or 1-2 cups of chamomile tea daily.

or try both for better results.

**Note:** if on thyroxine consume soy products at least 4 hours after taking thyroxine.

**Results:** studies show a significant improvement in **50%** of cases.

**How it works:** plant-based estrogens (called 'phytoestrogens') help balance your own hormones.

**Side-benefits:** may also lower risk of breast/uterine cancer, osteoporosis and cardiovascular disease.

**References:** [healGB.com/menopause](http://healGB.com/menopause)

**Feedback:** if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback(at)healGB(dot)com)

**Disclaimer:** the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternative remedies.