



# Harley Street at Home

Menopause

## Complimentary Therapies

### Black Cohosh

- North American traditional herb that helps hot flushes, but not as efficiently as HRT
- Doesn't help with anxiety
- Can interact with other medications
- Unknown risks around safety and liver toxicity

### St. John's Wort

- Helps with hot flushes or night sweats - particularly in women who had breast cancer or are at high risk
- Can interact with other medications
- Safety and reliability are a concern

### Isoflavones (Red Clover, Promensil and Soya Products)

- Unreliable results
- Should be avoided by those with history of breast cancer

### Acupuncture

- No difference in symptoms shown but some women anecdotally find relief



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### GLA Starflower Oil

- Helpful in PMS and breast tenderness

### CBT

- Helps low moods and anxiety
- Improves hot flushes and night sweats

### Ginseng and Chinese Herbal Remedies

- Not shown to help