

Download Natural Solutions For Menopause Hot Flashes

And while hot flashes are, without a doubt, the most troublesome symptom of menopause—and the most common menopause symptom to send women to their doctor's office—they are by no means unavoidable. However, it has not been found to be helpful for hot flashes. Kava (Piper methysticum) Kava may decrease anxiety, but there is no evidence that it decreases hot flashes. It is important to note that kava has been associated with liver disease. The FDA has issued a warning to patients and providers about kava because of its potential to damage the liver. Because of this concern, Health Canada does not allow kava to be sold in Canada. Safety: Hot Flash can generally be considered safe as it only contains natural herbs, and contains Non-GMO Soy, It is always suggested you consult your physician before starting new diet regimens. Product Guarantee: No Product guarantee or refund offered. Some studies indicate it may help with mild hot flashes and night sweats for short-term treatment. May lower blood pressure, as well. In rare cases, hepatitis has been reported.