



Women's Health Library

Hot Flash Relief with Black Cohosh



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- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

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BLACK COHOSH (*Cimicifuga racemosa*) is a Native American herb used to relieve menopausal and PMS symptoms. It has been recommended by the German Commission E for treating menstrual discomfort and menopausal symptoms such as hot flashes.

Black cohosh works by limiting the secretion of luteinizing hormone or LH, and inhibiting its binding to receptors in the hypothalamus. Sudden floods of LH have been linked to hot flashes, headaches and thinning of the vaginal lining. Black cohosh can also be used to promote normal menstrual cycles as well. The herb also has no drug contraindications, though it should not be used during pregnancy.

Black cohosh has been used for centuries by Native American and Chinese herbalists for all sorts of general malaise from fever to muscle spasms. More recently, it has been discovered as a great aide in women's health, helping to not only relieve many menopausal symptoms but also to help support normal menstruation. Black cohosh is also mentioned often as an alternative to Hormone Replacement Therapy (HRT) for menopausal women with symptoms from hot flashes to depression to vertigo.

Though still widely prescribed, despite the known risks of traditional prescription HRT, many women are smart enough to be weary of HRT. Many fear breast cancer or other health complications, and less than 40% of women who begin HRT are still taking it after one year.

In one German study, black cohosh improved menopausal symptoms in 80% of women. Another showed that black cohosh reduced menopause related depression and anxiety better than both conjugated estrogens and diazepam. The number of hot flashes reported daily also dropped from an average of about five to less than one. This again is a marked improvement over the group taking estrogen, which dropped from five to around three and a half per day.

In addition to all of this, no reports have been found that black cohosh will promote the growth of estrogen-dependent breast cancer cells as has been reported during some HRT studies. Though it has been used for years as a general malaise relief aide, black cohosh is beginning to come into its own as a specialized product for menopausal women.

Our recommendations:

-Menopause Formula

-Black Cohosh

Both products are excellent for women's health and offer a safe and effective alternative to traditional therapy.