

ROCKVILLE CENTRE, NY, July 16, 2009 /24-7PressRelease/ -- If you are new to perimenopause or menopause, it is not uncommon to feel out of sorts while your body goes through its natural process of adjusting estrogen and progesterone output. Menopause can also occur if you have had surgery such as a hysterectomy or medical treatments that affect your ovaries. Regardless of how you enter menopause, the most common symptoms are hot flashes, night sweats, vaginal dryness, and restless sleep. Some women go through menopause with few and mild symptoms, while others have symptoms that can affect their quality of life.

Since the late 1960s, hormone replacement therapy (HRT), which uses a pharmaceutically manufactured and standardized estrogen that is either used alone or in combination with progestin (a manufactured chemical that mimics progesterone), has been the conventional treatment for symptoms of menopause. However, a series of studies have identified increased risks for serious health problems among women on HRT. This is the most significant reason why many women and health care providers have become interested in complementary and alternative medicine (CAM) treatment options for symptom relief.

An expert panel discussion that included members of the National Institutes of Health (NIH) and the National Center for Complementary and Alternative Medicine (NCCAM) gathered in 2005 to review managing a variety of symptoms associated with menopause. The panel noted that "menopause is a normal, healthy part of a woman's life and should not be viewed as a disease. Also, some symptoms currently viewed as being menopausal might not be caused by menopause, but by aging in general and/or life changes."

The discussion focused on the use of herbs and botanical ingredients, some of which act like weak estrogens. Black cohosh and red clover extracts are still among the most studied herbs for hot flashes, as well as relief of other symptoms associated with perimenopause and menopause. Since HRT negatively affects hormone-sensitive tissues such as those in the breasts and uterus, scientists also study and evaluate the safety of herbs. Standardized herbal extract products are preferred because they ensure chemical consistency, which makes them more effective and thus a viable option for treating symptoms of menopause.

Since the discussion in 2005, many universities, scientists and chemists worldwide continue to research and study the enormous value of herbs as medicine for a healthier menopause transition. To learn more about herbal medicine online, visit the American Botanical Council, a research and education organization dedicated to providing scientifically and medically accurate information to consumers, healthcare providers, researchers and educators.

Taking a supplement made from standardized herbal extracts, such as Femmerol (which is manufactured by Capsugel, a division of Warner-Lambert), along with a quality multivitamin, daily exercise and stress management is still the number one doctor recommended approach to an easy perimenopause/menopause transition, and better overall health.

Femmerol as a Treatment Option:

Femmerol is a clinically tested menopause treatment product that is made from standardized herbal extracts. It is sold without a prescription and recommended by health care providers as a first step approach to tame symptoms such as hot flashes, fatigue, moodiness and restless sleep. Its formula is specifically designed for women who have multiple symptoms and prefer to avoid taking hormone replacement medications and antidepressants. In review, the results of the clinical study found Femmerol to be an effective hormonal supplement for women during menopause and perimenopause.

17 Primary Symptoms:

The results of the clinical study found that Femmerol successfully relieved 17 primary symptoms of menopause. In its conclusion, the study stated, "Clearly, Femmerol is extremely effective in relieving a number of common symptoms associated with menopausal symptoms ... each of these symptoms were statistically different from those on placebo."

Results Summary:

Results are summarized on the Femmerol website for your convenience. For a complete description of the study's criteria, end points, methodology and analysis, download the study [here](#).

Share Your Story

"Tell me a fact and I'll learn. Tell me a truth and I'll believe. But tell me a story and it will live in my heart forever." Author unknown

I believe we all have a story within us. It could be a personal experience that rocked your world, or something someone said or something you read that changed your perspective, gave you new direction, courage or hope.

If so, please write. Your real life story, humanitarian spirit, humor or wisdom could be the perfect antidote for someone in our family of 60,000,000 women that are in or past menopause and the 100,000 women entering menopause each month. Send your story to me at sabina@solutionsforwomen.com.

Sabina Eve Fasano is a Patient Health Advocate and the founder and CEO of Solutions for Women, a company that develops and manufactures alternative healthcare products for women. The company's flagship product, Femmerol, is a clinically tested, standardized herbal extract formulation used to address hormonal imbalance due to menopause, perimenopause, and monthly hormonal fluctuations.

For more information, visit <http://www.solutionsforwomen.com>.

Femmerol is manufactured by the Capsugel division of Warner-Lambert. In addition to writing monthly for Newsweekshowcase.com Women's Health, Ms. Fasano also writes for Going Bonkers Magazine, where she appears in the Menopause Moment section.

About Solutions for Women

Solutions for Women, LLC is the developer and manufacturer of healthcare products for women. The company's flagship product, Femmerol , is a patented, clinically tested, micronized herbal formulation for addressing hormonal imbalance due to menopause, perimenopause, and monthly hormonal fluctuations. Femmerol is manufactured by the Capsugel Division of Warner Lambert. For further information please contact Sabina Fasano 516 766 2242 sabina@solutionsforwomen.com

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