

Menopause is a time in life when a woman stops ovulating and menstruation ceases. When estrogen levels decrease, blood vessels may expand rapidly, causing a rise in skin temperature. Therefore, hot flashes may occur frequently at this time. However, many studies have indicated that taking panax ginseng, black cohosh, soy, green tea extracts, dong quai, and wild yam can relieve the symptoms of hot flashes, sleep disturbance and the feeling of anxiety and depression.^{1, 2, 3, 4}

Prime Royal Jelly

Currently, you can find 3 different types of royal jellies available in the market place. Traditional royal jelly on average contains 60 % water. The shelf life is shorter because of the exposure to the air. The likelihood of microbial contamination is probably higher. Another type is freezing dry powder, which includes a starch component. The third form utilizes the technique of applying low temperature and high concentration to make royal jelly in a soft gel cap form. By using this method the effectiveness of the functional ingredients are enhanced. As well this process



effectively protects the royal jelly from oxidation and avoids microbial proliferation. Therefore, [NewHealth Prime Royal Jelly](#) in a soft capsule is the best suggested form for general consumption.

Melbrosia (Melbrosia, a mixture of royal jelly and bee pollen) is recommended for women who suffer from menopausal symptoms. A decline in menopausal symptoms (headache, urinary incontinence, dry vagina, and decreasing vitality) was significant in women who took melbrosia⁵. Royal jelly demonstrated the ability to improve immune system capabilities by stimulating antibody production and increasing the number of immuno-competent cells⁶. Royal jelly not only reduces hyperlipidemia (high blood cholesterol) but shows a significant reduction in total serum lipids and normalizes cholesterol, HDL and LDL level⁷. 57-kDa (kiloDalton) protein in royal jelly is likely to promote liver regeneration and may have a cytoprotective action on the liver⁸.

FemRise

[FemRise](#) possesses a proprietary formulation targeted especially for women, combining the latest nutritional research with traditional Chinese medical science. It is enriched with calcium, magnesium, zinc, vitamin E, B6 and B12 to help regulate biological functions. Therefore, it's a perfect alternative to hormone replacement therapy (HRT). The latest research indicated that among women with breast cancer, soy food consumption (including soy protein and isoflavone) was significantly associated with decreased risk of death and recurrence⁹.

NH EPO (Evening Primrose Oil)

Evening primrose is grown in the eastern part of North America. The flower blooms at sunset and withers in the morning. Its seed is rich in γ -linolenic acid, GLA (9.5%). It is a type of polyunsaturated fatty acids, ω -6 fatty acid, and is very rare among natural plants and can not be synthesized by the body. More and more scientific data has proven that EPO has an anti-inflammatory function because EPO could provide the precursor of prostaglandin. It could be an alternative treatment to rheumatoid arthritis (RA) and osteoarthritis (OA)^{10, 11}. Medical research also has shown that EPO can relieve premenstrual syndrome (PMS), the mastalgia (pain in the breasts)¹² caused from menstrual cycle and menopause symptoms.

Reference

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